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your mind controls your life. He who controls your thoughts controls your experience. What occupies your mind will occupy your life. What dominates your mind will manifest in your life. The devil has no access to your spirit. To control your spirit and actions, the devil or anyone seeking control must first get to your mind, influence it and possibly seize it. Don't open your mind to the devil (James 4:7; Luke 4:1-13; Prov 4:23).

To lock out the devil:

1. Don't open your mind to anything that is contrary to the word of God. The word of God must be accepted as the final authority on every subject, and you must resist any thought to speak or act contrary (James 4:7)
2. Don't open your mind to anything that is contrary to love, and has the capability to create anger, resentment and hate.
3. Don't open your mind to gossips about your spouse, relation, friend, church members, Pastor or anyone.
4. In the face of provocation, do not open your mind to direct thoughts that will fuel anger, or from people that advice revenge or evil action.
5. Don't open your mind to thoughts that can kill peace and sweetness in your marriage, family, church and organization.
6. Don't open your mind to what can divide your home, relationship, church and promote selfishness, party spirit and destroy your love life.
7. As events unfold, as unpleasant things happen, watch what you think. Don't give your mind to the enemy.

Conclusion

Guard your mind and don't let the devil in. Though he seeks to control you through your thoughts, don't let him do that. Regularly hand your thoughts over to the Holy Spirit. Allow the word of God to influence and control your thoughts, feelings, decisions, words, actions and reactions.

Always remember that he, who controls your mind, controls your life. He who controls your thoughts controls your experience. The thoughts you think per time can increase and can reduce the love you have for God, your partner, friend, neighbour, colleague and boss. The thoughts of the mind can scatter or keep together your relationship. Your life is a reflection of your thoughts. Your habits and character are manifestations of your thoughts. Your words are reflections of your thoughts. Prov 23:7; Prov 27:19

Success and failure of your marriage, business, career and church depends on your thoughts. Guard your mind.

The percentage is a generalization of what we retain. Understanding and Remembering are better when we make notes.

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你心思的就能操控你的经历。什么事物填满你的心思, 就占据你的生命。什么事物主导你的心思, 就会彰显在你生命。撒旦不能操控你的灵和行为, 若撒旦或任何人要操控, 首先要侵占你的心思, 影响它, 拥有它。千万别向撒旦开启你的心思 (雅各 4:7; 路加 4:1-13; 箴言 4:23).

要撇离撒旦:

1. 千万别向神话语对立的开启你的心思。在每个课题上, 接纳神的话语作最后权柄, 抵挡任何敌对的心思意念, 抵挡说敌对的话或作出敌对的行为 (James 4:7)
2. 千万别向爱对立的开启你的心思, 别制造愤怒, 憎恨或仇恨
3. 千万别向闲言闲语开启你的心思, 别说你伴侣, 关系, 朋友, 教友, 牧师或他人的闲话。
4. 面对挑衅, 千万别开启你的心思, 别接收煽风点火的意念, 也别接收教唆报仇邪恶行为的人
5. 千万别开启你的心思, 别接收破坏婚姻, 家庭, 教会和机构 - 和平与甜蜜的意念
6. 千万别开启你的心思, 别接收分裂你家, 关系, 教会和助长自私, 结党的灵, 破坏你爱的生命的。
7. 当状况一一呈现, 不好的事一一发生, 保守你的心思意念。别将你的心思给了仇敌。

结论

保守你的心, 别让撒旦进来。他虽尝试藉着你的心思, 然而, 别让他得逞。经常将你的心思叫托给圣灵。让神的话语影响和掌管你的心思, 感情, 决定, 话语, 行为和反应。

切记, 操控你心思的, 就操控你生命。操控你心思的, 就操控你经历。你每次的思想能够增加或减少你对神, 伴侣, 朋友, 邻里, 同事和老板的爱。我们的心思能够分裂或团结你的关系。你的生命是你心思的写照。你的习惯和品格是你心思的彰显。你的话语是你心思的反映。箴言 23:7; 箴言 27:19

