



“Dan sal jou lig deurbreek soos die dageraad en jou genesing skielik uitspruit; en jou geregtigheid sal voor jou uit gaan, die heerlijkheid van die HERE jou agterhoede wees.”

28 Januarie 2024

DIE SWART HOND - DEEL 2 AANVAAR OM TE VERANDER

Openingsvraag:

- *Wat sal jou 3 wense wees as jy so kan sou kry?*
- *Al wat ek kan verander is myself.*

Skriflesing

Fil 4:6

1953

Wees oor niks besorg nie, maar laat julle begeertes in alles deur gebed en smeking met danksegging bekend word by God.

AMP

Do not be anxious or worried about anything, but in everything *[every circumstance and situation]* by prayer and petition with thanksgiving, continue to make your *[specific]* requests known to God.

MSG

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

- *Baie belangrike versie.*
- *Ons moet wanneer ons onself bekommer, moet ons bid.*
- *Alles wat ons vra mpet ons dankie sê.*

1953

1 Kor 2:3-5

3Ek was ook by julle in swakheid en in vrees en in veel bewing;

4en my rede en my prediking was nie in ooredende woorde van menslike wysheid nie, maar in die betoning van gees en krag,

5sodat julle geloof nie in wysheid van mense sou bestaan nie, maar in die krag van God.

AMP

3I came to you in *[a state of]* weakness and fear and great trembling.

4And my message and my preaching were not in persuasive words of wisdom *[using clever rhetoric]*, but *[they were delivered]* in demonstration of the *[Holy]* Spirit *[operating through me]* and of *[His]* power *[stirring the minds of the listeners and persuading them]*,

5so that your faith would not rest on the wisdom and rhetoric of men, but on the power of God.

MSG

3-5I was unsure of how to go about this, and felt totally inadequate—I was scared to death, if you want the truth of it—and so nothing I said could have impressed you or anyone else. But the Message came through anyway. God's Spirit and God's power did it, which made it clear that your life of faith is a response to God's power, not to some fancy mental or emotional footwork by me or anyone else.

- *Paulus het ook deur moeilike/negatiewe tyd in sy lewe deurgegaan*
- *Om uit negatiewe gat uit te kom deel jou ervarings met iemand wat verstaan. Kies die regte persoon wat postief is.*
- *Gee jou boodskap, die Heilige Gees sal dit verder vat.*

HOE BEWEEG EK VAN AANVAAR NA VERANDERING?

1. Stuur 'n SOS aan God

Ps 77: 1-3

1953

1VIR die musiekleier; op die wysie van: „Jedútun.” 'n Psalm van Asaf.

2My stem is tot God en ek roep; my stem is tot God, dat Hy na my kan luister.

3 Op die dag van my benoudheid soek ek die HERE; snags bly my hand uitgestrek sonder om moeg te word; my siel weier om getroos te word.

AMP

1My voice rises to God, and I will cry aloud; My voice rises to God, and He will hear me.

2In the day of my trouble I [*desperately*] sought the LORD; In the night my hand was stretched out [*in prayer*] without weariness; My soul refused to be comforted.

3I remember God; then I am disquieted and I groan; I sigh [*in prayer*], and my spirit grows faint. Selah.

MSG

I yell out to my God, I yell with all my might, I yell at the top of my lungs. He listens. I found myself in trouble and went looking for my LORD; my life was an open wound that wouldn't heal.

- *My hulp kom van die Here. Roep God aan!! Hou aan om God aan te roep!*

Jer 33:3

1953

Roep My aan, en Ek sal jou antwoord en jou bekend maak groot en ondeurgrondelike dinge wat jy nie weet nie.

AMP

Call to Me and I will answer you, and tell you [*and even show you*] great and mighty things, [*things which have been confined and hidden*], which you do not know and understand and cannot distinguish.'

MSG

2-3“This is God's Message, the God who made earth, made it livable and lasting, known everywhere as God: 'Call to me and I will answer you. I'll tell you marvelous and wondrous things that you could never figure out on your own.'

- *Die hemelse Telefoonnommer!*
- *Jeremia was die huilende profeet. Hy was familieloos. Hy was in modderput. Hy het deurgegaan wat ons nie aan kan dink nie. Nogtans sê hy Gos is my ENIGSTE hoop!*

2. Verander van binne na buite

Ps 77: 4-6

1953

4As ek aan God dink, moet ek steun; peins ek, dan versmag my gees. Sela.

