

PROVERBS 箴言 2:4
PSALM 诗篇 37:8

当止住 怒气

Refrain from Anger



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引言 Introduction

最近什么事让你
感觉到很生气?

**What has made you feel
angry recently?**



路线图 Outline:

1. 生气背后的原因!

The reason behind the anger!

2. 够了, 当止住怒气?

Enough, should we stop being angry?



1. 生气背后的原因!

The reason behind the anger!



生气其实是一个正常自然的情绪!
**Anger is actually a normal
and natural emotion!**

1. 生气背后的原因!
The reason behind the anger!



人为什么会生气?

Why do people get angry?



1. 生气背后的原因!
The reason behind the anger!

**人生气的原因不在乎别人说了什么或做了什么,
人生气的原因在乎我们怎样解读对方的语言和行为。**

**The reason why people are angry is they never care about
what others say or do. The reason why people are angry
depends on how we interpret
the other person's language
and behavior.**



1. 生气背后的原因!
The reason behind the anger!

我为什么生气?

Why am I so angry?



1. 生气背后的原因!

The reason behind the anger!

**生气告诉我们-
我们心里面有些东西需要去面对的, 处理的!**
**Because anger tells us that there are things in our hearts
that need to be faced and dealt with!**



1. 生气背后的原因!
The reason behind the anger!

生气就是一个划清界限捍卫自我的一个情绪!
Anger is an emotion that draws a line and defends oneself!



1. 生气背后的原因!
The reason behind the anger!

情绪背后都隐藏着一个潜在的需求

There are hidden needs behind emotions



1. 生气背后的原因!
The reason behind the anger!

生气背后有哪些隐藏原因？

What are the hidden reasons behind anger?



生气背后有哪些隐藏的原因？

What are the hidden reasons behind anger?



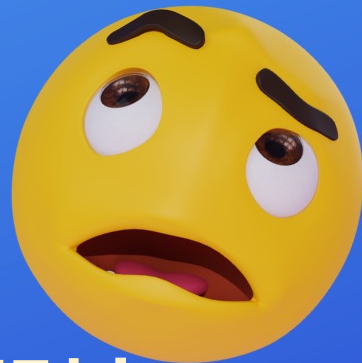
1. 伤痛 Pain:

过去的伤痛会让我们愤怒

The pain from the past can make us angry.

生气背后有哪些隐藏的原因？

What are the hidden reasons behind anger?



2. 不被在乎, 不被理解

Not cared about, not understood:

**你持续不断的付出关系和关心, 觉得别人
都没有关心你, 你就会觉得不公平**

**Continuously investing in
relationships and care, feeling
that others don't care about
you, it's unfair**

生气背后有哪些隐藏的原因？

What are the hidden reasons behind anger?



3. 期待 Expectations:

对方没有给你预期般的回馈, 反应的时候, 单方面的付出最后就会产生愤怒的情绪

When you have expectations of others and they don't give you the expected feedback, your one-sided efforts will lead to anger.

生气背后有哪些隐藏的原因？

What are the hidden reasons behind anger?



4. 忍耐 Endure:

越忍耐就越生气

The more you endure, the angrier you get

生气背后有哪些隐藏的原因？

What are the hidden reasons behind anger?

5. 迁怒 Taking out your anger on others:



**当你更深入了解情绪之后，
你就会发现最核心的需求到底是什么！**
**When you understand emotions more deeply,
you will discover what your core needs are!**



**生气的影响:
发怒破坏关系, 生气伤害自己!**

Effects of anger:

Anger destroys relationships, anger hurts yourself!



你是莫生气的态度吗？

Do you have an attitude of not being angry?



莫生气, 莫生气,
为点小事发脾气,
气坏身体无人替
莫生气, 莫生气,
我若气死谁如意,
况且伤神又费力
莫生气, 莫生气,
全当他在骂自己,
不气不气真不气



没有人能伤害你, 除非你允许他
No one can hurt you unless you allow it



基督徒可以生气吗？

Can Christians be angry?



