

克服憂慮：從認識到信心的轉化

Overcoming Anxiety:

From Knowledge to the

Transforming Power of Faith

(箴言 Prov12:25 ; 17:22 ;

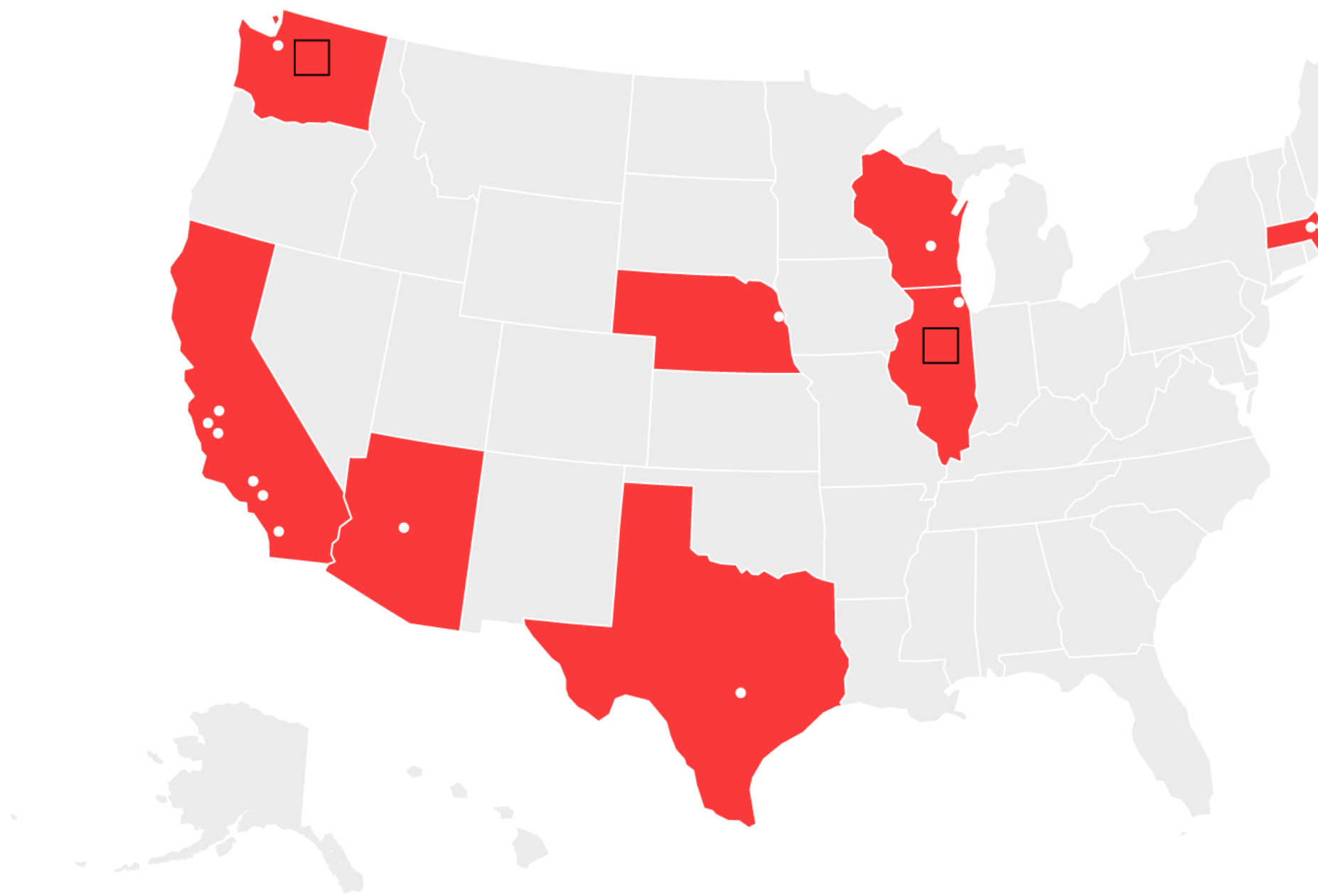
腓立比書 Phil 4:6 ; 以賽亞書 Isaiah26:3)

