

主裡得勝的7個秘訣

主裡得勝的7個習慣，你有幾個？

如何擁有美滿的婚姻，聽話的孩子

並得老闆的欣賞，同儕的信任....

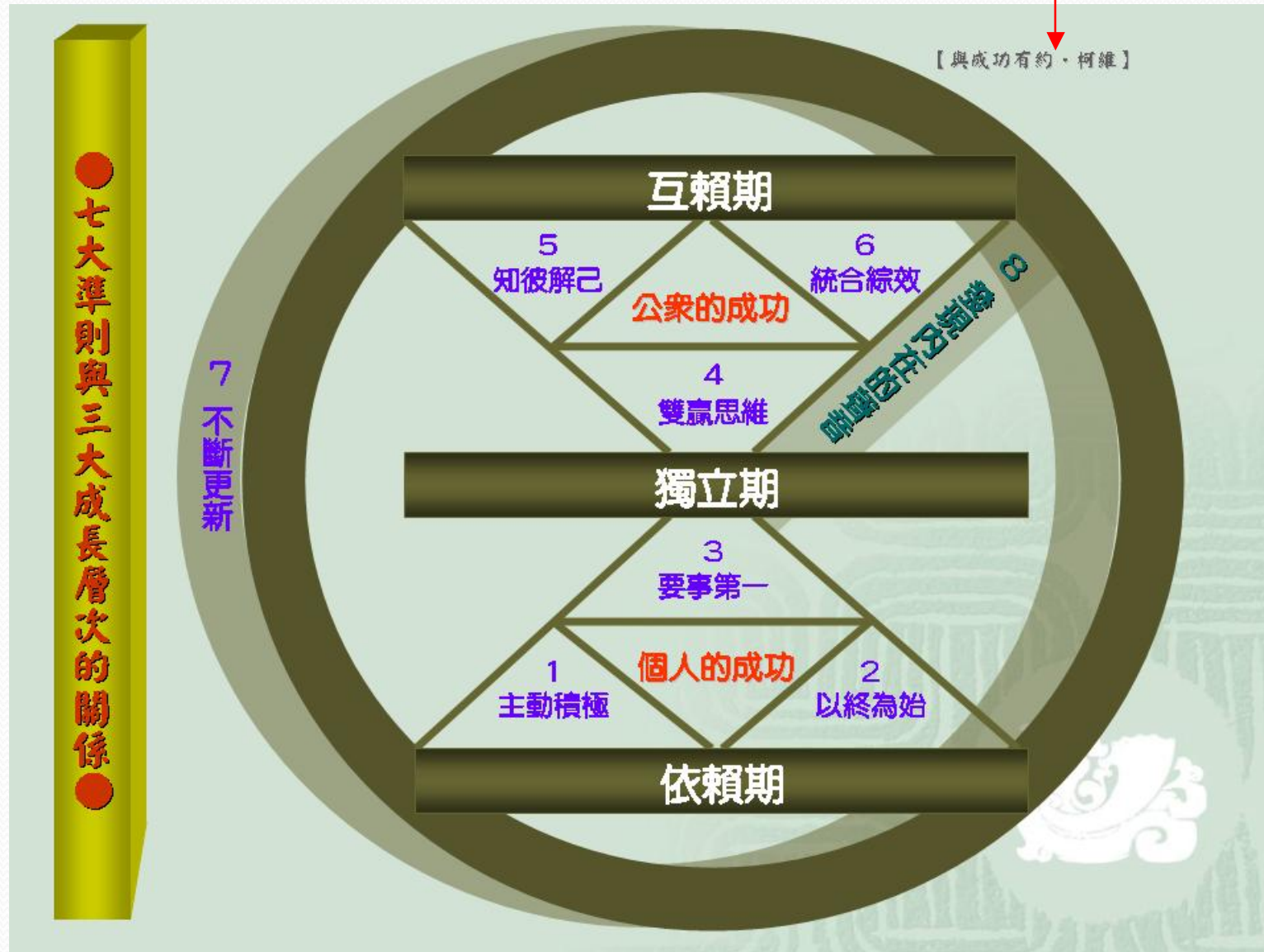
在主裡得勝！

Eric Yang; Chunling
Billy Chiang
William Young
Chi-Wei Chao