你婚姻, 生意, 事业和教会的成功与失败, 倚靠你的心思。保守你的心。

一般上, 巴仙率是指我们能学存的。若作笔记, 你能更明白和记忆更多。



CoskTimes 盛港教会周讯

Strictly For Internal Circulation Only 仅限会众传阅

SUNDAY SERVICE TIME 主日聚会时间: 10.30am to 12.30pm 早上10.30至中午12.30分

Church of Sengkang 盛港教会

Is called by God to be *welcoming* and *prayerful* community filled with and led by the *HOLY SPIRIT*

蒙神呼召成为一个被 *圣灵* 充满和引导成为 *受欢迎* 和 *祷告* 的团体

24th April 2011 二〇一一年四月二十四日

LET ME TAKE DOWN THE VILLAGES OF NAGALAND
让我拍下纳戈兰的乡村

I never thought I had a chance to ride in a helicopter 我没想过有机会乘搭直升机

We are indeed extremely blessed! 我们真正极度蒙福!

Their faithfulness & discipline towards God..... Touched me 他们对神的信实和规律...感动我

Surely, I will go to Nagaland again 肯定, 我会再去纳戈兰

Read their personal Reflection in Pages 4-5

To Experience
"The JOY of Serving The Lord & Being Served By God's Servants"
来经历 "侍奉主的喜乐 及 被神仆人服侍的喜乐"

We received 2 one time offering and 8 monthly pledges

我们受到2封一次性奉献和8封每月宣誓

Acts 20:35 can be mere 'Oida' knowledge or 'Ginosko' knowledge Depends on Your Love & Trust in our God of Blessings.

We challenge you to Seize this opportunity to **ENJOY** God's Blessings. Yes, You can capitalize the 'little' multiply when put into God's Hand and experience His Abundant Blessings. Beloved, God is always Giving and will still be Giving. It's time we **GIVE BACK**.

Last Sunday, some of you have responded and we are asking our Lord to bless your **GIVING**. On behalf of the leadership, we thank you for your continued support for the ministry in reaching the souls in Sengkang/Punggol. Tabulated below is the detailed breakdowns of the total 'One-Time' offerings & Monthly Pledge to support the Ministry.

使徒 20:35 可以是单纯的 'Oida' 知识 或 'Ginosko' 认识。就凭你对神祝福的爱和信靠。

我们要挑战你抓紧机会来享受神的祝福。是的, 你可以将这 '少少' 的放在神的手中, 让祂使之倍增, 经历祂丰盛的祝福。蒙福的, 神一直给与并不间断地给与。是我们回馈的时候了。

上周日, 你们当中一些已经作出回应, 我们祈求主祝福你的奉献。谨代表管理层, 我们感谢你为盛港/榜鹅传福音的侍工持续支持。以下是支持侍工 '一次性' 奉献 和 每月宣誓的总数

One Time Offering 一次性奉献 1. \$1200 offer in July 2011
2. \$500 offer in August 2011

Monthly Pledge 每月宣誓 001. \$2,500 from May 2011 to April 2012
002. \$800 from May 2011 to May 2012
003. \$200 from May 2011 to April 2012
004. \$100 from May 2011 to April 2012
005. \$50 from May 2011 to December 2011
006. \$50 from May 2011 to December 2011
007. \$30
008. \$20 from May 2011 to December 2011

Get a copy of pledge Form from the ushers. 请向招待员索取宣誓表格。

OUR COLLECTIONS 我们的奉献

Proverbs 11:24-25; One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed.

箴言 11:24-25: “有施散的, 却更增添。有吝惜过度的, 反致穷乏。好施捨的, 必得丰裕。滋润人的, 必得滋润。”

March 2011 Collection 三月份奉献:	\$17,111.08
Rental income from tenant (Jan'11 to Mar'11)分租收入 (一月至三月一一年):	\$ 9,000.00
April 2011 collection up to 17 April 2011 四月份奉献截至十七日:	\$10,286.50
Rental income from tenant (Apr'11) 分租收入 (四月一一年):	\$ 3,000.00
Mission Fund 宣教基金	\$ 5,347.00
Church Building Fund 建堂费:	\$36,240.00

*If you are making out a cheque, kindly mark
若您使用支票, 请填上
"Church of Sengkang Ltd".*

ADDRESS 地址

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Singapore 829734
新加坡邮区八二九七三四
Tel 电话: 6387 6612 / 9646 0704
Website 网站: www.cosk.sg



NAGALAND MISSION TRIP TESTIMONIES 纳戈兰宣旅的见证

Thank you Lord, this was my second mission trip and most touches my heart. Most of the team members were also with me in my first Sabah mission trip. Team spirits in this mission team had moved my heart. I wanted to give the Lord my thanksgiving.

