

Do Not Worry
不要憂慮



What Jesus Said



- Matthew 6: 25-34 NIV

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

25 所以我告訴你們，不要為生命憂慮吃什麼喝什麼，為身體憂慮穿什麼。生命不勝於飲食嗎？身體不勝於衣裳嗎？²⁶ 你們看那天上的飛鳥，也不種也不收，也不積蓄在倉裡，你們的天父尚且養活牠，你們不比飛鳥貴重得多嗎？

What Jesus Said



27 Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

²⁷ 你們哪一個能用思慮使壽數多加一刻呢？²⁸ 何必為衣裳憂慮呢？你想野地裡的百合花怎麼長起來，它也不勞苦，也不紡線，

What Jesus Said



29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

31 So **do not worry**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

29 然而我告訴你們：就是所羅門極榮華的時候，他所穿戴的還不如這花一朵呢！ 30 你們這小信的人哪！野地裡的草今天還在，明天就丟在爐裡，神還給它這樣的裝飾，何況你們呢？ 31 所以，**不要憂慮**說吃什麼、喝什麼、穿什麼。

What Jesus Said



32 For the pagans run after all these things, and your heavenly Father knows that you need them.

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

32 這都是外邦人所求的。你們需用的這一切東西，你們的天父是知道的。33 你們要先求他的國和他的義，這些東西都要加給你們了。34 所以，不要為明天憂慮，因為明天自有明天的憂慮。一天的難處一天當就夠了。

God is Able



- Jeremiah 32:17 NIV

“Ah, Sovereign LORD, you have **made the heavens and the earth** by your great power and outstretched arm. Nothing is too hard for you.

「主耶和華啊，你曾用大能和伸出來的膀臂創造天地，在你沒有難成的事。」

- Psalm 24:1 NIV

The earth is the LORD's, and everything in it, the world, and all who live in it; 地和其中所充滿的，世界和住在其間的，都屬耶和華。

- Psalm 50:10-12 NIV

for every animal of the forest is mine, and the cattle on a thousand hills.

I know every bird in the mountains, and the insects in the fields are mine.

If I were hungry I would not tell you, for **the world is mine**, and all that is in it.

¹⁰ 因為樹林中的百獸是我的，千山上的牲畜也是我的。

¹¹ 山中的飛鳥我都知道，野地的走獸也都屬我。

¹² 我若是飢餓，我不用告訴你，因為世界和其中所充滿的都是我的。

God is Able



- Psalm 104:27 NIV

All creatures look to you to give them their food at the proper time.

這都仰望你按時給牠食物。

- 2 Corinthians 9:8 NKJV

And God is **able to make all grace abound toward you**, that you, always having **all sufficiency in all things**, may have an abundance for every good work.

神能將各樣的恩惠多多地加給你們，使你們凡事常常充足，能多行各樣善事。

God is Willing to Provide/Help



- John 15:13 NIV

Greater love has no one than this: to lay down one's life for one's friends.

人為朋友捨命， 人的愛心沒有比這個大的。

- Nahum 1:7 NIV

The LORD is good, a refuge in times of trouble. **He cares** for those who trust in him.

耶和華本為善， 在患難的日子為人的保障， 並且認得那些投靠他的人。

- 1 Peter 5:7 NIV

Cast all your anxiety on him because **He cares** for you.

你們要將一切的憂慮卸給神， 因為他顧念你們。

God Has Promised to Provide/Help



- 2 Corinthians 12:9 NIV

But he said to me, “**My grace is sufficient for you**, for my power is made perfect in weakness...”

他對我說：「**我的恩典夠你用的**，因為我的能力是在人的軟弱上顯得完全...

- Romans 8:32 NIV

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, **graciously give us all things?**

神既不愛惜自己的兒子，為我們眾人捨了，豈不也把萬物和他一同白白地賜給我們嗎？

God Has Promised to Provide/Help



- Psalm 55:22 NIV

Cast your cares on the LORD and **He will sustain you**; He will never let the righteous be shaken.