以弗所書4：14

我們眾人在真道上同歸於一，
認識神的兒子，
得以長大成人，
滿有基督長成的身量，
使我們不再做小孩子……
飄來飄去。

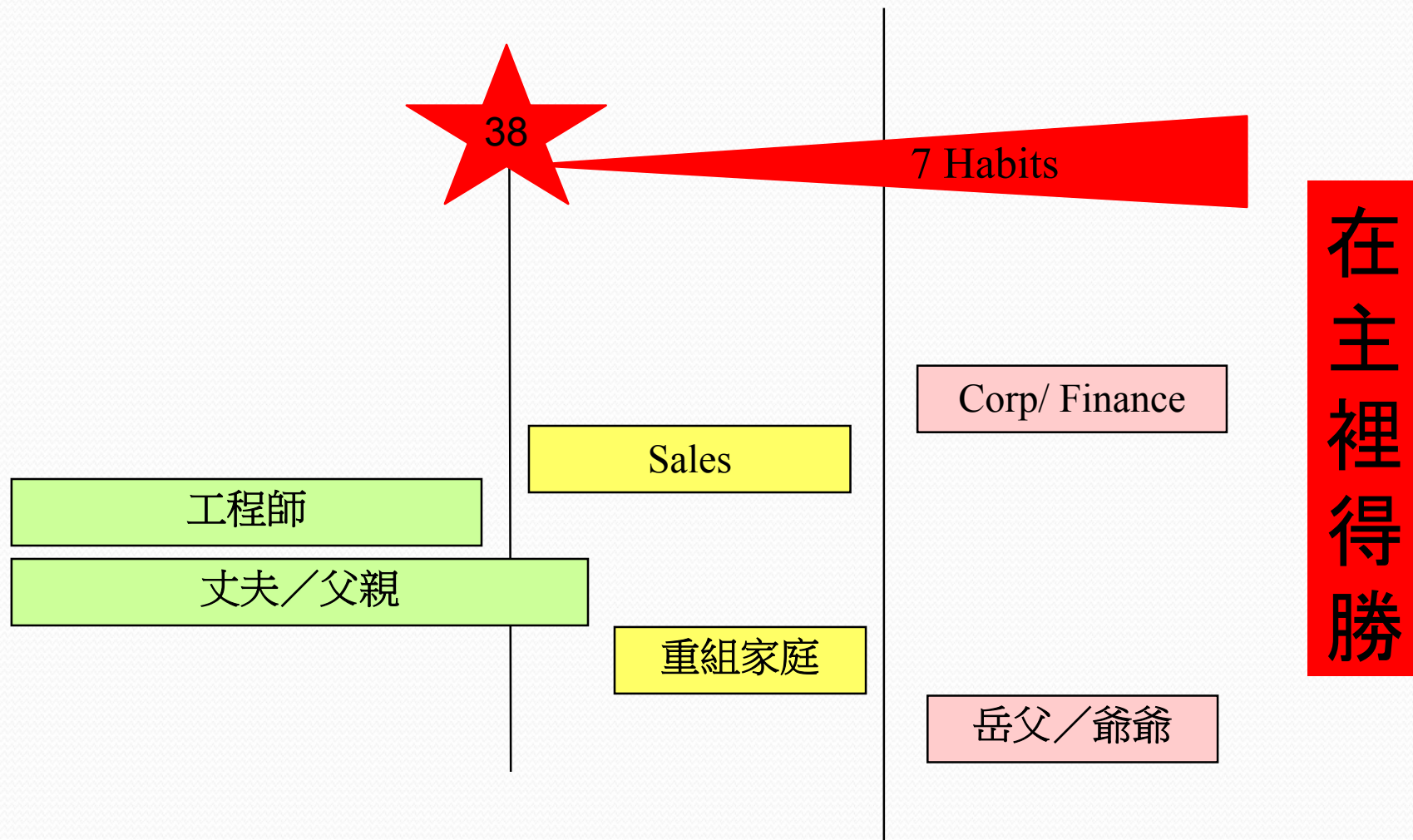
7 Habits of Highly Effective People by Stephen Covey