Although the travelling journey took us 15 hours of bumpy and winding road to Noklak, and even some of the team members had fell sick on the way, but I saw the team members were all willingly and joyfully to go Noklak.

When we reach Noklak, the first day teaching had made me realized the people really need us to impart our biblical knowledge and application to them. And they had a willing and hunger desire to receive the knowledge.

And their warm hospitality had touches me as I never received in Singapore. They were so thoughtful that they even prepared hot water for all the team members for shower. Not only that, they saw all our needs and provided us before we expressed our needs.

Pastors travelled all the ways to Noklak just to attend the seminars conducted by our Mission Team. I saw their willingness to walk so far to satisfy their desire to know more about God's word. I felt that I am indebted to God, I must learn from their ways.

The last night before we left Noklak, we were gathered in the chapel. The bible school students and other church staff were all queuing up shaking our hands and most of the female bible students even start crying and hugging the sisters in our team. I saw their honesty and sincerity when all our luggages were put into a jeep and drove by a church brother for 15 hours all the way to Dimapur to meet up with us. And I never thought I had a chance to take a ride in helicopter.

Thank God, this mission trip had made me learnt that one must has hope, honesty, willingness and faith to serve our Lord. I also want to thank God that I am able to experience so much blessings in my life. I am yearning to go back to Noklak, Nagaland next year! All glory to our Lord.

Bro James Choo



感谢主,这是我第二次的宣旅,也最触摸我的心。多数团员是我第一次沙巴宣旅的团员。这宣旅中的团队精神使我感动。我要感谢主。

虽然,我们经历了崎岖和蜿蜒的路程前往Noklak,路上有几位团员也生病了,但我看见所有团员都甘心乐意并喜乐地去Noklak。

当我们抵达Noklak,首天的教导就让我看见,那里的人们真的需要我们传授他们圣经知识和运用。并且,他们愿意并渴望领受知识。

他们殷勤的款待是我从未在新加坡领受过的,真叫我感动。他们处处为我们设想,为所有团员预备热水洗澡。不仅如此,我们未开口前,他们已经看见我们的需要。牧师们不惜远道而来至Noklak,就为了参加宣教团队举办的研讨会。我看见他们愿意步行千里,为要满足他们渴望更认识神的话语。我感到自己亏欠了神,我应当多多向他们学习。

要离开Noklak的那夜,我们聚集在教会会所。圣经学院的学生们和其他教会同工,排队跟我们握手道别。多数女性学员更哭泣并拥抱我们的团队姐妹们。离开时,我们的行李必须靠一位教会弟兄开15小时的吉普车载送至Dimapur与我们会合。这些都让我看见他们的诚实和真诚。我从未想过自己有机会乘坐直升机。

感谢神,这宣旅让我学到人侍奉主,必须带着盼望,诚实,甘心乐意和信心。我也要感谢神让我生命中经历这么多祝福。我期待明年再次回到Noklak,纳戈兰!全荣耀归于我主。

James Choo弟兄

This is the "BEST" mission trip I have thus far. It is also the TOUGHEST trip whereby we have to travel 15 hours of winding and bumpy road, climbed down steep hillside, climbed uneven steps. I thank God for He had prepared me physically during my leisure trip to China, GuiZhou in February (GuiZhou is full of mountains and valley with much climbing and walking on uneven grounds). Having gone through this 15 hours journey enables me to better appreciate the Pastors whom walked 2 to 5 days by foot to attend the Pastor conference and biblical counseling training. Their desires to seek training in their ministry is most admirably and honorable. During the training sessions, they exhibit their hunger to learn by their full attendance, eagerly taking down notes, responding spontaneously towards our Senior Pastor David Kerk after the Lord broke down the traditional conservative behavior. This also causes me to think of our COSK seminars conducted by local and overseas speaker (ie. The Relational Church Seminar by Bruce A. Mitchell, Purpose Driven Life by Senior Pastor David or others from USA and Korea) where desire to learn is very much lacking.

