

Follow: The Way of Truth  
January 22, 2023  
Bo Stern-Brady

古道新隨: 真理之道  
2023年1月22日  
博·斯特恩-布雷迪 牧師

**Worship 敬拜**

名分祢已赐给我 - Hillsong 华语

VERSE1:

我是谁那至高君王  
竟欢迎我  
曾丧失祢却领回我  
祢何等爱我  
祢何等爱我

CHORUS:

聖子釋放的  
就得真自由  
我是神兒女  
這就是我

VERSE2:

终自由  
祢已赎回我  
恩典涌流  
當我還做罪人時  
耶穌為我死

祂竟為我死

CHORUS 2:

聖子釋放的  
就得真自由  
我是神兒女  
这就是我  
在我父家中  
必有我居所  
我是神兒女  
这就是我

BRIDGE:

祢拣选我  
不离弃我  
名分祢已赐给我  
神帮助我  
不敌挡我  
名分祢已赐给我

**Goodness Of God 主的良善**

原作/原唱: Bethel Music 中文敬拜: 新店行道會 TOPCHURCH

主我愛你 你的憐憫永不改變  
每一天 你的恩手扶持我  
清晨當我睜開雙眼 直到我躺臥  
我要歌唱 神的良善榮美

一生信實對我顧念  
一生美好待我 到永遠  
一切所有生命氣息

要歌唱 神的良善榮美

你的聲音 領我經過水火試煉  
黑暗中 如此親近我的靈  
你是我的天父 你是我良友  
一生活在 你的良善榮美

你良善永看顧我 永伴隨我生命  
你良善永看顧我 永伴隨我生命  
當我降服你 我獻上生命 所有全屬於你  
你良善永看顧我 永伴隨我生

### Lord Send Revival/求主復興

词曲: Matthew Crocker, Aodhan King & Ben Tan 翻译: James Liew, Renee Deng, Kenelm Chan

#### VERSE 1:

平安如江河 来浇灌我  
如深水的海洋 将我全浸没  
被拥抱医治 被祢爱遮盖  
平安如江河 来浇灌我

#### CHORUS:

当我敬拜祢 至高主  
我敬拜祢的圣名  
耶稣是我一切  
我完全属于你

#### VERSE 2:

亲爱的圣灵 来浇灌我  
让众天堂敞开 将一切浸透  
祢同在降临 我心涌出赞美  
亲爱的圣灵 主祢掌权

#### BRIDGE 1:

求祢来敞开 天上的门  
用怜悯充满人心

赞美为宝座 祢同在降临  
我高呼圣洁圣洁

#### TAG 1:

噢 噢  
我高呼圣洁圣洁  
我高呼圣洁圣洁

#### BRIDGE 2:

让复兴来临  
求主兴起  
当祢圣灵运行  
天国降临  
让祢的大能  
遮盖全地  
求祢再次彰显  
祢的奇妙能力

#### TAG 2:

天国降临  
天国降临

### **Message 信息**

Follow series review. “古道新隨”系列回顧

Today: Truth. Specifically, how anchoring our thoughts to truth can change just about everything else in our lives. That's the pathway we're going to explore today. 今天: 真理。具體來說, 將我們的思想錨定在真理上將如何改變我們生活中的所有其他事情。這就是今天我們要來探索的道路。

Flying a plane in turbulence. One bump: I'm going down. CONVINCED. I am saying my prayers and reviewing my will and counting the seconds til impact and - the idea of crashing does not seem like a possibility in that moment, it seems like absolute truth. But is it truth? Nope. Not even close. I've never been near the threat of crashing, but I've lived through the fear of it lots of times. And you can't argue with the math: you have a 1 in 11,000,000 chance of dying in an airplane crash. And yet...the fear is as real as if planes were dropping from the sky every day. 飛機在湍流中飛行。一個顛簸：我要墜落了。確信。我在禱告，在考慮我的遺囑和計算撞擊前的秒數 - 在那一刻墜機的想法幾乎不是一個可能性，而似乎是絕對的事實，但是這是真的嗎？不是，從來沒有。我從來沒有經歷過墜機，但是我經歷多次對它的恐懼。你不能與數學爭論：你死於墜機的機率是 11,000,000分之一。然而...這種恐懼就像每天都會有飛機從天上墜落一樣真實。