課程大綱

- 第一周: 簡介
- 第二周－第八周: 七個習慣
 - 習慣一：選擇的自由，主動積極的力量 (William)
 - 習慣二：以終為使，鎖定生命的座標
 - 習慣三：要事第一的自我管理
 - 習慣四：雙贏思維的人際領導
 - 習慣五：知己知彼，將心比心的傾聽溝通
 - 習慣六：協作增效，創造性合作
 - 習慣七：持續更新，自我管理
- 第九，十周: 活出神在你身上的命定 (Billy)
- 結業：與神同工，在主裡得勝 (William)

基督, 7 Habits 和我



Busy Day!

上網

健身運動

煮飯

洗碗

交通
(commute)

睡眠休息

個人愛好

讀經查經

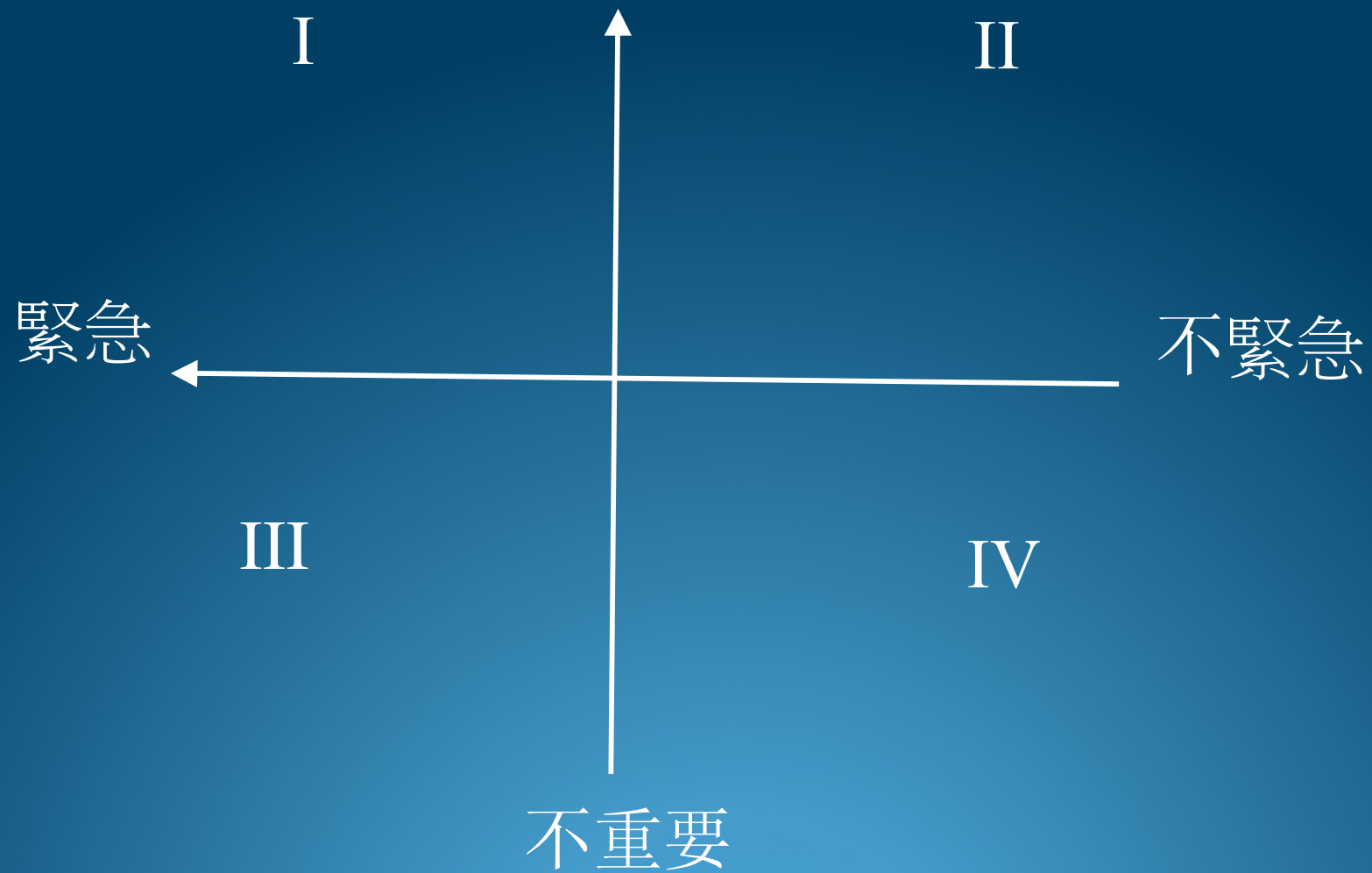
工作

追劇 (GOT)