Personally, I have been praying and looking forward for a CHANGE through this mission trip. In the beginning of the trip, at our first place at Kolkata, the Lord showed me a picture of Jesus washing the feet of His disciples – "serve and not to be served". I pray to the Lord to help me exercise servant hood during this mission trip. It is easier to serve those whom we respect, those whom are appreciative, but NOT SO EASY with those INCONSIDERATE brethren, but the Lord reminded me through Sis Lay Sim and I pray, bless and release them to the Lord. Thereafter, it does NOT BOTHER me ANYMORE, for I have the RIGHT PERSPECTIVE that I'm serving the LORD when I serve my brethren and I'm blessed with GREAT JOY as I serve MORE VOLUNTARILY, SET FREE from the need to be SEEN, RECOGNIZED or PRAISED. PRAISE THE LORD!

The leaders, pastors, pastors' wives, staff and fellow brethren loved us in words and in ACTION! With the bare minimal resources they have, they give us their BEST! They serve us with whatever best food they possibly can find or prepare; they ensure we have enough bottles of mineral water or hot



这是我去过“最好”的宣旅。也是最艰难的旅程,因我们必须经历15小时的蜿蜒颠簸的路程,下陡斜的山坡,攀爬不平的台阶。我感谢神在我二月的中国,贵州之旅预备了我的体能(贵州四面环山和山谷,需多攀爬和行走不平的路)。经历了这15小时的旅程使我更能体会那些步行2至5天,来参加牧师研讨会和圣经辅导课程的牧师们。他们渴望在侍工上受训的精神真配得赞赏和钦

佩。训练课程进行中,在主破除了他们的传统保守。之后,他们展示了那份渴望 – 他们满座的出席率,勤奋地做笔记,热烈地回应主任郭金傲牧师。这也让我想起盛港教会举办的本地和外地讲员课程(例:由Bruce A. Mitchell 主讲的关系性教会课程,由主任郭金傲牧师主讲的标杆人生,及其他从美国和韩国的讲员)缺乏学习的渴望。

我个人祷告并盼望藉着这宣旅经历改变。这旅程的启程,在Kolkata的歇脚处,主让我看见一幅耶稣为门徒们洗脚的画 – “来服侍而不是被服侍”。我祷告求主帮助我在这旅程中操练做仆人。较容易服侍那些我们敬重的和那些懂得感恩的,但是,对于那些不为他人设想的,却不容易。然而,主藉着丽心姐妹提醒我,我开始为他们祷告,祝福他们,将他们交给给主。之后,我再也不受困扰,因我有了正确的心态 – 当我在服侍主内等同在侍奉主。当我越甘心乐意服侍,我就越加喜乐,我的释放并不需要被人看见,被承认或被称赞。赞美主!

领袖们,牧师们,牧师娘们,全职员工们和主内们都以话语和行动爱我们!靠着他们仅有的资源,献给我们他们最好的!他们为我

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water to drink daily; they ensure we are warmly covered with clean, thick warm blanket when we sleep; they clean and pack our room every day; they cut wood, boil many many pails of hot water for our hot bath day and night. Many times, they have stay up late or wake up early to prepare hot water bath or food for us. Pastor David told me, "Sandy, next time people come to COSK, you must receive them likewise!". Pastor is RIGHT; I have a lot to learn in service from this humble state called NAGALAND. This is REAL AND SINCERE HOSPITALITY, practiced from the HEART of the ELDEST to the YOUNGEST. THIS IS JESUS SERVING!

I thank God for allowing me to go to Nagaland. SURELY, I will go again!

ALL GLORY AND PRAISE TO OUR GOD!

Sis Sandy Tan

I believed that God had made me reflect and learn a very important lesson of life from this Mission Trip to Nagaland. It is indeed fruitful and memorable for me. I want to thank our Lord for giving me this opportunity to serve Him, and also the precious moments spent with the people from Nagaland, Noklak.