What is happening when we get caught in these moments? All the activity is taking place in one tiny spot in our minds. While we are securely strapped into our seats, our minds are flailing wildly and running away with our peace and joy and truth. 當我們陷入這樣的時刻時會發生什麼？所有的活動都發生在我們腦海裡的某個小地方。當我們被安全帶限制在我們的座位裏，我們的思想瘋狂地飛舞著，帶著我們的平安、喜樂和真理逃走。

Same thing happens when we find ourselves in a difficult conversation or a rough day at work or a scary visit to a doctor. Our minds have nearly ALL the power to serve or sabotage us. We're going to look at what science and scripture say about the power of our minds and see if there's any help for us. First, let's look at 2 Corinthians 10: 當我們發現自己處在困難的談話中，工作中艱難的一天或者去看醫生時，同樣的事情會發生。我們的思想幾乎擁有所有為我們服務或破壞我們的力量。我們會看到科學和經文對於我們思想的力量看法，看看對我們是否有任何幫助。首先，讓我們看一下哥林多後書10章。

For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ... 2 Corinthians 10:3-5 因為我們雖然在血氣中行事，卻不憑著血氣爭戰。我們爭戰的兵器本不是屬血氣的，乃是在神面前有能力，可以攻破堅固的營壘，將各樣的計謀，各樣攔阻人認識神的那些自高之事，一概攻破了，又將人所有的心意奪回，使他都順服基督...哥林多後書10:3-5。

Paul introduces this topic with military language. He talks about a war that is happening and though we're made of flesh, this war is happening in a realm beyond human reason and understanding. 保羅用軍事語言介紹這個主題。他談到一場正在發生的戰爭，雖然我們是屬血氣的，但這場戰爭發生在人類理性和理解之外的領域。

That sounds scary - but then he says that we have WEAPONS and the weapons come from the other realm - they're not "Carnal" = connected to human nature. We are human. We are each a container of parts and traits that came standard issue - but these weapons are special and supernatural and powerful. I believe Paul is alerting us to this war and these weapons because he knows we desperately NEED them. Why? 這聽起來很可怕 - 但是他說我們需要武器，這些武器來自另一個領域 - 它們不是“肉體”= 與人性相連。我們是人，我們每個人是器皿的部分，也具

有標準問題的特徵 - 但是這些武器是特殊的、超自然的和有力量。我相信保羅在警示我們這場戰爭和這些武器，因為他知道我們迫切地需要它們。為什麼？

He goes onto say that the weapons were designed to pull down strongholds. 他接著說，這些武器就是為摧毀堅固營壘而設計的。

This word stronghold is an interesting one. It's also a military term that means: 堅固營壘這個詞非常有意思。他也是軍事術語，意思是：

Stronghold = A fortified, military stronghold; a strong-walled fortress. 堅固營壘 = 堅固的軍事要塞；堅固壁壘。

This word is only used in this one verse in the New Testament - Paul has borrowed it from culture. (At the turn of the timeline from BC to AD, Cilician pirates were a huge problem - they roamed the Mediterranean, kidnaping prominent Romans and demanding ransom. They created strongholds on the coastline - small fortresses where they were able to regroup and hide from the military and they were a huge threat to public safety. So - Paul is borrowing this word: stronghold. A place an enemy hides away for safety - and the word would have conjured up really emotional images for his audience. No one would want to run into a pirate stronghold and EVERYONE would be interested in knowing what weapons were available to pull them down.) Our closest association today would be a foxhole...a place a soldier runs in battle for safety. Why would we want to pull DOWN these refuges? We'll see in a minute - first, he tells us more about what the strongholds are made of: 這個詞只用在新約聖經的這段經文裡 - 保羅從文化中藉用了它。(在從公元前到公元的時間線之交，西西里亞海盜是一個大問題 - 他們在地中海地區遊蕩，綁架著名的羅馬人和索要贖金。他們在海岸線修建要塞 - 小堡壘，他們能夠重新集結並躲避軍隊，他們對公眾安全造成巨大威脅。所以，保羅借用這個詞：要塞。敵人為了安全而躲藏起來的地方 - 這個詞讓他的聽眾真正想起情緒化的畫面。沒有人想逃到海盜的要塞，每個人都想知道什麼樣的武器可以把他們摧毀。)今天我們最接近的聯想就是散兵坑...士兵為了安全而躲避的地方。我們為什麼希望拆除這些壁壘呢？我們馬上就會看到 - 首先，他告訴更多關於壁壘的組成：

Casting down arguments and every high thing that exalts itself against the knowledge of God. (\*BIG SCREEN Note: Please include underlines) 放下爭論和所有高舉自己抵抗神的真理的事情。