25 Anxiety weighs down
the heart,
but a kind word cheers it up.

25 人心憂慮屈而不伸，
一句良言使心歡樂。

Overcoming Anxiety(克服憂慮)：

**From Knowledge to
the Transforming
Power of Faith**









連儐隧道





從憂慮到抑鬱症 From Anxiety to Depression

- ❑ 過量的憂慮 (excessive)
- ❑ 長期的憂慮 (long-lasting)
- ❑ 無法或困難處理工作或與其他人有效地關聯起來
(difficult or impossible to handle)





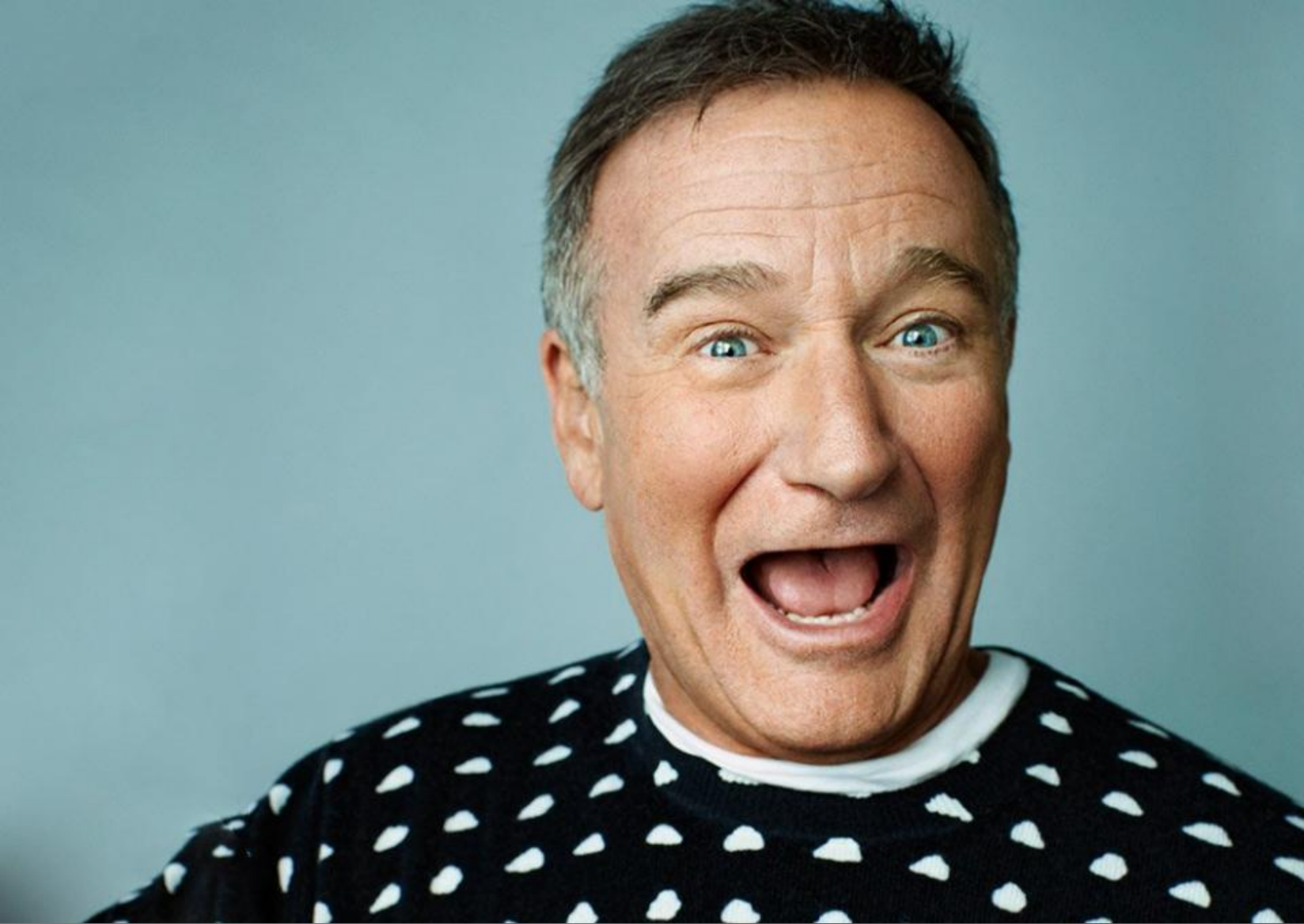


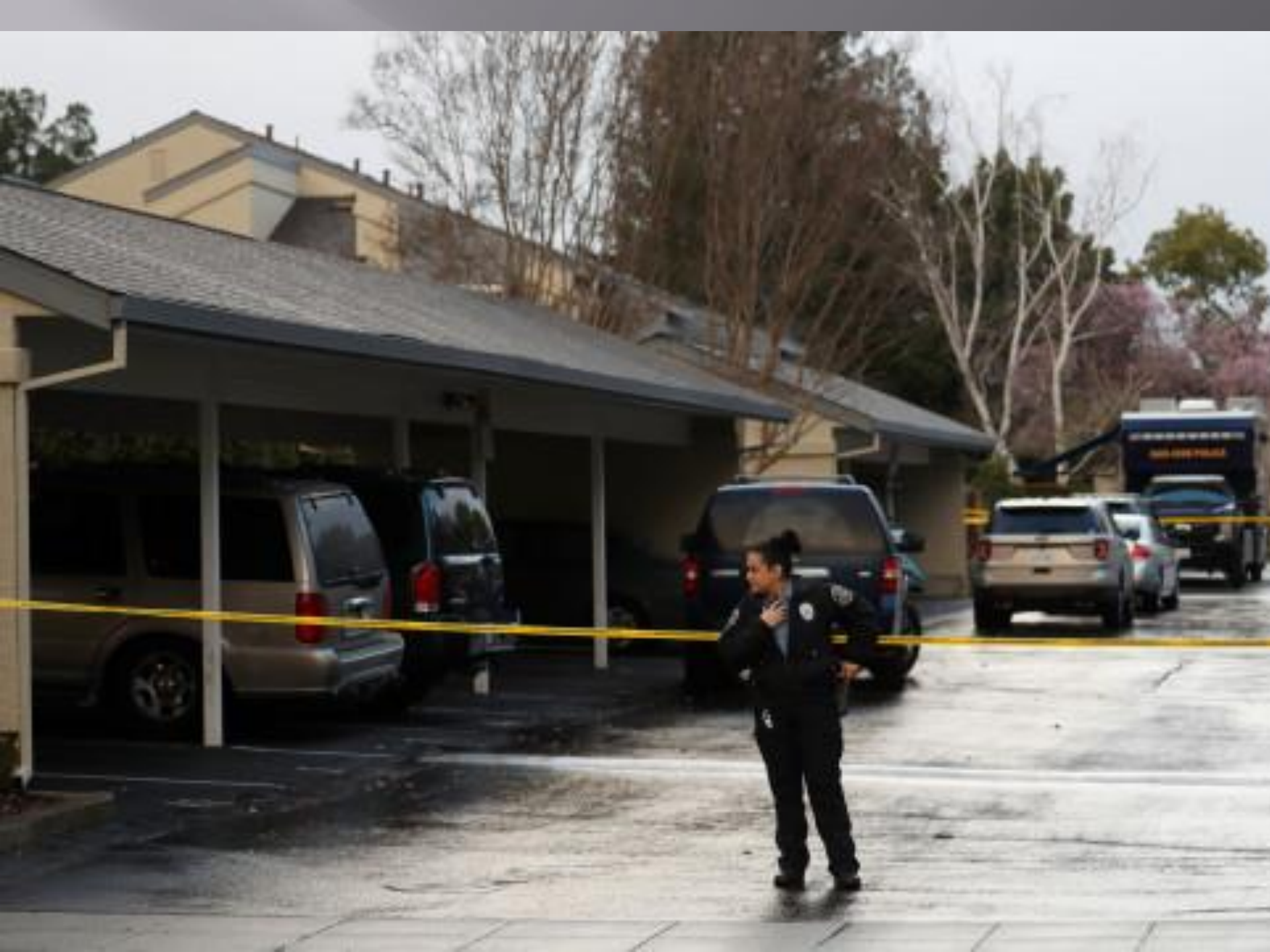






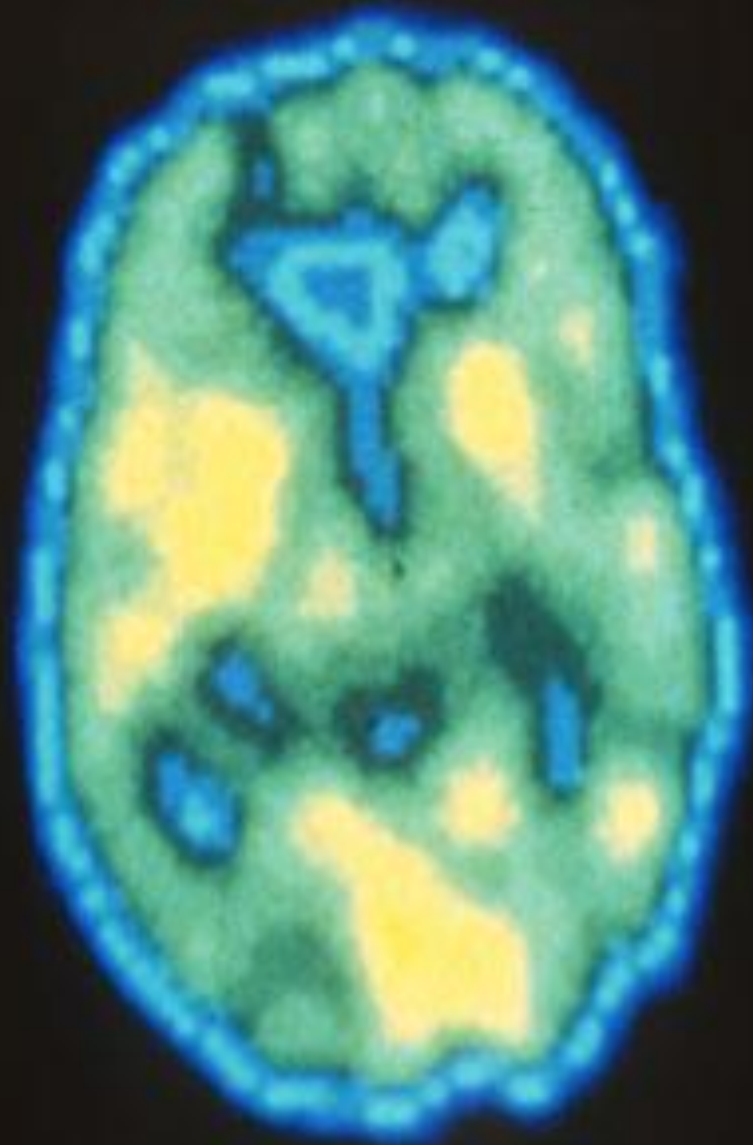




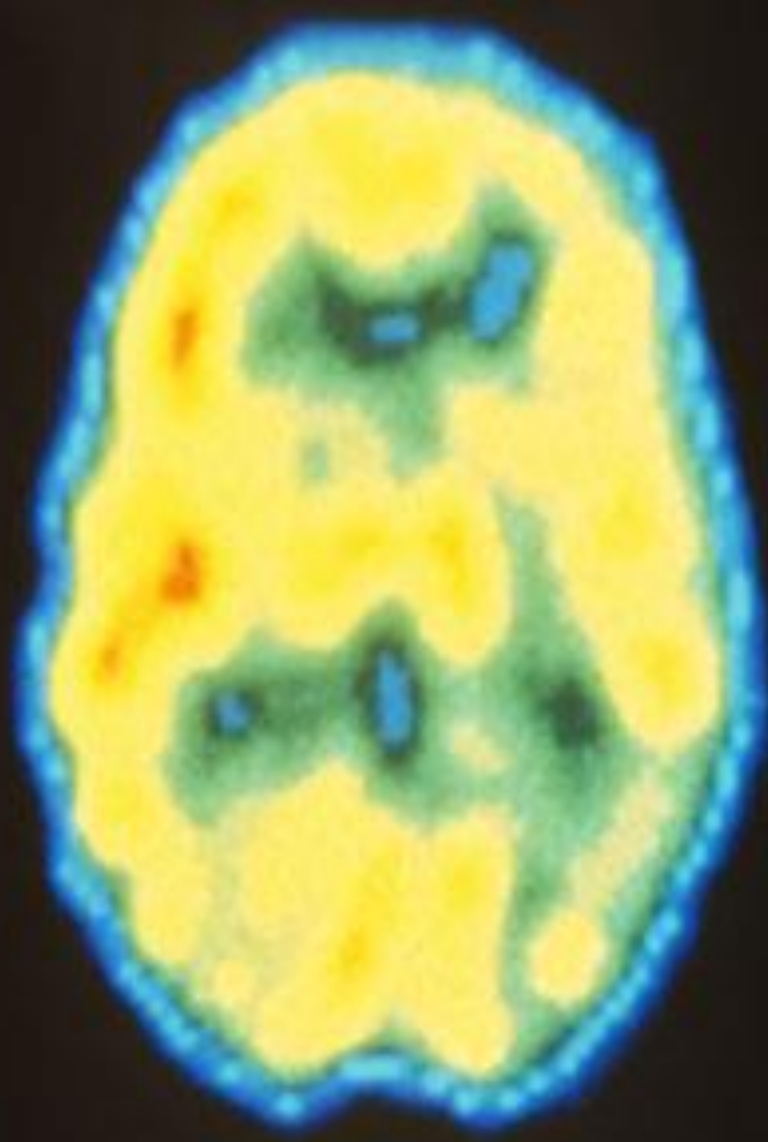




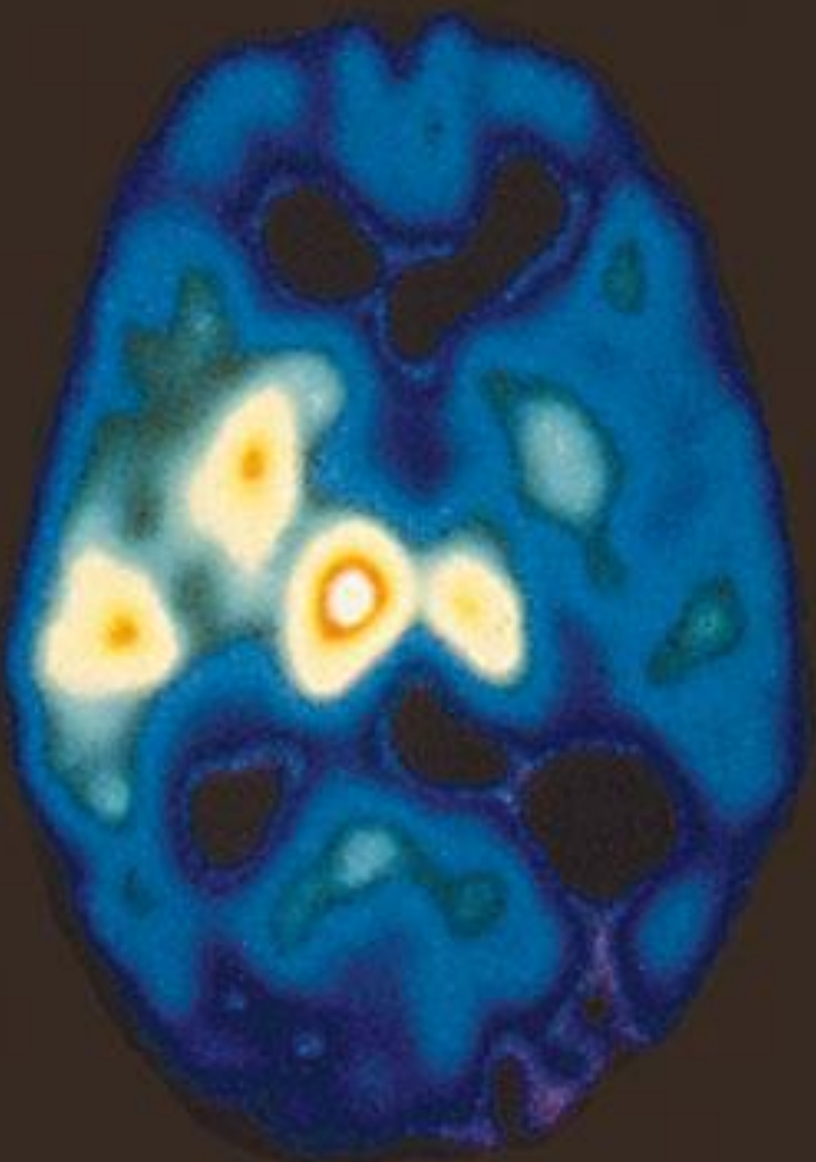
Depressed



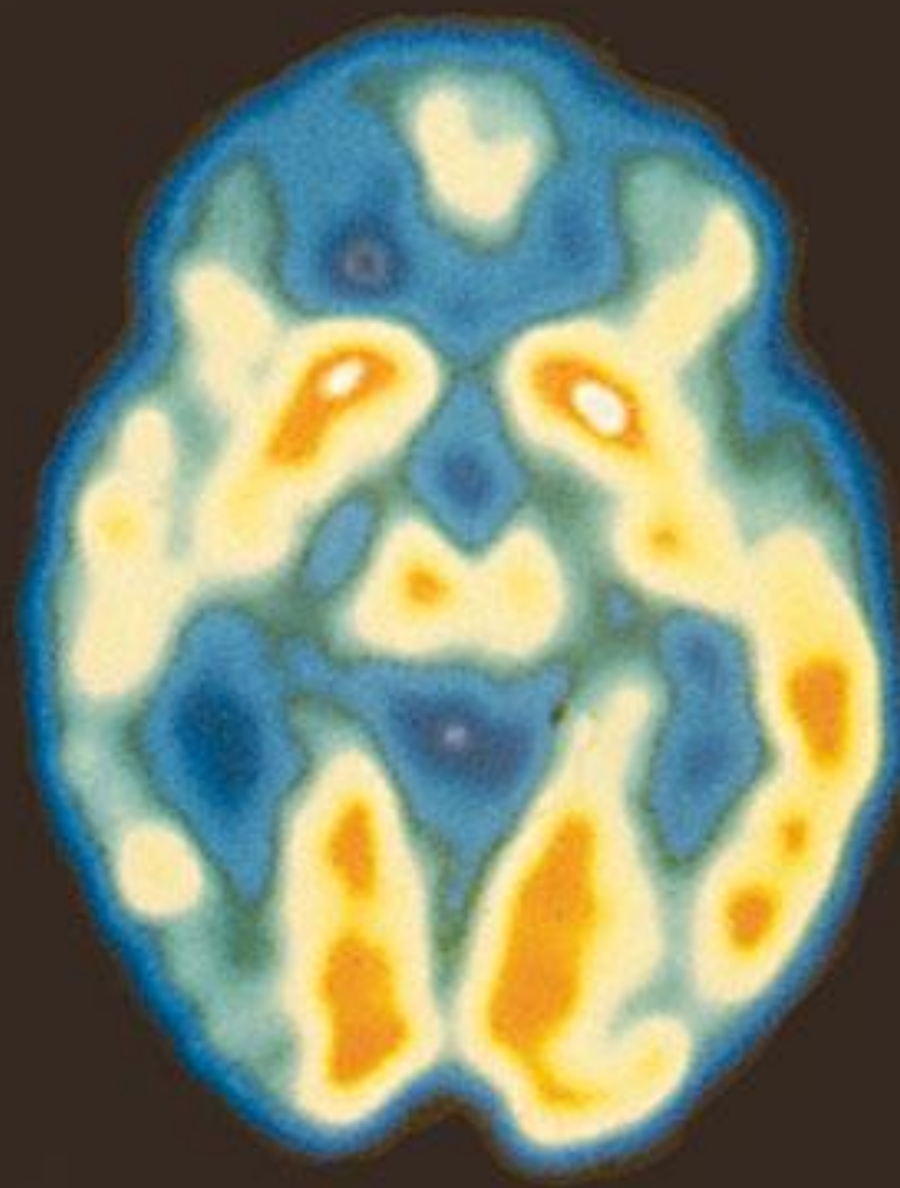
Not depressed