Honestly speaking, I felt ashamed of myself when I experienced the way how they live. We are so much more blessed than them in terms of quality of life yet we are not grateful to God, and still feel that sometimes it is still not enough. It is definitely a vast difference between Singapore and Nagaland. Wooden and straw houses are everywhere on these beautiful mountains, no electric stoves for cooking and water heaters for showers. Sometimes, there will be no water from the water taps, and there will be blackouts at certain times of the day when everyone will turn on their torch lights and gas lamps. People here will need to pick their own vegetables, kill their own chickens and cows, and fish for fishes from ponds and rivers. Majority of them take hours or even days to walk from mountains to mountains to their destination. From the bottom of my heart, I really look up to their boldness, patience, perseverance and independence towards the



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们预备能够找到最好的食物; 他们确保我们每天有足够的饮用水或热水; 他们确保我们有又干净又厚又温暖的被子盖着睡觉; 他们每天打扫清洁我们的房间; 他们日夜砍柴, 煮多多桶的烧水给我们冲凉。许多次, 他们晚睡早起, 为了我们预备热水和食物。大为牧师告诉我, "Sandy, 下次有人来盛港教会, 你也当这般接待他们!" 牧师说得对; 我在服侍上有太多需要向这谦卑的地方 - 纳戈兰学习的。这番又真又真诚的殷勤款待, 从老到少的心而发出来。这是耶稣在服侍!

我感谢神让我到纳戈兰。肯定的, 我还要再去!

全荣耀颂赞归于神!

Sandy Tan姐妹

从这次纳戈兰宣旅中, 我相信神使我反思并学习一个重要的生命功课。这次宣旅对我而言, 真是有收获又有纪念性。我要感谢主给我这机会侍奉祂, 并与纳戈兰, Noklak的百姓分享美好的时光。

老实说, 经历了当地的生活之后, 我对自己感到羞愧。我们的生活素质多受蒙福, 却不懂得向神感恩, 且还嫌不够。新加坡与纳戈兰有很大的不同。在那里, 美丽的山上布满木屋和草屋, 没有电炉烹煮, 也没有热水炉洗澡。有时, 水喉没水, 停电时大家都要打开手电筒或油灯。人们采摘自己的蔬菜, 宰杀自己的鸡牛, 抓河里的鱼。多数人在山与山之间步行多时以到达目的地。打从心里, 我钦佩他们对生活的勇气, 耐心, 坚忍和独立。

他们对神的忠心和自律也感动了我的心。我们常埋怨家离盛港教会很远, 但是他们从未因步行多时多日到教会而埋怨! 我们

condition of life.

Their faithfulness and discipline towards God has touched my heart too. We are always complaining that our house is far from Church of Sengkang, but they have never complained about walking for hours or days to the church! What are we compared to them? Sometimes we are late for church services, brothers and sisters, they are never late. During my stay in Nagaland, majority of them are already seated in the church even 1 hour or more before the start of the service. I realized that they are very shy, humble and quiet in nature. However, I was very amazed by their enthusiasm when they started their communication with God through their prayers. Many a times, I heard their cries to God during the prayers. Their culture seemed to have suppressed them that they do not express the "something" in their hearts that they are longing for God. Only through their prayers, I felt that they have many things that they are yearning to tell our Father in Heaven.

Thumbs up for the children from the Sunday School and students from the Bible School in Nagaland! Where can we find such obedient children in Singapore? Sad to say, there is none in Singapore. I have served in the children ministry in my formal church the last time. Based on this experience, I can say that the children in Nagaland have never complained. Be it that they have to sit under the sun, or to sit on the soil ground, or just to have a hard-boiled egg and a small cup of tea to fill their stomachs, they are already very contented for everything. They are very independent and disciplined children too. I do not see any of their parents bringing them to Sunday school. These little children came by themselves, from all directions, without any forcing from the parents or teachers at all. I believe that God will have big and miraculous plans to groom these faithful little children.

On the last bit, I would like to thank Rev. Pinglang and Pastor Noksa for the wonderful arrangement for the accommodation and activities with the 44 Pastors and various church services, Mrs. Noksa (Shoniui), Mrs Pinglang, Sister Avinong, Sister Chongtie for your efforts on our daily meals and the wonderful hot water for showers, and of course, little Sister Luthsoi for teaching us your favorite song "If you're black or if you're white, or if you're in between, God loves you.." and your big heart company. All of you have made us feel like home. Your heartwarming welcome and sincere care and providence has touched our hearts deeply. If God is willing, I will come to Nagaland again next year. May the Lord bless you all in Nagaland, Noklak. Jesus loves you, so are we!