So those are the things that we need to demolish and then, he finally tells us where this war is located and what we have to do to win it: 那是我們需要拆除的，然後，他告訴我們這場戰爭是在哪裡，我們該怎樣做來贏得這場戰爭。Take every thought captive. 把所有的心意奪回。

So, NOW we see that this war Paul is talking about is not with culture. It is not with the middle east. It's not with government. It's not with our boss or our spouse or any external thing. This battleground that requires these supernaturally powerful weapons and these strongholds that need to be demolished is taking place inside our own minds - in our thoughts. 所以，現在我們知道保羅所說的這場戰爭不是關於文化。那不是和中東打仗。不是和政府打仗。也不是和我們的老闆，我們的配偶，或者任何外在的事。這個戰場需要超自然的強大的武器，這些堅固營壘需要被拆毀，這發生在我們的頭腦中，我們的思想中。

More and more, I'm finding that my thoughts have the power to create truth out of fiction and certainty out of conjecture. Our thoughts are much like a riderless horse, galloping through our minds and taking our emotions along with them. Neuroscience backs this up. 越來越多的, 我發現我的思想有能力從不真實中產生真理, 從推測中產生確信。我們的思想好像野馬, 帶着我們的激情在我們的腦中奔騰。神經科學在這裡給我們解釋。

We now know what Paul couldn't have known; Our brains are made up of 100 billion neurons which create a total of 100 trillion neural connections. These connections are called neural pathways and they are formed through experience and repetition. Before you drove here this morning, did you get out the driver's manual and review the instructions? Did you watch a YouTube video about how to drive a car? Probably not. All of those things are masterfully encoded into your amazing brain. Even the process of walking - which actually involves a lot of systems - is a product of healthy neuropathways. If you've ever watched a baby learn to walk - and heard her parents cheer her on with each stumbly step - you were watching the formation of a neuropathway. So this automaticity of our brains is incredibly helpful - but it also has a dangerous downside. 我們現在知道保羅當年不可能知道的。我們的大腦是由一千億的神經元構成, 它們產生了一萬億的神經連接。這些連接被稱為神經通路, 它們是由經歷和重複形成的。在你今天開車來這裡之前, 你需要操作手冊來學習怎樣開車嗎? 你需要看一段油管視頻來學習該怎樣開車嗎? 大概不會。這些操作已經存在了你的神奇的大腦中了。甚至是走路的過程, 這實際上需要非常多的系統參與進來, 這也是神經通路的產物。如果你曾看到一個嬰兒學習走路 - 聽到她的父母為着她的每一步蹣跚的腳步而歡呼 - 你看到的就是神經通路的形成。我們的大腦的這種自動功能非常有用 - 但是同時, 它也有着危險的一面。

Let's jump back to our text: Our weapons are strong for pulling down strongholds (remember strongholds are a fortress where we run for safety) - pulling down arguments...讓我們回到我們的經文裡: 我們的武器對於拆毀堅固營壘很有用(請記得堅固營壘的我們尋找安全的堡壘) - 攻破計謀。

Logismós: calculated arguments, thoughts, "bottom-line" reasoning that reflects someone's values, i.e. how they personally assign weight in determining what they find reasonable.

Logismós: 算計的爭論, 想法, “底線”推斷等等反應人的價值觀, 比如他們會怎樣權衡, 怎樣決定什麼是他們認為合理的。

What Paul is describing here is a neural pathway. We develop a way of thinking over time and it digs a groove in our mind and those grooves become strongholds from which we see the world and from which we fight. Our logismos becomes a sort of lens that creates our reality. This helps us understand why someone who was raised by an abusive parent might marry an abuser - it fits within their view of 'normal'. Our logismos is incredibly powerful and the scariest part is: It's mostly invisible to us. It's buried inside our subconscious along with our ability to walk and drive and speak English. That's why - if we've encoded something negative over time or through trauma - it's very hard to escape that thinking and that's why, I believe, Paul calls this a **STRONGHOLD** that needs to be pulled down, because we've all encountered someone who is living regular life like they're in a foxhole facing enemy fire (example). 保羅在這裡描述的是一個神經通路。經過長期的時間我們形成一種思考方式, 這在我們頭腦裡形成溝槽, 這些溝槽成為我們看世界和戰鬥的堅固營壘。我們的Logismós 成為透鏡, 透過它我們看到我們以為真實的世界。這幫助我們明白為什麼被施虐的父母帶大的孩子會去和另一個施虐者結婚 - 因為這符合他們的習慣了的方式。我們的Logismós非常的強大, 這裡面最令人害怕的地方是: 這在我們裡面幾乎是

