

Positive Programming

建立积极思想程序

Once you believe that a certain thing is possible, it is. “If you can believe, all things are possible.”¹

Here are a few positive affirmations to get you started. We are all different and have different needs, so choose the ones that seem to apply the most to you, or come up with some of your own.

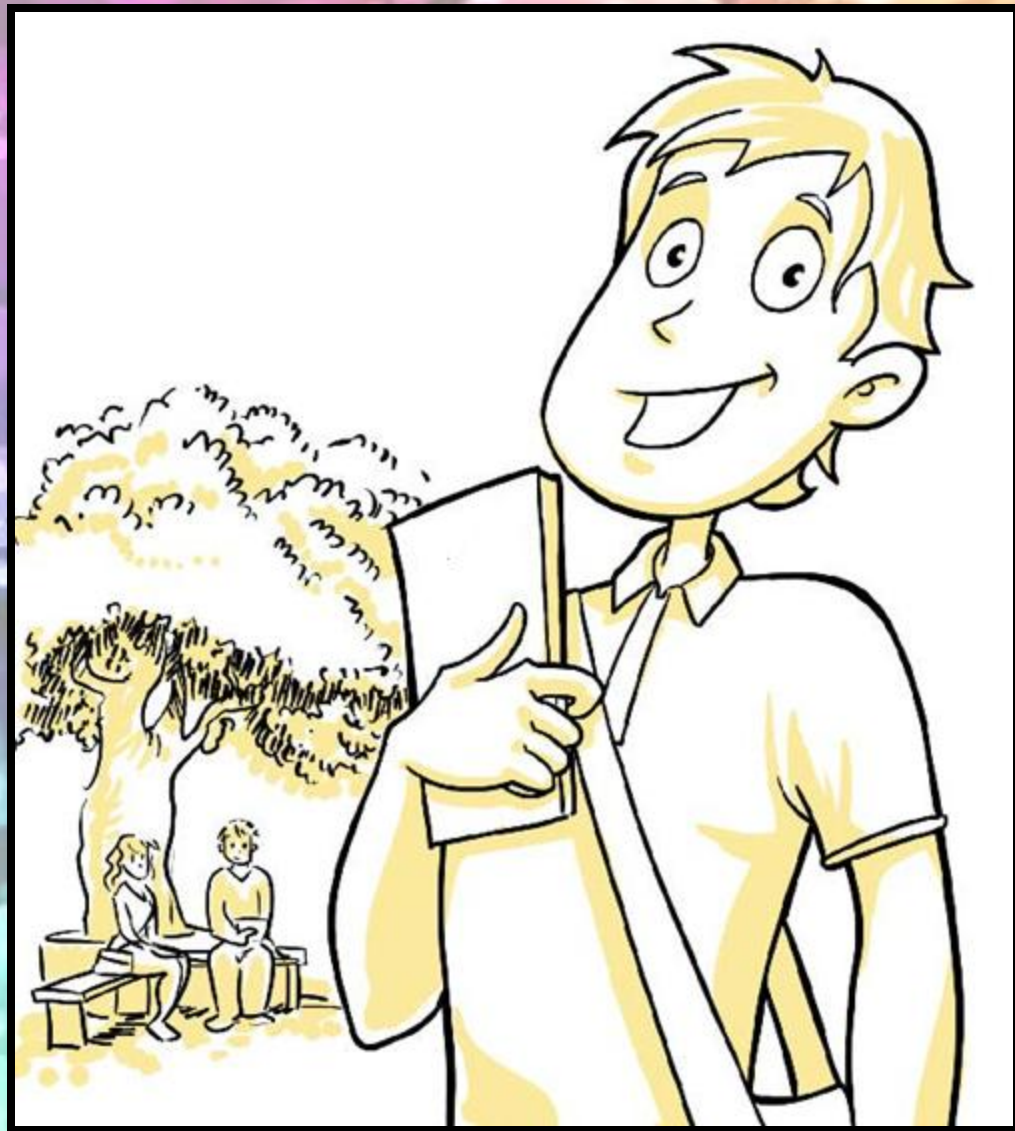
你一旦相信某事可能，它就是可能的了。
“在信的人，凡事都能。”¹

下面有些积极的言词可以帮你起步。我们每个人都不一样，需求也各有不同，所以，请选择最适合你的方法，你自己也可以想出一些方法。



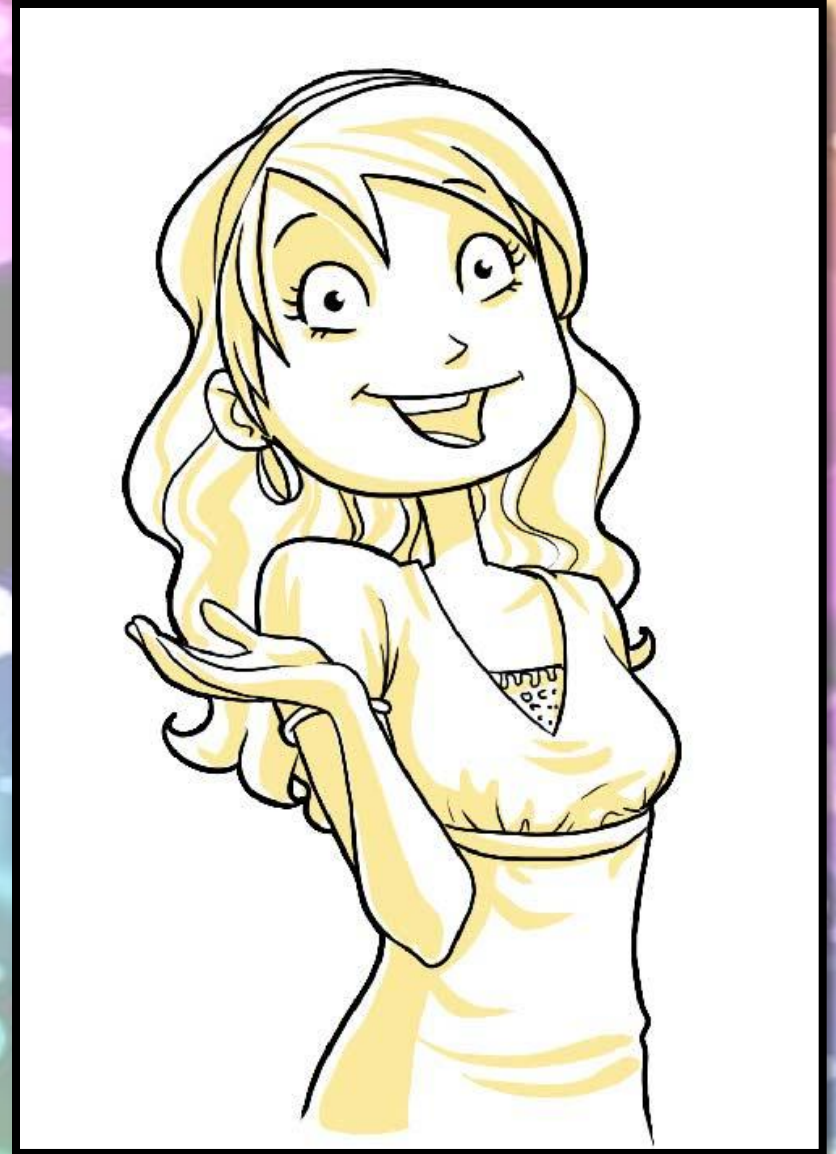
- Whether or not I feel capable of this task, I am going to do my best and trust Jesus to do the rest. “I can do all things through Christ who strengthens me” (Philippians 4:13).

- 无论我觉得自己能否做这项工作，我都将尽力而为，并相信耶稣会做我做不到的部分。“我靠着那加给我力量的[基督]，凡事都能做。”（腓立比书4:13）



- I made a mistake today, but I'm determined to learn from it, get up, and try again. "The steps of a good man are ordered by the Lord, and He delights in his way. Though he fall, he shall not be utterly cast down; for the Lord upholds him with His hand" (Psalm 37:23-24).

- 我今天犯了一个错误，但我决心从中学习，站起来，再次尝试。“义人的脚步，被耶和华立定；他的道路，耶和华也喜爱。他虽失脚，也不至全身仆倒，因为耶和华用手搀扶他。”（诗篇37:23-24）



- I am not going to give up! I refuse to call it quits! Jesus promised that His strength is there for me as long as I keep trying. “Let us not grow weary while doing good, for in due season we shall reap if we do not lose heart” (Galatians 6:9).

