

August 17, 2025

- The "You Asked For It" Series -

“你要求的” 系列

WHY DO I STILL STRUGGLE WITH ANXIETY AND DEPRESSION?

我為什麼仍然掙扎在焦慮和憂鬱中？

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A. Four Valuable Insights

四個寶貴的見解

1. God's design...

神的設計

- a. Humanity was designed to experience an ongoing, unbroken, Spirit-to-spirit relationship with the Creator of the universe.

人類被設計來與宇宙的創造者建立一種 持續的 不斷的 和靈與靈的關係。

2. Sin's attack...

罪惡的攻擊

- a. God's design was that we be primarily influenced by His Spirit. However, following our decision to sin, we became primarily influenced by *"the flesh"* (or *"the sinful nature"*).

神的旨意是讓我們主要受聖靈的影響。然而，自從我們決定跟隨罪惡之後，我們主要受「肉體」（或「罪性」）的影響。

"Those who live according to the flesh have their minds set on what the flesh desires; but those who live according to the Spirit have their minds set on what the Spirit desires.

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.

Those who are in the realm of the flesh cannot please God." (Romans 8:5-8)

隨從肉體的人，以肉體的事為念；隨從聖靈的人，以聖靈的事為念。以肉體為念就是死，以聖靈為念就是生命、平安；因為以肉體為念就是與 神為仇，既不服從 神的律法，也的確不能夠服從；屬肉體的人不能得 神的喜悅。。(羅馬書 8:5-8)

"Your desire will be for your husband, and he will rule over you." (Genesis 3:16b)

你要戀慕你的丈夫，他卻要管轄你。”(創世紀 3:16b)

3. God's salvation...

神的救恩

"For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins."

(Colossians 1:13-14)

他救了我們脫離黑暗的權勢，把我們遷到他愛子的國裡；

我們在愛子裡得蒙救贖，罪過得以赦免。(歌羅西書1:13-14)

4. Our role...

我們的角色

- a. Salvation does mean a complete removal of sin's damage in our lives. But this removal is not instant, and we have a role to play in its application.

救恩的確意味著徹底除去罪在我們生命中的傷害。但這除去並非瞬間完成，在應用救恩的過程中 我們有一個角色要扮演的。

- b. If you are a follower of Jesus, the Spirit of God (once again) lives in relationship with your spirit.
如果你是耶穌的跟隨者，神的靈（再次）與你的靈息息相關。

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?” (1 Corinthians 6:19)

豈不知你們的身子就是聖靈的殿麼？這聖靈是從神而來，住在你們裡頭的；並且你們不是自己的人；(哥林多前書 6:19)

- c. For the power of God to be experienced in your life, the presence of God must be accessed in your life.

要想在生命中體驗神的力量，就必須先在生命中獲得到神的同在。

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.” (2 Peter彼得後書1:3)

神的神能已將一切關乎生命和虔敬的事賜給我們，皆因我們認識那用自己榮耀和美德召我們的主。

“Since then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

For you died, and your life is now hidden with Christ in God.

When Christ, who is your life, appears, then you also will appear with him in glory.

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these things the wrath of God is coming.

You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.”

(Colossians 3:1-10)

所以，你們若真與基督一同復活，就當求在上面的事；那裡有基督坐在神右邊。你們要思念上面的事，不要思念地上的事。因為你們已經死了，你們的生命與基督一同藏在神裡面。基督是我們的生命，他顯現的時候，你們也要與他一同顯現在榮耀裡。所以，要治死你們在地上的肢體，就如淫亂、污穢、邪情、惡慾，和貪婪。貪婪就與拜偶像一樣。因這些事，神的忿怒必臨到那悖逆之子。當你們在這些事中活著的時候，也曾這樣行過。但現在你們要棄絕這一切的事，以及惱恨、忿怒、惡毒（或作：陰毒）、毀謗，並口中污穢的言語。不要彼此說謊；因你們已經脫去舊人和舊人的行為，穿上了新人。這新人在知識上漸漸更新，正如造他主的形像。(歌羅西書 3:1-10)

Today's Big Idea... 今日主旨

Following Jesus is continually accessing God's power to increasingly experience God's transformation.

跟隨耶穌就是不斷地獲得神的力量，越來越多地經歷神的改變。