看不到的。它在我們的潛意識裡，存在在我們走路，開車，或者說話的能力當中。這也就是為什麼 - 當我們因為日積月累或者創傷產生的負面情緒，就會使我們非常困難去擺脫它們。這也是為什麼，保羅稱之為需要被拆除的堅固營壘，因為我們都會遇到一些人，他們的生活就像為躲避敵人的攻擊而躲在狐狸洞裡一樣。

How do we differentiate between neuropathways that serve us and neuropathways that sabotage us? This is where I part company with science just a bit. I believe that the instruction for the follower of Jesus is clear: Freedom is found in our thinking and the battle is won in our minds when we hold our thoughts up to Him and ask the really simple question: Is this true? Is this thought or mindset or habit (since all habits are the product of thoughts) in alignment with your heart for me? The problem, though, is that we so rarely take the time to stop and notice our thoughts as they occur. And they are occurring ALL the time whether we want them to or not. We don't have control over whether a thought occurs, but we do have control over what we do with it - but only if we can spot it and name it. 我們如何分辨為我們服務或者攔阻我們的神經通路呢？這也就是我帶入科學研究的原因。我相信對於耶穌的跟隨者的教導是清晰的：自由可以在我們思想中找到，戰爭可以在我們的頭腦中贏得，只要你把你的想法帶到他面前問一個非常簡單的問題：這是真的嗎？這樣的想法，思路，或者習慣真的和你對我的心意一致嗎？但是，問題是，在我們的想法發生的時候，我們很少停下來，花時間去想或者注意到它，因為它們無時不刻不在發生，不管我們想不想。我們無法控制一個想法是否產生，但是我們可以控制該怎樣對待它 - 當然只能在我們發現它和明白它以後。

Here's a challenging fact. The National Science foundation, in a 2005 study, found that we think about 50,000 thoughts per day. It varies widely, but that's an average. The amount doesn't really matter - what matters is this next finding. 85% of those thoughts are negative. And here's a doozy: 95% of our thoughts are an exact repeat of yesterday or the day before or two weeks before...95% of our thoughts are negative repetition of an unoriginal thought. That is a dug in groove of embedded negativity. 這裡有一個讓人攪擾的統計。國家科學基金會，在2005年調查發現，一天我們人會想到五萬個思緒。當然有人多有人少，這只是個平均值。這個數量並不重要 - 重要的是下一個發現。85%的想法是負面的。更突出的是：我們95%的想法都只是昨天，前天甚至是兩星期之前的想法的重複...我們95%的想法都是偏離最初想法的負面重複。我們真是深深陷在對消極情緒的挖掘中。

I did an experiment on this. IN the midst of a really down day, I sat down and wrote every negative thought I could remember from that day - I wrote and wrote and wrote - from "I don't like the weather" to "my schedule is overwhelming" to "I don't feel as healthy as I want to feel." Then I went back and put all those thoughts into categories and you know what that whole big long list of thoughts turned out to be? 我做過一個實驗。在我情緒非常低落的一天，我坐下來寫下了每一個我那天能記得的消極的想法 - 我寫啊，寫啊 - 從“我不喜歡這天氣”到“我的日程太滿啦”，再到“我不覺得我有想要的健康”。之後我回頭把所有的想法歸類，你知道那滿滿羅列的想法是什麼樣子的嗎？

4 Thoughts. Four main things were bothering me and triggering my discouragement, but they were the birthplace - or the engine of a very long, very powerful train of thought. The bad news is: you are never going to take 45,000 negative thoughts captive. The good news is you don't have to. YOu just have to take the engine captive and the train will follow. 只有四個思緒。四個主要的事情攪擾我，激發我的低落氣餒情緒，它們是所有消極思緒的源頭，或者說是這個冗長強

大的思緒列車的啟動機。壞消息是：你從不能把四萬五千個想法鎖起來。好消息是你不用非要這麼做。你只需要把那發動機鎖住，思緒列車自會跟隨。

Balloon. Negative thought about a difficult relationship. Typically: Up, up, up. New way: Let that thought drop. Give it no air time. Replace it with 'whatever is good, true, beautiful, lovely, excellent...' And I think that this is a good starting point for all of us who want to live in freedom from fear, anxiety, anger, shame, selfishness - whatever. Here's a spiritual pathway out of the neuropathway: 如同氣球。比如，對於一個艱難的關係的消極思緒。典型的是：這種思緒一直上升，上升，上升。新的方式：讓那思緒下落。不讓它在空氣中飄浮。用這樣的思緒如“凡是美好的，真實的，美麗的，可愛的，卓越的…”來替代。我認為這是一個好的開始，對我們所有想生活在沒有害怕，焦慮，氣惱，羞愧，自私的自由中。這是我們神經迴路之外的精神路徑。

