



西區浸信會 小組討論

2023年3月19日

- 講員：曾李麗冰牧師
- 經文：列王紀上 19:1-18

茁長+滿溢：茁長健康

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情緒健康的茁長

「我留下平安給你們，我把我的平安賜給你們。我所給你們的，跟世人所給的不同。你們心裡不要愁煩，也不要害怕。約翰福音 14:27

破冰問題 Ice-breakers

- 你認為自己情緒化嗎？為什麼？您是否了解自己的情緒——快樂、悲傷、憤怒、恐懼等？你是一個情緒健康/成熟的人嗎？你是一個會表達自己感受的人嗎？討論並分享您現在的感受。

Do you consider yourself emotional? Why? Are you in touch with your emotions – Joy, Sadness, Anger, Fear etc.? Are you an emotional healthy/mature person? Are you a person who expresses your feelings? Discuss and share how you feel right now.

認知 To know

- 你對情緒的理解是什麼？你認為上帝有情緒嗎？閱讀（約翰福音 11:35）。請討論和分享。What is your understanding about emotions? Do you think God has emotions? Read (John 11:35). Discuss and share.
- 閱讀（馬可福音 14:72）。關於表達情緒，我們可以從彼得身上學到什麼？您是否認為情緒是上帝的禮物並且是合理的，即使是負面情緒也會在我們的生活中發揮作用？請討論和分享。Read (Mark 14:72). What can we learn from Peter about expressing emotions? Do you think that emotions are gifts from God and they are legitimate, even negative emotions have a role to play in our life? Discuss and share.
- 我們可以從哪些方面認同詩篇中對情緒的描述？我們在日常生活中如何表達情緒？它健康嗎？請討論和分享。In what ways can we identify with some of the descriptions of emotions in the book of Psalms? How do we express emotions in our daily life? Is it healthy? Discuss and share.
- 閱讀（雅各書 5:17；列王紀上 19:3-4）。關於以利亞和他的情緒，聖經怎麼說？請討論和分享。Read (James 5:17; 1 Kings 19:3-4). What does the bible say about Elijah and his emotions? Discuss and share.
- 閱讀（列王紀上 19:10；彼得前書 5:8；馬可福音 12:30；羅馬書 8:8）。情緒健康茁長的原因是什麼？請討論和分享。Read (1 Kings 19:10; 1 Peter 5:8; Mark 12:30; Romans 8:8). What are the reasons for growth in emotional health? Discuss and share.

我的領受

- 神藉著今天的小組討論對你說了甚麼？



- 閱讀 (詩篇 42:11; 列王紀上 19:2-3、11-18)。情緒健康的茁長步驟是什麼？爲了在我們的情緒健康中成長，我們需要採取哪些步驟？請分享一些我們可以付諸實踐的實際計劃。Read (Psalms 42:11; 1 Kings 19:2-3, 11-18). What are the steps to growth in emotional health? What are some of the steps we need to take in order to grow in our emotional health? Share some of the practical plans that we can put into practice.

感受 To feel

- 設身處地從以利亞的角度看。如果我們在他的處境，我們會有何感受。請討論和分享。Put ourselves in the shoes of Elijah. How would we feel if we were in his situation. Discuss and share.
- 我們知道自己的感受嗎？我們是否會感到灰心、恐懼甚至沮喪等？舉出實際例子。請分享我們現在感受到的一些的情緒 (消極/積極)。Do we know how we feel? Have we ever felt discouraged, fearful or even depressed etc.? Give practical examples. Share some of the emotions (negative/positive) we feel right now.

計劃及實踐 To plan and do

- 互相提醒，對情緒有正確的理解很重要，情緒健康需要茁長。Remind one another that it is important to have a right understanding about emotions and there is a need for growth in emotional health.
- 嘗試鼓勵小組中的人分享他們對情緒的理解和目前的情緒狀態。還鼓勵他們制定切實可行的計劃來促進他們的情緒健康。Try to encourage people in the group to share about their understanding about emotions and their present emotional state. Also encourage them to make practical plans for growth in their emotional health.
- 在接下來的幾週內，嘗試在小組中找一兩個人與你一起並爲你祈禱。祈求上帝幫助情緒健康的茁長。In the coming weeks, try to find one or two people in the group to pray with you and for you. Pray and ask God's help in the growth of emotional health.

我的領受

- 神藉著今天的小組討論對你說了甚麼？



我的禱告回應

- 爲著今天神對你說的話，你有何回應？請寫下你的禱告。

我的行動回應

- 因著今天神對你說的話，你會在行動和心態上作出甚麼回應或改變？