Sister Angeline Ng

跟他们如何相比? 有时, 我们主日聚会迟到, 弟兄姐妹, 他们从未迟到。我在纳戈兰居住期间, 多数人在聚会开始前一小时就已经入座于教会会所。我发现它们原本很害羞, 谦卑和安静。然而, 当他们开始以祷告与神沟通时, 他们的火热使我惊讶。许多时候, 我听见他们祷告中心底向神的呼喊。他们的文化似乎让他们受到压抑, 不能表现心中对神的渴望。唯有藉着祷告, 我感受他们有许多要对天父说。

纳戈兰的主日学和圣经学院的学生们真棒! 在新加坡, 我们上哪儿找这么乖的孩子? 很难过, 新加坡没有。我在以前教会的儿童侍工服侍。根据这经验, 可以说纳戈兰的孩子们从未埋怨。无论是坐在太阳底下, 或坐在泥地上, 或吃一个鸡蛋一杯茶填饱肚子, 他们已经很满足。他们也非常独立和有纪律。我没有看见任何母亲带孩子上主日学。这些孩子们都是自己从四面八方而来, 完全没有家长或老师的催逼。我相信神对这些忠心的孩子们必有其大有神迹般的旨意。

最后, 我要感谢Pinglang牧师和Noksa牧师安排的住宿, 与44牧师们及许多教会聚会的节目, 也要感谢Mrs. Noksa (Shoniui), Mrs Pinglang, Avinong姐妹, Chongtie姐妹为我们天天辛劳为我们预备食物和热水洗澡。当然, 还有小小Luthsoi姐妹教我们你最爱的诗歌 "无论你是黑或白, 无论你是在中间, 神爱你。" 以及你们衷心的陪伴。你们所有人让我们感觉像在家中。你热心的款待, 诚心的照顾和供应深触我们的心。若神愿意, 我明年会再到纳戈兰。愿主祝福在纳戈兰, Noklak的你们。耶稣爱你, 我们也爱你!

Angeline Ng姐妹.

We are indeed extremely blessed!

Traveling to one of the poorest countries in the world is sure to open my eyes. Only until I go and see it for myself, I can't truly comprehend just how blessed we really are.

We have so much that we take for granted every day. Smooth roads to drive on (and cars to drive), solid homes to live in, and access to high quality medical care are all major blessings that we hardly consider day to day. We complain when there's a road construction that caused slow road traffic, even the worst roads in Singapore are better than some of the best roads in Nagaland. And people there had to travel days and nights to reach their destinations without complaints.

Getting an education in the Singapore will have no worry to find a decent job. But children in Nagaland have to walk a few hours daily to schools and after graduation, majority had to stay and help out in their families and for girls may be married off at a young age.

Their faiths in God remain strong and they serve God in one heart. The pastors travelled at least 5-6 days to reach Noklak to attend the counselling courses conducted by our Senior Pastor David Kerk and Sis. Lay Sim. From their expressions, we could tell that they truly enjoyed the classes.

This 10 days mission trip gave me a chance to learn a little more about life in Nagaland and their cultures. It's an opportunity for me to learn how blessed I truly am. It helps me to become more aware of other people's struggles. Although I felt that we may not be an enormous blessing to the people there. But they were a blessing to me, and they made a difference in my life.

Sis Meizhen



我们真正极度蒙福!

旅游至世界最贫穷国家之一确实让我开了眼界。唯有亲身前往及亲眼看见，我才能真正体会我们是何等蒙福。

每天，我们有太多理所当然的事。平坦的马路（又拥有汽车），坚固的楼房居住，享用高素质的医药照顾，这些是我们每日享受的主要福份。然而，我们却因路上建设工程导致交通缓慢而埋怨。要知道，新加坡最糟的马路都比纳戈兰最好的马路还较好，那儿的人们需要日夜赶路才能到达目的地且没有怨言。

在新加坡，念完书不怕找不到一份正式的工作。但是，纳戈兰的孩子们却必须每天步行数小时上学，毕业后多数只能在家帮忙，女孩子们只得年轻出嫁。

他们在神的信心却维持坚固，一心侍奉神。那儿的牧师们步行 5-6 天才得以抵达 Noklak 参加由我们郭金猷主任牧师和丽心姐妹主讲的圣经辅导课程。从他们的表情，可以看出他们真的享受那课程。

