

“HOW TO LIVE A FULL AND FRUITFUL LIFE WITHOUT BEING TOO BUSY”

如何轻松地过一个充实而且多结果子的生命

BE STILL: “Be still and know that I am God. I will be exalted in the nations. I will be exalted in the earth.” Psalm 46:10 NIV

- He is God, we are not! It’s about Him being exalted, not us.
- Do you “need to be needed?” Do you like being the “hero?” If your answer is “yes” to either, you will tend to be too busy!

休息 “你们要休息，要知道我是神！我必在外邦中被尊崇，在遍地上也被尊崇。” 诗篇 46：10

- 他是神，我们不是。是他被尊崇，不是我们
- 你是不是需要“被需要”？你是不是喜欢作“英雄”？如果你对两个问题的答案是肯定的，那你太忙了。

RECEIVE YOUR SONSHIP (DAUGHTERHOOD): “So you are no longer a slave, but a son; and since you are a son, God has made you also an heir.” Galatians 4:7 NIV

- In Christ, you are not a slave or a “hired hand” but rather you are a son!
- Do you feel the need to prove yourself—to someone else? To God? To yourself?
- Sons don’t need to prove anything! They are already accepted (Ephesians 1:6) in THE SON! If you are still trying to prove yourself, you will tend to take on too much and become too busy!

接受你作为神儿女的身份 可见，从此以后，不是奴仆，乃是儿子了。既是儿子，就靠着神为后嗣。
加拉太书 4:7

- 在基督里，你不是奴隶，也不是雇工，而是儿女！
- 你有没有觉得需要证明自己？--向别人？向上帝？或向你自己？
- 儿女们不需要证明什么。他们作为神的儿女已经被接纳（弗 **1：6**）如果你仍旧在试着证明自己，你将会负担太多，变得太忙碌

ALIGN YOUR VALUES: “God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful.” I Corinthians 1:9 NIV

- Value relationships most (over accomplishments and possessions) starting with your relationship with Jesus Christ! Relationship with Jesus is your first “calling!”
- What do you value in your life? Take a full sheet of paper and make of list of everything that you can think of that you value. Next, can you find a scripture from God’s Word that supports each person, place, or thing that you have listed?
- Re-evaluate your values—there are only so many hours in a day, so you won’t be able to do “everything.” Align your values with what God values most! If you don’t, you will try to do more than you have strength and capacity to do and you will tend to be too busy!

为你的价值排次序 “神是信实的，你们原是被他所召，好与他的儿子，我们的主耶稣基督一同得分。” 林前 1：9

- 最看重关系（超过成就和财产） 开始你与耶稣基督的关系！与耶稣建立关系是你的第一“呼召！”
- 你在生命中看重什么？拿出一张纸，列出一切你想到的你所看重的。然后，你可以试着能不能找到一节圣经经文支持你所列的。
- 重新评估你的价值 一天只有那么多的时间，所以不可能做每一件事。以神所看重的为考量重新排序。如果你不这样做，你会尝试做超过你力量和能力的事情，你会变得太忙！

SET PRIORITIES WITH PURPOSE: “At daybreak Jesus went out to a solitary place. The people were looking for him...they tried to keep him from leaving them. But he said, ‘I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent.’” Luke 4:42-43 NIV

- Jesus was given ALL AUTHORITY (Matthew 28:18) but only did what His Father authorized Him to do!
- How about you? Do you just keep saying “yes” to any and all that is asked of you until you have nothing more to give? Or, do you inquire of the Lord and seek His mind and His will?
- Also, keep in mind that your core values will tend not to change. Priorities, however, can certainly change due to the needs of your family and seasons of life and ministry.
- Be prayerful, purposeful, and proactive in the setting of your priorities. If you don’t, it will seem at times like the needs, responsibilities, invitations, and opportunities of your life are trying to overtake you, and you will tend to be too busy!

以目标为导向，设立优先： 天亮的时候，耶稣出来，走到旷野地方。众人去找他，到了他那里，要留住他，不要他离开他们。但耶稣对他们说：“我也必须在别城传神国的福音，因我奉差遣原是为为此。” 路 4：42-43

- 耶稣虽然已得着权柄，但仅做他的父亲授权给他做的事情
- 你怎么样呢？你是不是总是对任何有求于的人说“是”，直到你没有东西可以给。或者，你求问神，寻求他的旨意。
- 记住你的核心价值不会改变。然而，优先次序可以随着你的家庭，生命不同阶段还有服事改变而改变
- 在设立你的优先次序时，你要多祷告，有目标，积极主动。如果你不这样，很多时候你会让需求，责任，邀请还有生活中的机会占有你，你会变得太忙碌

ABOVE ALL ELSE—TAKE CARE OF YOUR HEART: “Above all else, guard your heart, for it is the wellspring of life.” Proverbs 4:23 NIV

- Have you ever been wronged, hurt, or offended? Have you suffered a loss? Yes, of course we all have. The key is: how have we been affected and how have we responded?
- If we have unforgiveness and unresolved issues in our hearts, they will continue to have an adverse affect on our hearts and, most importantly, hinder our relationship with Jesus and our ability to hear from Him and discern His will.

- With our hearts affected in such an adverse way, we are more likely to be driven instead of led, and we will more easily be motivated out of pride, anger, rejection, fear, and guilt instead of being able to truly discern God's will.
- When you take care of your heart—submitting to the sovereignty of God, giving thanks in and for all things, and forgiving one another—you are more and more free to experience the fullness of His Life, hear His voice, and do His bidding!

最重要的一—保守你的心 :“你要保守你的心，胜过保守一切，因为一生的果效，是由心发出。”

- 你有没有被误会，被伤害或者被冒犯？你有没有经历过失败？当然我们都经历过。关键是：我们怎么被影响还有我们如何回应。
- 如果我们有不饶恕和没有得到解决的问题在我们心里。那么这些东西会继续对我们的心有负面影响。最重要的是，影响我们和耶稣的关系以及我们倾听和鉴别他的旨意的能力。
- 如果我们的心的被这样负面的影响，我们更可能会是被驱使而不是被带领。我们更容易是被骄傲，愤怒，拒绝，恐惧，负罪感，而不能辨别神的旨意
- 当你保守你的心的时候—顺服神的主权，为一切的事情感恩，彼此饶恕—你越来越自由地经历他生命的丰盛，听到他的声音，遵行他的命令。

Be still...

Receive your sonship (daughterhood)...

Align your values...

Set your priorities...

Take care of your heart!

Yours will become a full and fruitful life that is not too busy!

***Pastor Steve Peterson,
Fresh Start For All Nations***

休息

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