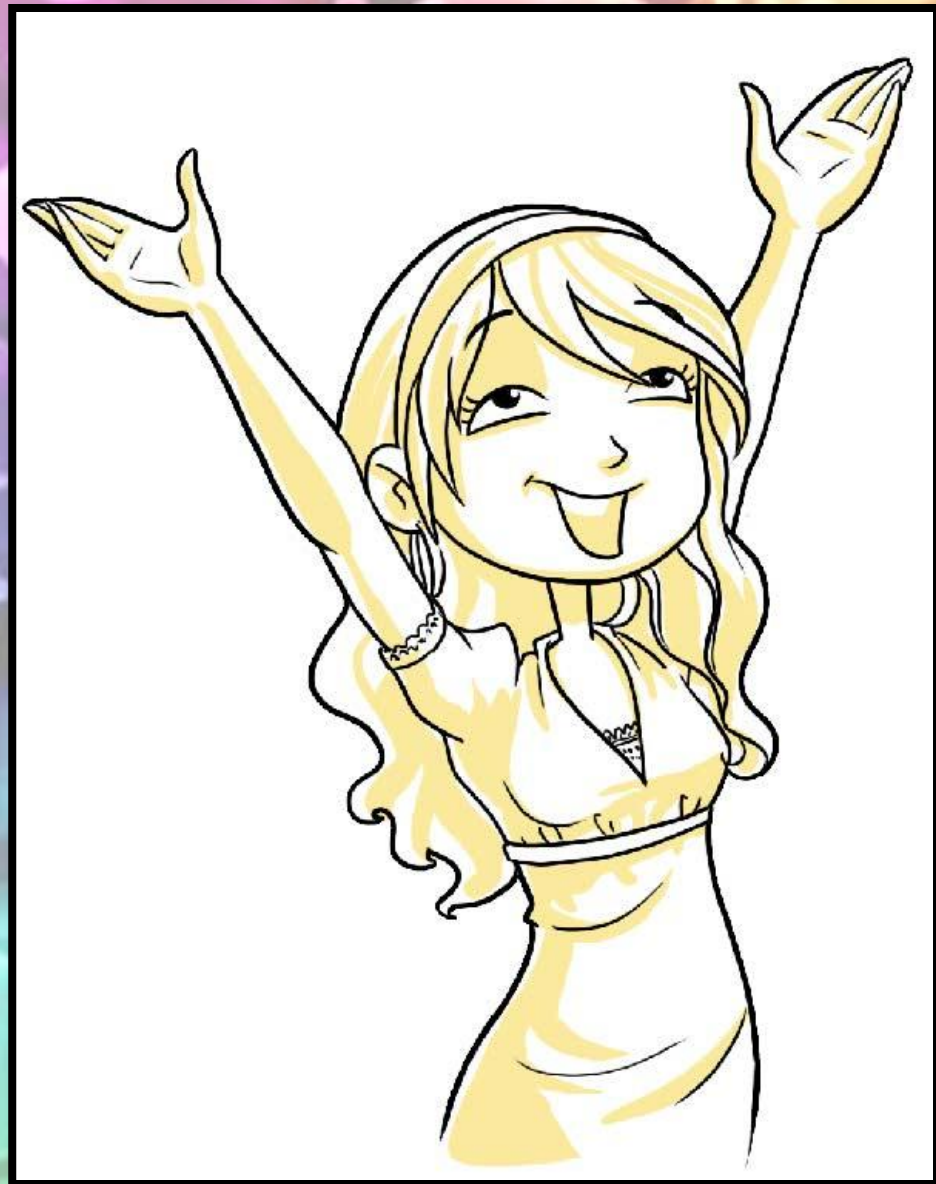
- 我绝不会放弃！我拒绝停止奋斗下去！耶稣应许说，只要我继续努力，他会加给我力量。“我们行善，不可丧志；若不灰心，到了时候，就要收成。”（加拉太书6:9）



- Things may not be working out the way I had hoped—at least not yet—but I’m going to keep trusting that God has something good up His sleeve. “We know that all things work together for good to those who love God.” (Romans 8:28).