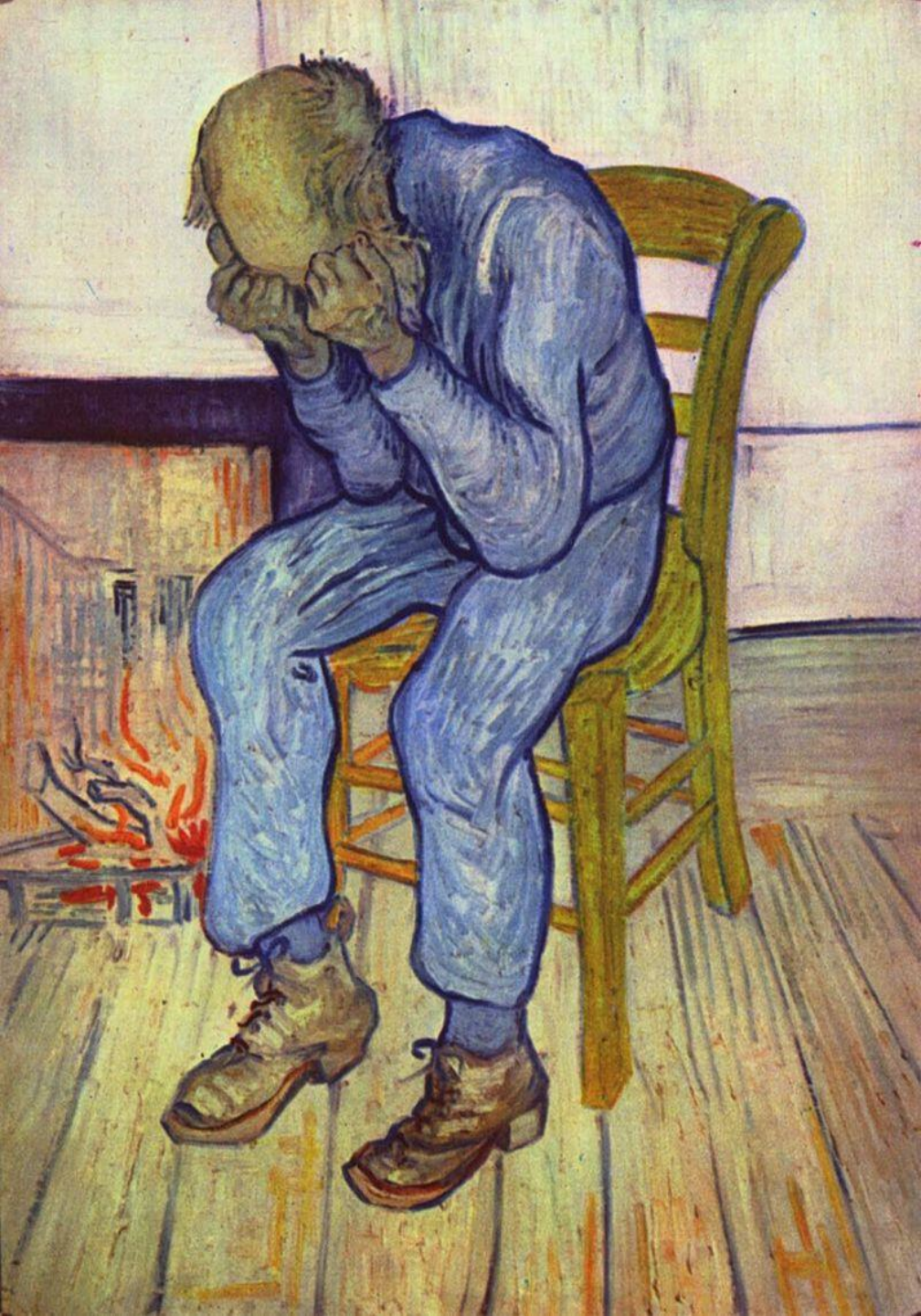
Depressed



Not depressed







Four Ways to Overcome Anxiety

克服憂慮的四個步驟：

1) Distraction

分散注意力







第三十六计 走为上计

全师避敌，在次无咎，未失常也。

译：全军退却，甩开敌人，以退为进，待机破败，这是不违背正常的法则的。





Overcoming

Anxiety 克服憂慮

2) Great Skill
to Keep Calm

冷靜的技巧

06.12.2014









It is about the greatness of God, not
the significance of man. God made
man small and the universe big to
say something about himself.

— *John Piper* —

AZ QUOTES

Thanksgiving

感恩

應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。(腓四 6)

Thanksgiving

感恩

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6)





3) Positive Affirmation 自我鼓勵





**Attitude is a little thing that
makes a big difference.**

Winston Churchill

**TOUGH TIMES
NEVER LAST,
BUT TOUGH
PEOPLE DO.**

ROBERT H. SCHULLER





"IF YOU CAN DREAM IT, YOU CAN DO IT."

WALT DISNEY

© Lifehack Quotes





4) The Power of Transforming Faith

信心的轉化力



NIGHT

ELIE WIESEL

WINNER OF THE
1986 NOBEL PEACE PRIZE

WITH A NEW PREFACE BY
Robert McAfee Brown

"A SLIM VOLUME
OF TERRIFYING POWER."
—THE NEW YORK TIMES





1. 相信耶穌的應許 是真實的

「堅心倚賴你的，你
必保守他十分平安，
因為他倚靠你。」

(賽 26:3)

1. Trust That the Promise of Jesus is Real

“You Keep him in
perfect peace whose
mind is stayed on
you because he
trusts in you.”

(Isaiah 26:3)