这 10 天的宣旅给了我机会更认识纳戈兰的生活和土风情。也给了我机会认识自己是何等蒙福。帮助我对他人的挣扎更为了解。虽然，我觉得我们并没有带给纳戈兰人们太大的祝福，但是他们却成为了我的祝福，也在我的生命中留下了足迹。

Meizhen姐妹

PRAY, 祷告

PRAY, 祷告

PRAY 祷告



with a Burden for the **MANDARIN & HOKKIEN** Speaking brethren.
为 **华文及福建** 主内们代祷

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TODAY'S SERMON

今日讲章

Speaker: Rev. Sylvester Onyemalechi

讲员: Rev. Sylvester Onyemalechi

Topic: GUARD YOUR MIND

讲题: 保守你的心

Text: Prov 4:23

经文: 箴言 4:23

Introduction:

Easter is a time to remember and reflect on the death and resurrection of the Lord Jesus Christ and its impact on our lives. It is a time to check and be sure that one is living out the life of Christ as is expected of us. It is important that the believer does not forget who he is in Christ, and continue to daily walk in the consciousness of who he is in Christ. This is the reason for the renewing of the mind. God expects us as believers to be heavenly-minded and not earthly-minded.

The mind of man is a powerful force within man. What a man focuses his mind on is what he manifests. Thoughts are alive and have power to influence, direct the course of a man's life and control him totally. A man's thoughts make him a success or a failure. It generates faith or unbelief depending on what is being contemplated. The thoughts of a man makes him sin though he is born again. The thoughts of the believer make him unable to manifest love, forgiveness, the character and life of Jesus Christ in him. It is so powerful that God said we should give priority attention to it, and guard it continually.

Prov 4:23

23 Above all else, guard your heart, for it is the wellspring of life. NIV

Prov 4:23

23 Watch over your heart with all diligence, for from it flow the springs of life. NAS

Prov 4 :23

23 Be careful how you think; your life is shaped by your thoughts. GNB

Prov 4:23

23 Guard your heart above all else, for it determines the course of your life. NLT

Analysis of verse:

1. Importance and power of thoughts

The thoughts of your heart (mind) determine the way in which things progress or develop in your life. Your thoughts determine the procedure you adopt to deal with a situation in your life.

- God, in this passage sets watching over our minds above fasting and prayer, attending of services, studying and memorizing of scriptures, and all kind of spiritual exercise.
- "Above all else", means that it is the most important duty of man. Watching over your thoughts is a higher calling.
- "Above all else", means there is nothing higher and more important than the task of watching over your mind.

介绍:

复活节是纪念反思耶稣基督的死亡和复活, 及它对我们生命的影响。该是时候, 确认和审查自己是否活出应有的基督生命。重要的是, 信徒必不可忘记自己在基督里的身份, 且每天警醒地活出基督的样式。这就是心意更新的理由。神要我们作为信徒的, 拥有属神的心意而非属世界的。

人的心意是一股强大的力量。人心所注目的, 必彰显出来。心思乃是又活又有影响力的, 可左右一个人的生命, 完全支配他。一个人的心思使他成功或失败。因他所默想的, 一个人会因而产生信心或不信。虽重生了, 一个人的心思可使他犯罪。信徒的不良心思可导致他不法彰显爱, 饶恕, 在他里头的耶稣品格和生命。它是这么的强大, 甚至神都要提醒我们要关注, 持续保守。

箴言 4:23

23 当保守你的心胜过一切, 因它是生命的泉源。 NIV

箴言4:23

23你要保守你心, 胜过保守一切, 因为一生的果效, 是从心而发。 NAS

箴言4 :23

23当心你所思所想的, 因你心思将塑造你的生命。 GNB

箴言4:23

23当保守你的心胜过一切, 因它决定你生命的道。 NLT

分析经文:

1. 心思的重要性和能力

你的心思(意念)决定你生命中的进展和发展。你的心思决定你应对生命情况的步骤。

- 神, 在这经文将保守我们的心, 排在禁食, 参加聚会, 查考默念圣经, 及其他属灵操练之前。
- “胜过一切”, 表示这是人的重要职责。保守你的心是更高的呼召。
- “胜过一切”, 表示没有比保守你的心, 更高更重要的事。
- 这表示我们必须更加关注, 我们所允许进入

- It means we are to give more attention to the things we permit in our minds or the thoughts that run through our minds.
- It will be foolish of any man to neglect what God Himself set above other matters.