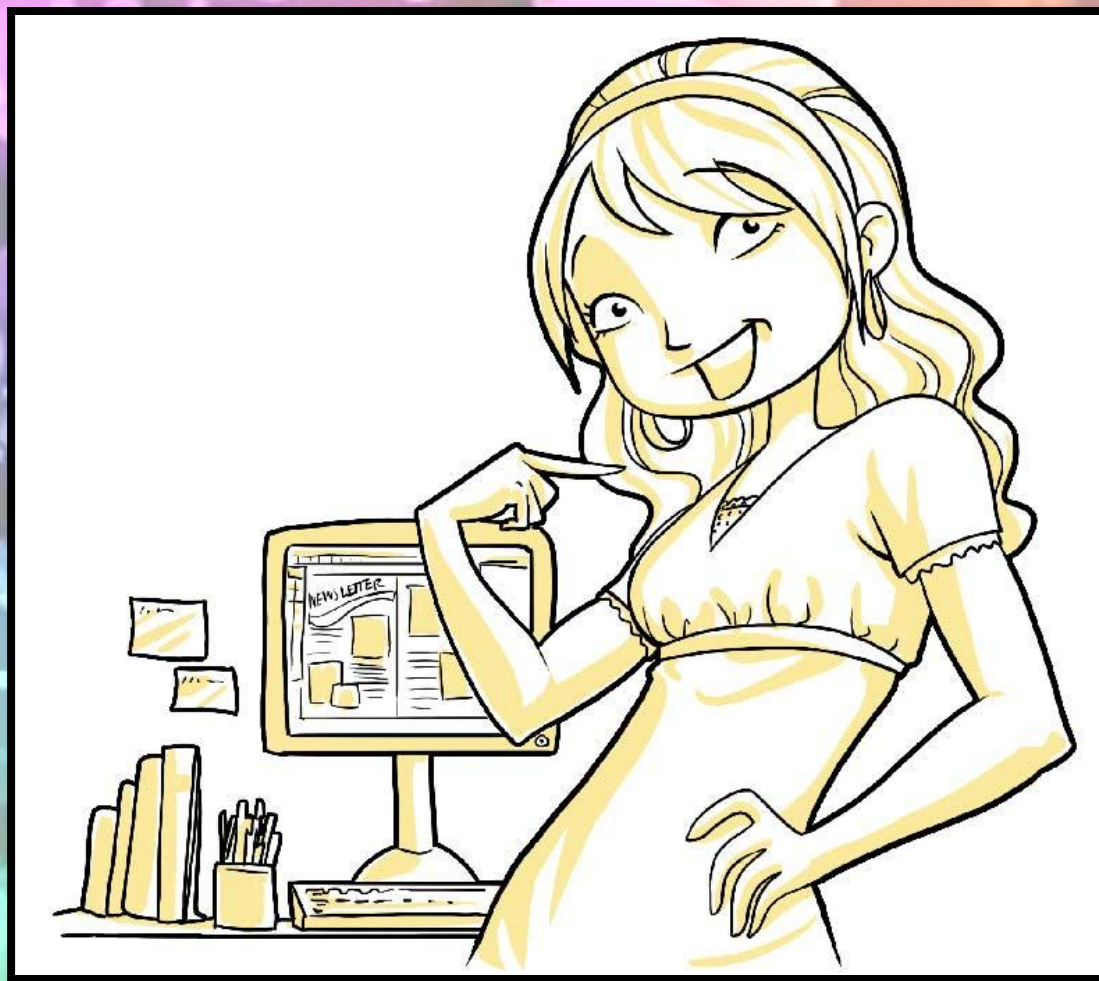
- 事情的发展，也许和我期望的不一致，至少现在是如此，但我要继续相信上帝，他必有他最好的打算。

“我们晓得万事都互相效力，叫爱上帝的得益处，就是按他旨意被召的人。”（罗马书8:28）



- I may not be perfect, but I'm special to God because He gave me a unique mind, a unique personality, unique abilities, and a unique destiny. "I am fearfully and wonderfully made; marvelous are Your works" (Psalm 139:14).

- 我也许是不完美的，但在上帝眼里，我是特别的，因为他给了我独一无二的思想、个性、能力和使命。“因我受造奇妙可畏，你的作为奇妙，这是我心深知道的。”（诗篇139:14）



- I may not have as much materially as some people, but I have things that matter more— integrity and peace of mind. “Godliness with contentment is great gain” (1 Timothy 6:6).

- 在物质上，我也许不如有些人那么富有，但我拥有更宝贵的东西——诚实和心灵的平安。“敬虔加上知足的心便是大利了。”（提摩太前书6:6）



- Nothing can come between me and God's love. "I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord" (Romans 8:38-39).

- 没有任何事情可以把我和上帝的爱分开。“我深信，无论是死、是生、是天使、是掌权的、是有能的、是现在的事，是将来的事，是高处的、是低处的、是别的受造之物，都不能叫我们与上帝的爱隔绝；这爱是在我们的主耶稣基督里的。”

(罗马书8:38-39)



- I have nothing to fear because God is love and He is always with me. “Perfect love casts out fear” (1 John 4:18).