Become an observer of your own thinking. 成為你自己思想的觀察者。

This is difficult. We are just not aware. Sometimes because we're too busy or too stressed or too afraid to know what's really happening inside our own mind - but mostly, I think we just don't understand how important it is to look inside the universe of our thinking and do the cleanup necessary to make that a good home for our thoughts and emotions. (Ex. CAR Parking situation.) 這挺難。我們不會意識到。有時是因為我們太忙，太有壓力，或者太害怕而不知道我們內心真正在發生的事情。但大多時候，我認為我們只是不明白看向我們內心思緒，做必要的清理，讓我們的情感思想有一個美好的家，是多麼重要。(舉例，停車的情形)

Example; Speaking and seeing my friend in the audience with another guy. Driving over the pass and realizing I don't know if I've passed through Detroit yet or not. 例如：在講話時看到觀眾席裡我的朋友和另一個人坐在一起。駛過山口，意識到我不知道我是否已經開過底特律城。

(Ways to increase mindfulness this week: Spend thirty minutes with no electronic devices. Eat dinner with no distractions. Start the day with meditation. Use cooking or commuting time to have an internal meeting about your day. Look people in the eye when you speak to them.) (這週增強自我意識的方法：30分鐘不用各種電子設備。晚餐時不想其他分神的事。以靜坐開始新的一天。利用做飯或上下班的時間來召開家庭會議，討論你的一天。當你和他們說話時，看著他們的眼睛。

## 2. Hold it up to the light of truth 把思緒放在真理之光前

Sometimes what happens when we don't pay attention to our thoughts is annoying, like misplacing your car, but often, it's actually damaging. When a thought floats into your consciousness that creates fear or shame or loneliness, if that thought is left to run wild through our mind, it's tempting to escape to substances or other things to try to combat the emotions it causes. Some people live their whole lives locked into toxic, shame-filled, destructive thinking - living inside a stronghold that is NOT protecting them, it's suffocating them. 有時當我們沒有意識到我們的想法所產生的事情時，很讓人煩惱，例如把車停錯地方，但經常地，會是有損害的。當一個想法漂浮在你的意識中，造成恐懼、羞恥或孤獨，如果讓那個想法在我們的腦海中狂奔，我們很容易以物質或其他事物，試圖與由此引起的情緒作對抗。有些人一生都生活在有害的、充滿恥辱的、破壞性的思想中 - 生活在一個不能保護他們的堡壘裡，這讓他們窒息。

Science says, observe the thought without judging and simply let it float to the floor. And yes - I believe that sometimes that's enough to move on with your day in freedom. However, if the process is happening over and over again and one thing continually is consuming your mind and energy and emotions, it's time to pick up that thought - hold it up to the light of God's love and the truth of His word and ask Him, "Am I believing a lie? Show me the truth of Your word and your way about this." 科學說，不帶評判地觀察思想，讓它漂浮到地板上。是的 - 我相信有時候這足以讓你自由地度過一天。然而，如果這個過程一遍又一遍地發生，並且一件事不斷地消耗你的思想、精力和情感，那麼是時候拾起那個想法 - 把它舉到神的愛之光和祂的真理之道面前，並向他求問，“我在相信謊言嗎？向我展示你的話語的真理和你的道路。”

If every time you walk into a room of people, you feel insecure and inadequate, it's time to get mindful about the battle going on inside your thoughts. You don't have to live that way. 如果每次你走進一群人的聚會，你都感到不安全和不相配，那麼是時候注意你思想中正在進行的爭鬥了。你不必那樣生活。

If every time you hear about politics you get a stomach ache and want to run and hide - it's time to get mindful about what you are believing about the power of government and what kind of hold you are giving it in your life. It's time to hold that thought up to the truth of God's word which says the government is on HIS shoulder and ask Him to deliver you from the foxhole you've dug that makes you believe your happiness is tied more directly to our worldly government than it is to His. 如果您每次聽到政治都感到胃痛並想逃跑和躲起來——是時候考慮一下您對政府權力的看法以及您在生活中給予它什麼樣的支持。是時候堅持神話語的真理，神的話語說政府在他的肩上，並祈求他把你從你挖的散兵坑里救出來，這讓你相信你的幸福與我們世俗政府的聯繫比神自己更多。

