

\* Let it go

摆脱羁绊

David Hucker

## Introduction 引言

*Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead.*

**Philippians 3.13**

弟兄们，我不是以为自己已经得着了，我只有一件事，就是忘记背后，努力面前的。

**腓立比书3:13**

## Let it go - the past 走出过去

*That night all the people of the community raised their voices and wept aloud. 2All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, “If only we had died in Egypt! Or in this desert! 3Why is the LORD bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn’t it be better for us to go back to Egypt?” 4And they said to each other, “We should choose a leader and go back to Egypt.”*

**Numbers 14: 1-4.**

## Let it go - the past 走出过去

那夜百姓都哭号。 2 以色列众人向摩西、亚伦发怨言，全会众对他们说：“巴不得我们早死在埃及地，或是死在这旷野！ 3 耶和华为什么把我们领到那地，使我们倒在刀下呢？我们的妻子和孩子必被掳掠。我们回埃及去岂不好吗？” 4 众人彼此说：“我们不如立一个首领回埃及去吧！”

民数记 14: 1-4.

## Let it go - the past 走出过去

*So they forced the Israelites to work hard as slaves. 14 They made their lives bitter with back-breaking work in mortar and bricks and every kind of work in the fields. All the jobs the Egyptians gave them were brutally hard. Exodus 1v13-14.*

埃及人严严地使以色列人做工，<sup>14</sup> 使他们因做苦工觉得命苦。无论是和泥，是做砖，是做田间各样的工，在一切的工上都严严地待他们。

出埃及记 1:13-14

**Let it go - the past 走出过去**

*Then Pharaoh commanded all his people to throw into the Nile every Hebrew boy that was born, but to let every girl live. Exodus 1:22*

法老吩咐他的众民说：“以色列人所生的男孩，你们都要丢在河里；一切的女孩，你们要存留她的性命。”

出埃及记1:22

**Let it go - negative thoughts, negative self-image**  
摆脱负面的思想和消极的自我形象

*As a man thinks in his heart so he is*

**Proverbs 23.7**

一个人心里怎么样想，他就是怎么样的人。

**箴言23:7**

**Let it go - negative thoughts, negative self-image**  
**摆脱负面的思想和消极的自我形象**

*The spies gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit.*

*Numbers 13.27*

他们告诉摩西：“我们到了你派我们去的那地，果然是流奶与蜜的地，这就是那地的果子。

民数记13:27



**Let it go - negative thoughts, negative self-image**  
**摆脱负面的思想和消极的自我形象**

*But the people who live there are powerful, and  
the cities are fortified and very large.*

*Numbers 13.28*

只是住在那地的人强壮，城又坚固又十分高大。

民数记13:27

**Let it go - negative thoughts, negative self-image**  
**摆脱负面的思想和消极的自我形象**

*Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.”*

**Numbers 13.30**

迦勒在摩西面前使众人镇静，说：“我们立刻上去，占领那地吧！因为我们必能得胜。”

**民数记13:30**

**Let it go - negative thoughts, negative self-image**  
**摆脱负面的思想和消极的自我形象**

*But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” 32 And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size. 33 We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.”*

**Numbers 13.31-33**

## Let it go - negative thoughts, negative self-image 摆脱负面的思想和消极的自我形象

但是，那些与他同去的人却说：“我们不能上去攻击那民，因为他们比我们强。”<sup>32</sup> 那些探子就他们窥探之地向以色列人报恶信，说：“我们经过要窥探的地方，是个吞吃居民的地方；我们在那里看见的人，个个都高大。<sup>33</sup> 在那里我们看见了巨人，就是亚纳人的子孙，是巨人的后裔；**我们看自己好象是蚱蜢，他们看我们也是这样。**”

民数记13:31-33

**Let it go - negative thoughts, negative self-image**  
**摆脱负面的思想和消极的自我形象**

*But without faith it is impossible to please him:  
for he that cometh to God must believe that he is,  
and that he is a rewarder of them that diligently  
seek him.*

