

#1-God sees me

*"For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. **Nothing in all creation is hidden from God's sight.** Everything is uncovered and laid bare before the eyes of him to whom we must give account."*

Hebrews 4:12-13

#2-God sympathizes with me

"For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are- yet was without sin."

Hebrews 4:15

#3-God deals gently with me

*"Every high priest is selected from among men and is appointed to represent them in matters related to God, to offer gifts and sacrifices for sins. **He is able to deal gently with those who are ignorant and are going astray.**"*

Hebrews 5:1-2

#4-God loves me

"Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Hebrews 4:16

#5-God changes me

"I will put my laws in their minds and write them on their hearts."

Hebrews 8:10

Jeremiah 31:33

第一约 – 上帝看透我的一切

"神的道是活泼的，是有功效的，比一切两刃的剑更快，甚至魂与灵、骨节与骨髓，都能刺入、剖开，连心中的思念和主义都能辩明。并且被造的没有一样在他面前不显然的；原来万物在那与我们有关系的主眼前，都是赤露敞开的。"

希伯来书 4: 12-13

第二约 – 上帝与我感同身受

"因我们的大祭司，并非不能体恤我们的软弱。他也曾凡事受过试探，与我们一样；只是他没有犯罪。"

希伯来书 4: 15

第三约 – 上帝温和地对待我

"每一个大祭司都是从人间选出来，奉派替人办理与神有关的事，为的是要献上礼物和赎罪的祭物。他能够温和地对待那些无知和迷误的人。"

希伯来书 5: 1-2

第四约 – 上帝爱我

"所以我们只管坦然无惧的来到施恩的宝座前，为要得怜恤，蒙恩惠，作随时的帮助。"

希伯来书 4: 16

第五约 – 上帝改变我

"我要将我的律法放在他们里面，写在他们心上。"

希伯来书 8: 10

耶利米书 31: 33

#6-God chooses me

"They will be my people, and I will be their God. I will give them singleness of heart and action, so that they will always fear me for their own good and the good of their children after them."

Jeremiah 32:38-39

#7-Good is ahead of me

"I will make an everlasting covenant with them: I will never stop doing good to them, and I will inspire them to fear me, so that they will never turn away from me. I will rejoice in doing them good"

Jeremiah 32:40-41

#8-Good is guaranteed to me

"I will forgive their wickedness and will remember their sins no more."

Hebrews 8:12

Jeremiah 31:34

#9-God gives me the power to persevere

"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40:29-31

#10-God gives me the power to be content

"I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength."

Philippians 4:12-13

第六约 – 上帝拣选我

"他们要作我的子民，我要作他们的神。我要使他们彼此同心同道，好叫他们永远敬畏我，使他们和他们后世的子孙得福乐。"

耶利米书 32: 38-39

第七约 – 恩典在我面前

"又要与他们立永远的约，必随着他们施恩，并不离开他们，且使他们有敬畏我的心不离开我。我必欢喜施恩与他们……"

耶利米书 32: 40-41

第八约 – 恩典必伴随我

"我要赦免他们的罪孽，不再记念他们的罪恶。"

希伯来书 8:12

耶利米书 31: 34

第九约 – 上帝给我持久的定力

"疲乏的，他赐能力；软弱的，他加力量；就是少年人也要疲乏困倦，强壮的也比全然跌倒。但那等候耶和华的，必从新得力；他们必如鹰展翅上腾，他们奔跑却不困倦，行走却不疲乏。"

以赛亚书 40: 29-31

第十约 – 上帝给我知足的心力

"我知道怎样处卑贱，也知道怎样处丰富；或饱足，或饥饿；或有余，或缺乏；随事随在，我都得了秘诀。我靠着那加给我力量的，凡事都能作。"

腓立比书 4: 12-13