5U hou my ooglede oop; ek is onrustig en kan nie spreek nie.

6Ek dink oor die dae van die voortyd, oor die ou, ou jare.

AMP

4You have held my eyelids open; I am so troubled that I cannot speak.

5I have considered the ancient days, The years *[of prosperity]* of long, long ago.

6I will remember my song in the night; I will meditate with my heart, And my spirit searches:

MSG

When friends said, "Everything will turn out all right," I didn't believe a word they said. I remember God—and shake my head. I bow my head—then wring my hands. I'm awake all night—not a wink of sleep; I can't even say what's bothering me. I go over the days one by one, I ponder the years gone by. I strum my lute all through the night, wondering how to get my life together.

- *Wanneer jy moedeloos raak, roep na God.*
- *In die nag roep hy na God. Dink dan aan die tye wat God hom gedra het.*

Kol 3: 1-2

1953

1 AS julle dan saam met Christus opgewek is, soek die dinge daarbo waar Christus is en aan die regterhand van God sit.

2Bedink die dinge wat daarbo is, nie wat op die aarde is nie.

AMP

1Therefore if you have been raised with Christ [to a new life, sharing in His resurrection from the dead], keep seeking the things that are above, where Christ is, seated at the right hand of God.

2Set your mind and keep focused habitually on the things above [the heavenly things], not on things that are on the earth *[which have only temporal value]*.

MSG

1-2So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective.

- *As jy wil verander begin reg dink*
- *Bedink die dinge wat daar bo is.*

3. Vervang negatiewe gedagtes met dankbaarheid en aanbidding.

Ps 77: 13- 20

1953

13en al u werk oordink, en ek wil peins oor u dae.

14 o God, u weg is in heiligheid. Wie is 'n groot God soos God?

15U is die God wat wonders doen; U het u sterkte onder die volke bekend gemaak.

16U het u volk met 'n sterk arm verlos, die kinders van Jakob en van Josef. Sela.

17 Die waters het U gesien, o God, die waters het U gesien, hulle het gebewe; ja, die watervloede het gesidder.

18Die wolke het water uitgegiet, die hemele het donder laat hoor, ook het u pyle rondgevlieg.

19 U rollende donder het weerklink; bliksems het die wêreld verlig; die aarde het gesidder en gebewe.

20 U weg was in die see en u paaie in groot waters, en u spore was nie te beken nie.

AMP

12I will meditate on all Your works And thoughtfully consider all Your *[great and wondrous]* deeds.

13Your way, O God, is holy *[far from sin and guilt]*. What god is great like our God?

14You are the *[awesome]* God who works *[powerful]* wonders; You have demonstrated Your power among the people.

15You have with Your *[great]* arm redeemed Your people, The sons of Jacob and Joseph. Selah.

16The waters *[of the Red Sea]* saw You, O God; The waters saw You, they were in anguish; The deeps also trembled.

17The clouds poured down water; The skies sent out a sound *[of rumbling thunder]*; Your arrows *(lightning)* flashed here and there.

18The voice of Your thunder was in the whirlwind; The lightnings illumined the world; The earth trembled and shook.

19Your way *[of escape for Your people]* was through the sea, And Your paths through the great waters, And Your footprints were not traceable.

20You led Your people like a flock By the hand of Moses and Aaron *[to the promised goal]*.

MSG

13-15O God! Your way is holy! No god is great like God! You're the God who makes things happen; you showed everyone what you can do— You pulled your people out of the worst kind of trouble, rescued the children of Jacob and Joseph.

16-19Ocean saw you in action, God, saw you and trembled with fear; Deep Ocean was scared to death. Clouds belched buckets of rain, Sky exploded with thunder, your arrows flashing this way and that. From Whirlwind came your thundering voice, Lightning exposed the world, Earth reeled and rocked. You strode right through Ocean, walked straight through roaring Ocean, but nobody saw you come or go.

20Hidden in the hands of Moses and Aaron, You led your people like a flock of sheep.