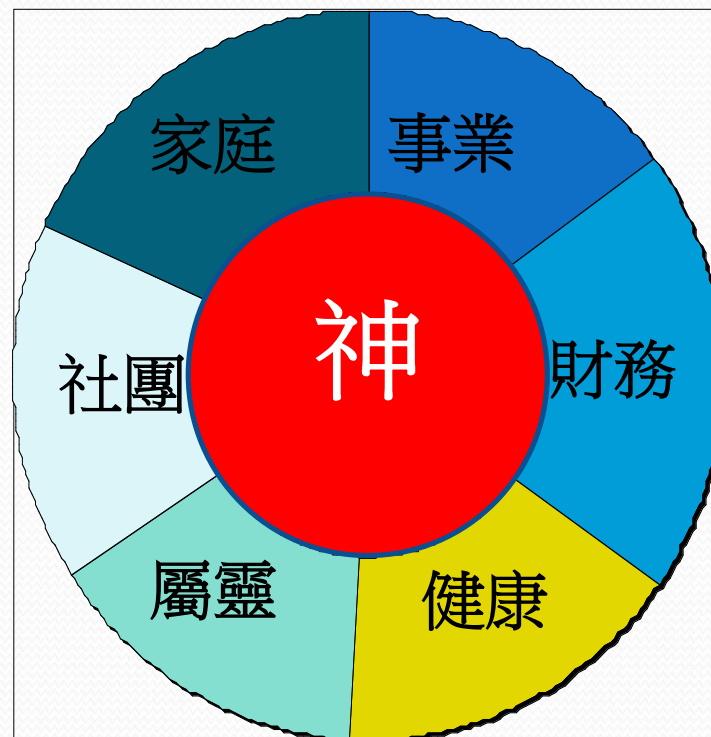
三缺一

教會服事

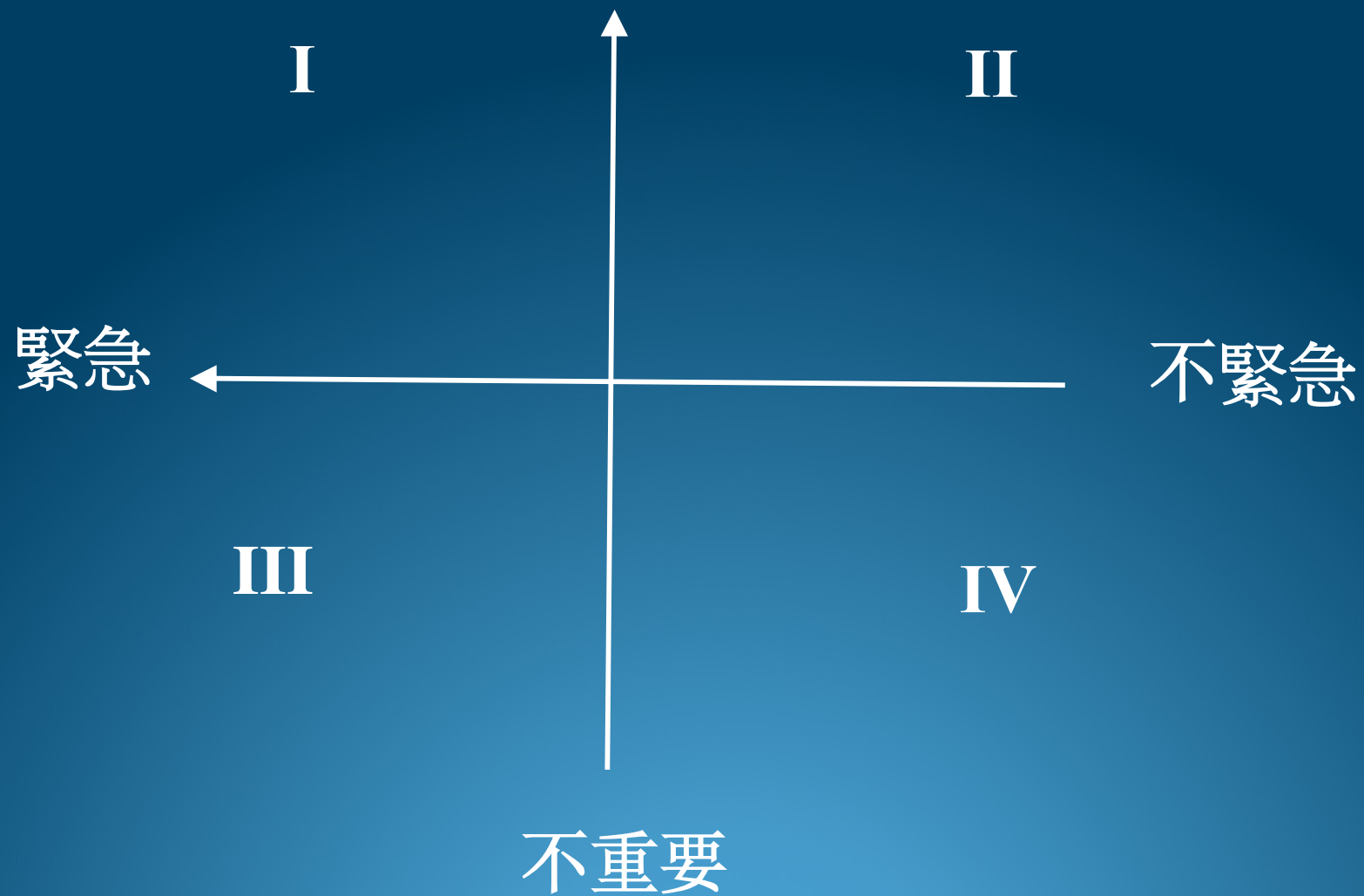
要事第一



10 to 20 Year Goal



要事第一 = 以終為使



主裡得勝的秘訣

- 以終為使的要事第一
 - First thing First with End in Mind
- 有關係就沒關係，沒關係就有關係
- 積極主動，採取行動，建立習慣
 - Action, Habit, Proactive

Survey week 1

		1 to 6
習慣1A	I am in control of my life	
習慣1B	I focus my efforts on the things I can do something about rather than on the things beyond my control	
習慣1C	I take responsibility for my moods rather than blame others or circumstances	
習慣2A	I know what I want to accomplish in my life	
習慣2B	I organize and prepare in a way that reduces having to work in a crisis mode	
習慣2C	I begin each week with a clear plan of what I desire to accomplish	
習慣3A	I am disciplined in carrying out plans (avoiding procrastination, time-wasters, and so forth)	
習慣3B	I do not allow the truly important activities of my life to get lost in the busy activity of my days	
習慣3C	the things I do every day are meaningful and contribute to my overall goals in life	

Survey Week 1 (continue)

習慣4A	I care about the success of others as well as my own	
習慣4B	I cooperate with others	
習慣4C	when solving conflicts, I strive to find solutions that benefit all	
習慣5A	I am sensitive to the feelings of others	
習慣5B	I seek to understand the viewpoints of others	
習慣5C	when listening, I try to see things from the other persons point of view, not just from my own	
習慣6A	I value and seek out the insights of others	
習慣6B	I am creative in searching for new and better ideas and solutions	
習慣6C	I encourage others to express their opinions	
習慣7A	I care for my physical health and well-being	
習慣7B	I invest in myself and self development	
習慣7C	I take time to find meaning and enjoyment in life	