上帝教导“生气却不要犯罪，
不可含怒到日落，也不可给魔鬼
留地步，要慢慢地动怒！”



圣经里因发怒而犯罪的是谁!
Who in the Bible sinned out of anger!



GEN 创世记 4:3-5

³ 有一日, 该隐拿地里的出产为供物献给耶和华,

⁴ 亚伯也将他羊群中头生的和羊的脂油献上。

耶和华看中了亚伯和他的供物, ⁵ 只是看不中该隐和他的供物。该隐就大大地发怒, 变了脸色。

**该隐在献祭的事上心不在焉, 他随意拿地里的
一些果子来献, 随意凑和徒有形式, 没有诚意。
Cain's sacrifice was casual and formal, without sincerity.**



上帝看我们怎么献, 看我们在祂面前的态度。
He sees how we offer and our attitude before Him



我们是否走了该隐的道路？

Have we gone the way of Cain?



2. 够了, 当止住怒气?

Enough, should we stop being angry?



PSALM 诗篇 37:8

**当止住怒气, 离弃忿怒;
不要心怀不平, 以致作恶。**

上帝也会发怒吗？

Can God Get Angry?



2. 够了, 当止住怒气?

Enough, should we stop being angry?

上帝的怒气往往向罪恶和罪人而发

God's wrath is directed against sin and sinners



2. 够了, 当止住怒气?

Enough, should we stop being angry?

耶稣基督两次在圣殿发了怒

Jesus Christ was angry twice in the temple



2. 够了, 当止住怒气?

Enough, should we stop being angry?

上帝和主耶稣所发的是义怒, 是圣洁的怒气。

**The anger that God and the Lord Jesus express is
righteous anger, holy anger.**



2. 够了, 当止住怒气?

Enough, should we stop being angry?

你是义怒还是易怒？

Are you easily angered or righteously angry?



PSALM 诗篇 16:32

**不轻易发怒的, 胜过勇士;
治服己心的, 强如取城**

因为人的怒气并不成就神的义（雅1:20）

止住怒气了, 之后呢!

Stop being angry, what next?



PROVERBS 箴言 19:11

**人有见识, 就不轻易发怒。
宽恕人的过失, 便是自己的荣耀。**

要和解, 饶恕, 医治!
To reconcile, forgive, and heal



- **立即和解** Reconcile immediately
- **尽力与众人和睦**
Try your best to be at peace with everyone
- **饶恕伤害冒犯你的人**
Forgive those who hurt you
- **忘记过去注视未来**
Forget the past and focus on the future
- **常存爱心** Always love



真正核心解决问题可以做
The real core solution to the problem can be



2. 够了, 当止住怒气?

Enough, should we stop being angry?

真正核心解决问题可以做
The real core solution to the problem can be

腾出时间和空间让自己沉淀情绪
Make time and space for yourself to calm down



2. 够了, 当止住怒气?

Enough, should we stop being angry?

真正核心解决问题可以做
The real core solution to the problem can be

找到问题背后的问题
Find the problem behind the problem



2. 够了, 当止住怒气?

Enough, should we stop being angry?

真正核心解决问题可以做
The real core solution to the problem can be

积极寻求咨商辅导或内在医治
Actively seek counseling or inner healing



2. 够了, 当止住怒气?

Enough, should we stop being angry?

**人有责任要制伏罪, 但不是靠自己,
而是仰望神, 倚靠圣灵**

Actively seek counseling or inner healing



**我们会生活得更快乐，
不会轻易就被别人碰触到受伤的地方**
**Our lives will be happier and we will not be easily
touched by others in hurtful places.**





总结 Conclusion



COLOSSIANS 歌罗西 4:6

**你们的言语要常常带着和气, 好像用盐调和,
就可知道该怎样回答各人。**



总结 Conclusion



如果我们靠着圣灵, 就会结出圣灵的果子

**Relying on the Holy Spirit will produce
the fruit of the Holy Spirit**