- 我无所畏惧，因为上帝是爱，他时时与我同在。“爱既完全，就把惧怕除去。”（约翰一书4:18）



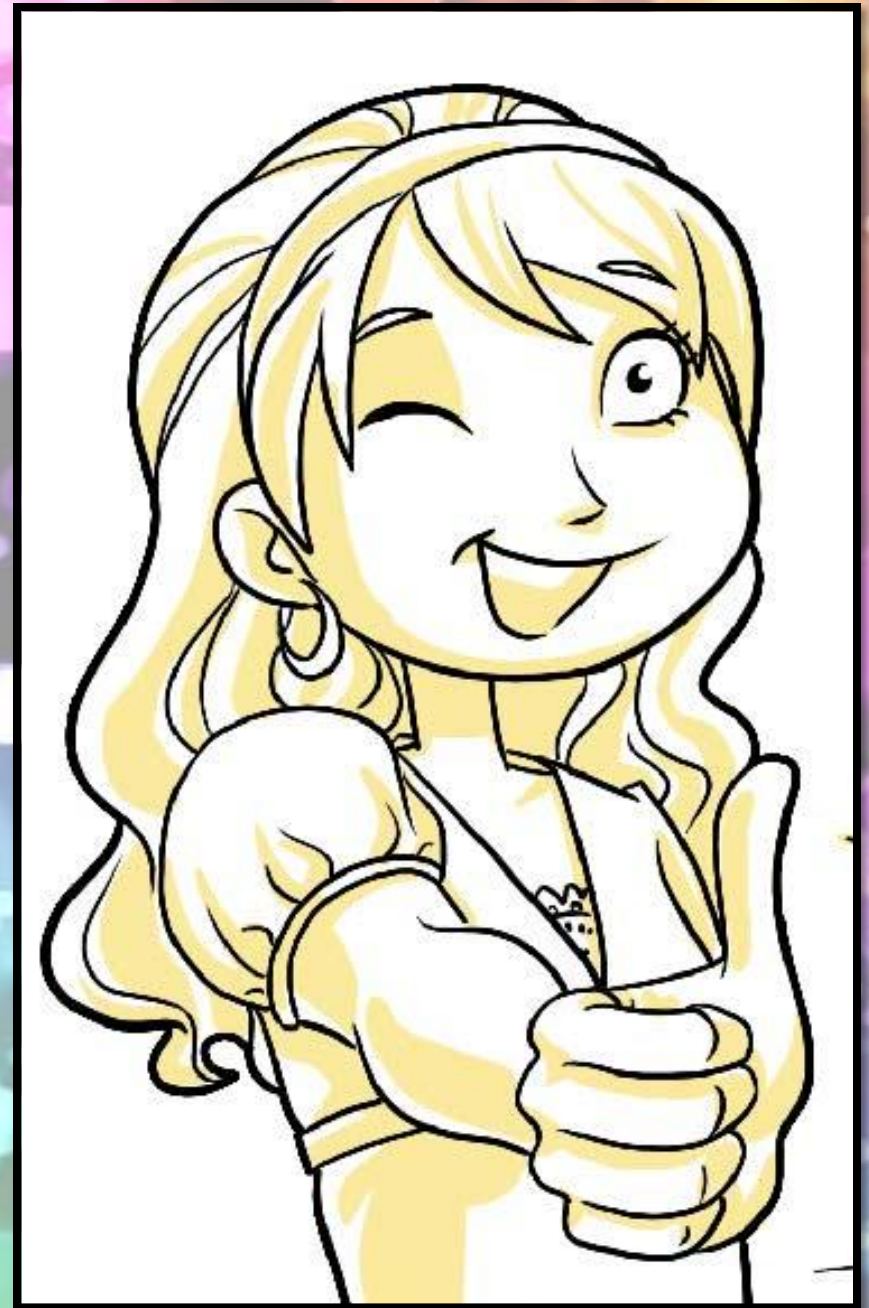
- Today I'm going to think more about others and less about myself, and I'm going to make someone else's day better. "It is more blessed to give than to receive" (Acts 20:35).

- 今天，我要多为别人着想，少想着自己，我要使别人的生活变得更好。
“施比受更为有福。”
(使徒行传20:35)



- God wants me to be happy and enjoy life. “These things I have spoken to you, that My joy may remain in you, and that your joy may be full” (John 15:11).

- 上帝想要我快乐和享受生活。
“这些事我已经对你们说了，是要叫我的喜乐存在你们心里，并叫你们的喜乐可以满足。”（约翰福音 15:11）



- God wants to guide me through today and help me make the very most of it. “Call to Me, and I will answer you, and show you great and mighty things, which you do not know” (Jeremiah 33:3).

- 今天，上帝想要一整天引导我，并帮助我好好利用这一天。“你求告我，我就应允你，并将你所不知道、又大又难的事指示你。”
(耶利米书33:3)