2. Watching over our thoughts

Watching over our thoughts is so important because the thoughts we think influence and control the words we speak and the way we speak them (Matt 12:34; 15:18).

- It influences and controls our emotions or feelings, and our actions (Prov 27:19).
- God says it is the wellspring of life, which means that life springs from it. It means thoughts are alive. They are living forces, and not idle things running through the mind (Prov 4:23).
- Everything conceived in the mind always finds expression in our lives (Prov 27:19; Matt 15:18-20; Prov 23:7).
- The thoughts of man has life in itself, and has the ability to become manifest (Prov 4:23; Isa 55:6-9).
- Evil thoughts will produce evil life and character (Rom 8:5; Eph 4:22-24).
- Lustful thoughts will produce immoral life.
- Angry thoughts will produce quarrels, fights, bitterness, hate, enmity and murder.
- Disappointment induced thoughts will bring discouragement, frustration, and defeat.
- Negative thoughts towards your partner will make your love sour and kill your marriage.
- Unhealthy thoughts towards your job will kill enthusiasm for your job and make you unproductive and this can lead to job loss.
- Unhealthy thoughts will make sick as it destroys your health gradually (Prov 14:30; 15:13,30; 17:22; Job 5:2).
- Your thoughts produce the life that you live. Your life is a reflection of your thoughts (Prov 27:19).

3. No respecter of persons

Thoughts do not have respect for your calling, anointing, degree, ministry or Christian experience. All it is after is to make you do what it suggests to you, whether it is good or not. All it needs is to be controlled with the help of the Holy Spirit. Watch over your thoughts. Guard your mind always because the devil is always attacking with evil thoughts to build evil desires and create evil experiences – King David - Ps 39:1-3; 2Sam 11:1-5; King Solomon – 1Kings 11:1-11; Prov 27:19.

4. The devil seeks to control your mind

Always remember that there is an on-going battle to control your mind by the enemy in order to control your words, feelings, actions and experience. He who controls

的心思意念。

- 若人忽略神本身都列为至要的事, 乃是愚蠢的行为。
- 2. 保守我们的心
保守我们的心是非常重要的, 因为我们的思想影响与支配我们的话语和语气 (马太 12:34; 15:18)
- 它影响与支配我们的情绪, 感觉和行为 (箴言 27:19).
- 神说它是生命的泉源, 表示生命由心而发。这表示心思是活着的。他们是活生生的力量, 而非闲地周游我们的思维 (箴言 4:23).
- 每一道心思都会体现在我们的生活中 (箴言 27:19; 马太 15:18-20; 箴言 23:7).
- 一个人的心思本身是带着生命的, 它有能力彰显自己 (箴言 4:23; 以赛亚 55:6-9).
- 邪恶的心思将产生邪恶的生命和品格 (罗马 8:5; 以弗所 4:22-24).
- 淫秽的心思将产生不道德的生命。
- 愤怒的心思将产生纷争, 征战, 苦毒, 恨恶, 敌对和杀害。
- 失望促使的心思将带来丧志, 挫折和失败。
- 对伴侣负面的心思会使爱变质, 毁掉你的婚姻。
- 对你的工作不健康的心思会毁掉你对工作的热忱, 使你丧失生产力, 导致失业。
- 不健康的心思会使你的健康受损, 生病 (箴言 14:30; 15:13, 30; 17:22; 约伯 5:2).
- 你的心思产生你现有的生命。你的生命就是你心思的写照 (箴言 27:19).

3. 不尊重他人

心思决不尊重你的呼召, 恩膏, 学位, 事工或基督徒经验。它只要支配你做它要你做的, 不论是好是坏。藉圣灵的帮助, 它必须受管制。必要一直查考你的意念, 保守你的心思, 因为魔鬼一直以邪恶心思进攻, 试图建立邪恶的欲望和经历 – 大为王 – 诗篇 39:1-3; 撒母耳下 11:1-5; 所罗门王 – 列王上 11:1-11; 箴言 27:19.

4. 撒旦试图操控你的心思

要时时切记, 敌人向你展开了一场持续仗要操控你的心思 – 要操控你的话语, 感觉, 行为和经历。操控你心思的就能操控你的生命。操控

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