I read the work of one neuroscientist who said that most people are not aware of their thoughts and he compared it to looking up at the night sky while standing in a big city. You'll mostly see smog. But if you go out to the country and look up, there is an endless cosmos overhead. Mindfulness is like moving out of the pollution and looking into what's happening in our own minds. But spiritual mindfulness is inviting Jesus into that cosmos as well - asking Him to heal, correct, strengthen, build. He's already promised this to us. 我讀過一位神經科學家的著作，他說大多數人都沒有意識到自己的想法，他將其比作站在大城市中仰望夜空。你主要會看到煙霧。但如果你走出到鄉下，抬頭仰望，頭頂是無盡的宇宙。清醒就像從污染中走出來，審視我們自己心中正在發生的事情。但屬靈上的清醒也在邀請耶穌進入那個宇宙——請求他治癒、糾正、加強、建造。他已經向我們承諾了這一點。

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 1 Timothy 1:7 因為神賜給我們的不是膽怯的心，乃是剛強、仁愛、謹守的心。1 提摩太前書 1:7

Sound mind = sophronimoss - safe, controlled, disciplined thinking. 健全的頭腦 = sophronimoss - 安全、受控、有紀律的思維。

God has given us the weapons to live with safe borders around our thoughts and the emotions they cause and the habits they build. How do we demolish the strongholds in our minds? Thought by thought by thought by thought. By practicing this and repeating this. This process



has helped free me from decades of debilitating fear and is changing so much around inside of me. 神已經給了我們武器，讓我們在思想、思想引起的情緒和養成的習慣周圍有安全的邊界。我們如何拆毀我們心中的營壘？一個一個念頭的來。通過練習並重複這個。這個過程幫助我擺脫了數十年來令人虛弱的恐懼，並在我的內心發生了巨大的變化。

## CLIFF & THE BALLOON 懸崖與氣球

“I am safe in the love of God no matter what.” This could be a whole other message, in fact, it could be a whole library of messages, but nothing reveals truth in our lives more than a deep understanding of the unconditional love of God. Love that leaps over fear and doubt and heartache and the lies we tell ourselves. When we know we are truly loved by God, we can trust Him to tell us the truth; even when the truth is hard to hear. “無論如何，我在神的愛中是安全的。”這可以是另一篇講道，事實上，它可以生出一陣個圖書館的講道，但沒有什麼比深刻理解神無條件的愛更能揭示我們生活中的真理。跨越恐懼、懷疑、心痛和我們告訴自己的謊言的愛。當我們知道我們真的被神所愛時，我們可以相信他會告訴我們真相；即使真相不容易入耳。

The unchanging truth of God, as revealed to us through His love for us is the most valuable thing we can seek and live for. And when we find truth, we can anchor every thought to it and reroute every mental shortcut toward it. (Ex> truth: Trouble at work. I am safe in the love of God no matter what - so from this secure place, how should I respond to this pressure? Financial pressure: I am safe in the love of God...what is my next true and beautiful step? Family turmoil: I am unconditionally loved by the God who knows my family better than anyone. What is my best, next move? What is the prevailing truth of Jesus about my family? About my place in it? ). 神不變的真理，就是通過祂對我們的愛向我們啟示，是我們可以尋求和為之而活的最有價值的東西。當我們找到真理時，我們可以將每一個想法都錨定在它上面，並重新安排通往它的每條精神捷徑。(例如> 真相:工作中的麻煩。無論如何，我在神的愛中是安全的 - 那麼從這個安全的地方，我應該如何應對這種壓力？財務壓力:我在神的愛中是安全的.....那麼我的真實而美麗的下一步是什麼？家庭動盪:神無條件地愛我，他比任何人都更了解我的家庭。我最好的下一步是什麼？耶穌關於我家庭的普遍真理是什麼？關於我在其中的位置的真理是什麼？)

Close, response, pray. Do you need more power to deal with the thoughts that are causing damage to your soul? Do you need God's help to find a pathway to safe thinking? Let's pray. 結束、響應、禱告。您是否需要更多的力量來處理對您的靈魂造成傷害的想法？您需要神的幫助來找到通往安全思考的途徑嗎？讓我們禱告。