- *Die beste manier is om die negatiewe gedagtes te verander is om dankbaar te wees.*

Luk 7: 37- 38

1953

37En toe 'n vrou in die stad, wat 'n sondares was, verneem dat Hy in die Fariseër se huis aan tafel was, het sy 'n albaste fles met salf gebring

38en agter by sy voete gaan staan en geweën; en sy het sy voete begin natmaak met haar trane en hulle afgedroog met die hare van haar hoof; en sy het sy voete gesoen en met salf gesalf.

AMP

37Now there was a woman in the city who was *[known as]* a sinner; and when she found out that He was reclining at the table in the Pharisee's house, she brought an alabaster vial of perfume;

38and standing behind Him at His feet, weeping, she began wetting His feet with her tears, and wiped them with the hair of her head, and *[respectfully]* kissed His feet *[as an act signifying both affection and submission]* and anointed them with the perfume.

MSG

36-39 One of the Pharisees asked him over for a meal. He went to the Pharisee's house and sat down at the dinner table. Just then a woman of the village, the town harlot, having learned that Jesus was a guest in the home of the Pharisee, came with a bottle of very expensive perfume and stood at his feet, weeping, raining tears on his feet. Letting down her hair, she dried his feet, kissed them, and anointed them with the perfume. When the Pharisee who had invited him saw this, he said to himself, "If this man was the prophet I thought he was, he would have known what kind of woman this is who is falling all over him."

- *Sy was dankbaar want haar sondes is vergewe, haar siel is gered. Vervang die negatiewe gedagtes met dankbaarheid en aanbidding.*

4. Verslaan die vrees met waarheid

Rom 8:15

1953

Want julle het nie ontvang 'n gees van slawerny om weer te vrees nie, maar julle het ontvang die Gees van aanneming tot kinders, deur wie ons roep: Abba, Vader!

AMP

For you have not received a spirit of slavery leading again to fear [*of God's judgment*], but you have received the Spirit of adoption as sons [*the Spirit producing sonship*] by which we [*joyfully*] cry, "Abba! Father!"

MSG

This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a childlike "What's next, Papa?" God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are: Father and children.

- *Gevoel van vrees oor die toekoms.*
- *Verslaan die vrees in my lewe met die waarheid!*
 1. *Vrees vir die dood (om dood te gaan) nie waarheen ons gaan nie.*
 2. *Vrees om ons mobiliteit/onafhanklikheid te verloor*
 3. *Bang ons word geïsoleer te word*
 4. *Voel waardeloos (bring nie meer deel in mense se lewens nie)*

Vervang die negatiewe gedagtes met die waarheid

Belofte

1Kon 19: 4-7

1953

4maar self het hy 'n dagreis ver die woestyn ingegaan en daar onder 'n besembos gaan sit en gewens dat hy mag sterwe. En hy sê: Dit is genoeg, neem nou my siel weg, HERE, want ek is nie beter as my vaders nie.

5Daarop gaan hy lê en raak onder 'n besembos aan die slaap; en kyk, daar raak 'n engel hom aan en sê vir hom: Staand op, eet!

6Toe hy opkyk, was daar aan sy koppenent 'n broodkoek, op warm klippe gebak, en 'n kruik water. En hy het geëet en gedrink en weer gaan lê.

7En die engel van die HERE het weer vir die tweede maal gekom en hom aangeraak en gesê: Staand op, eet; anders is die pad vir jou te veel.

AMP

4But he himself traveled a day's journey into the wilderness, and he came and sat down under a juniper tree and asked [*God*] that he might die. He said, "It is enough; now, O LORD, take my life, for I am no better than my fathers."

5He lay down and slept under the juniper tree, and behold, an angel touched him and said to him, “Get up and eat.”

6He looked, and by his head there was a bread cake baked on hot coal, and a pitcher of water. So he ate and drank and lay down again.

7Then the angel of the LORD came again a second time and touched him and said, “Get up, and eat, for the journey is too long for you *[without adequate sustenance]*.”

MSG

3-5When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day’s journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: “Enough of this, God! Take my life—I’m ready to join my ancestors in the grave!” Exhausted, he fell asleep under the lone broom bush. Suddenly an angel shook him awake and said, “Get up and eat!”

6He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep.

7The angel of God came back, shook him awake again, and said, “Get up and eat some more—you’ve got a long journey ahead of you.”

- *Die Here sal my nie los nie!*
- *Kyk op boontoe dan sien jy God!!*

Kyk na God en jy sal sien Hy is by jou!