**Hebrews 11.6**

没有信，就不能得到神的喜悦；因为来到神面前的人，  
必须信神存在，并且信他会赏赐那些寻求他的人。

**希伯来书11:6**

**Let it go - negative thoughts, negative self-image**  
摆脱负面的思想和消极的自我形象

**I am a child of God. Yes, I am.**

我是上帝的儿子，我的确是

**I am chosen, not forsaken.**

我是被拣选，不是被抛弃

**I am who You say I am.**

你说的对，我就是！

**Let it go - negative thoughts, negative self-image**  
**摆脱负面的思想和消极的自我形象**

*Let the word of Christ dwell in you richly.*

**Colossians 3.16**

让神的道丰丰富富地住在你们心里

**歌罗西书3:16**

**Let it go - negative thoughts, negative self-image**  
摆脱负面的思想和消极的自我形象

**I am God's child** 我是神的儿女

**Galatians** 加拉太书 3:26

**I am a whole new person with a whole new life.**

我是一个有全新生命的全新的人。

**2 Corinthians** 哥林多后书 5:17

**I am God's incredible work of art.**

我是神的杰作。

**Ephesians** 以弗所书 2:10



**Let it go - negative thoughts, negative self-image**  
摆脱负面的思想和消极的自我形象

**I am totally and completely forgiven.**

我已经被完全彻底的赦免。

**1 John 约翰一书 1:9**

**I am created In God's likeness.**

我是照着神的形象造的。

**Ephesians 以弗所书 4:24**

**I am a citizen of Heaven.**

我是天国的公民。

**Philippians 腓立比书 3:20**

**Let it go - negative thoughts, negative self-image**  
摆脱负面的思想和消极的自我形象

I am greatly loved.

我有神的大爱。

**Romans 罗马书 5:8**

I praise you because I am fearfully and wonderfully made.

我称谢你，因为你创造我的作为是多么奇妙可畏

**Psalms 诗篇 139.14**

## Let it go - negative thoughts, negative self-image 摆脱负面的思想和消极的自我形象

*If you want to see change happen in your life, you've got to get a vision that goes beyond what you've already seen and experienced. And a good place to start is the promises in God's Word. There are thousands of them, and you can claim each one of them for yourself.*

*Joyce Meyer*

如果你想看到你的生命有改变，你就要有一个超乎你一切所见和所经历的异象。神话语中的应许就是良好的开端。那里有千万个应许，你可以选择拥有每一个。

乔伊斯 迈尔

**Let it go - negative thoughts, negative self-image**  
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**Crossing the Red Sea 过红海**

**Exodus 出埃及记14**

**Receiving water from a rock 从岩石里取水**

**Exodus 出埃及记 17:1-7**

**Their clothes never wearing out for 40 years**  
40年衣服没有破损

**Deuteronomy 申命记 29.5**

**Fresh manna every day 每天都有新鲜吗哪**

**Exodus 16.21**

**Let it go - Grumbling and complaining 停止发怨言**

*In this wilderness your bodies will fall--every one of you twenty years old or more who was counted in the census and who has grumbled against me.*

**Numbers 14.29**

你们当中凡登记在册、二十岁以上向我发怨言的人，必倒毙在这旷野中。

**民数记14:29**

## Conclusion 结束语

let us strip off every weight that slows us down,  
especially the sin that so easily hinders our  
progress ...”

Hebrews 12:1b NLT

我们就要放下一切重担，摆脱容易缠累我们的罪

希伯来书12:1

## Conclusion 结束语

### *Decide* 决定

*You will never forgive if you wait until you feel like it.*

如果你要等到你愿意饶恕的时候才饶恕，那你永远都不会饶恕。

### *Depend* 依靠

*You cannot forgive without the power of the Holy Spirit*

没有圣灵的力量，你无法做到饶恕

## Conclusion 结束语

### Obey 顺服

a. *Pray for your enemies and those who abuse and misuse you. Pray for their happiness and welfare*

为你的敌人和那些伤害和苦待你的人祷告。为他们的快乐和福祉祷告

**Luke 路加福音 6:27-28.**

a. *...Bless and do not curse them*

为他们祝福而不是咒诅

**Romans 罗马书 12:14**