你要把你的重擔卸給耶和華，**他必撫養你**，他永不叫義人動搖。

- Psalm 37:5 NKJV

Commit your way to the Lord, Trust also in Him, And **He shall bring it to pass.**

當將你的事交託耶和華，並倚靠他，**他就必成全。**

God's Provision is Always the Very Best



- Jeremiah 29:11 NIV

For I know the plans I have for you,” declares the LORD, “plans **to prosper you** and not to harm you, plans to give you hope and a future.

耶和華說：我知道我向你們所懷的意念是賜平安的意念，不是降災禍的意念，要叫你們末後有指望。

- Romans 8:28 NIV

And we know that in all things God **works for the good** of those who love him, who have been called according to his purpose.

我們曉得萬事都互相效力，叫愛神的人得益處，就是按他旨意被召的人。

God is in Control



- Job 12:10 NIV

In his hand is the life of every creature and the breath of all mankind.

凡活物的生命和人類的氣息，都在他手中。

- Psalms 22:28 NIV

for dominion belongs to the LORD and he rules over the nations.

因為國權是耶和華的，他是管理萬國的。

- Psalms 115:3 NIV

Our God is in heaven; he does whatever pleases him.

然而我們的神在天上，都隨自己的意旨行事。

God is in Control



- Ephesians 1:11 NIV

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will...

我們也在他裡面得了基業，這原是那位隨己意行做萬事的，照著他旨意所預定的...

- Hebrews 1:3 NIV

The Son is the radiance of God's glory and the exact representation of his being, **sustaining all things** by his powerful word.

他是神榮耀所發的光輝，是神本體的真像，常用他權能的命令托住萬有。

God is With Us



- Psalm 94:19 NIV

When anxiety was great within me, **Your consolation** brought me joy.

我心裡多憂多疑，你安慰我，就使我歡樂。

- John 14:16-17 NIV

16 And I will pray the Father, and He will give you another Helper (KJV: comforter), **that He may abide with you** forever--

17 the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.

16 「我要求父，父就另外賜給你們一位保惠師，叫他永遠與你們同在，
17 就是真理的聖靈，乃世人不能接受的，因為不見他，也不認識他。你們卻認識他，因他常與你們同在，也要在你們裡面。」

God is With Us



- Psalm 23:4 NIV

“Even though I walk through the valley of the shadow of death, I will fear no evil, for **you are with me**; your rod and your staff, they comfort me.”

我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在，你的杖、你的竿都安慰我。

- Revelation 1:17 NIV

When I saw him, I fell at his feet as though dead. Then **He placed his right hand on me and said**: “Do not be afraid...”

我一看見，就仆倒在他腳前，像死了一樣。他用右手按著我說：「不要懼怕。」

Give it to God!



- Philippians 4:6-7 NIV

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

6 應當一無掛慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴神。7 神所賜出人意外的平安，必在基督耶穌裡保守你們的心懷意念。

Take the Word into Our Hearts



- Proverbs 12:25 NIV

Anxiety weighs down the heart, but **a kind word** cheers it up.

人心憂慮屈而不伸，一句良言使心歡樂。

- Romans 12:2 NIV

Do not conform to the pattern of this world, but **be transformed by the renewing of your mind...**

不要效法這個世界，只要心意更新而變化...

Put our Relationship with Him First



- Luke 10:38-42 NIV

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.

39 She had a sister called Mary, who sat at the Lord's feet listening to what he said.

40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

38 他們走路的時候，耶穌進了一個村莊。有一個女人名叫馬大，接到自己家裡。39 她有一個妹子名叫馬利亞，在耶穌腳前坐著聽他的道。40 馬大伺候的事多，心裡忙亂，就進前來說：「主啊，我的妹子留下我一個人伺候，你不在意嗎？請吩咐她來幫助我。」

Put our Relationship with Him First



- 41 “Martha, Martha,” the Lord answered, “you are **worried and upset about many things**,
42 but few things are needed—or indeed **only one**. Mary has chosen what is better, and it will not be taken away from her.”
41 耶穌回答說：「馬大，馬大，你為許多的事思慮煩擾，
42 但是不可少的只有一件。馬利亞已經選擇那上好的福分，是不能奪去的。」
- Psalm 34:10 NIV
The lions may grow weak and hungry, but those who seek the LORD lack no good thing.
少壯獅子還缺食忍餓，但尋求耶和華的，什麼好處都不缺。

Take Each Day as a Gift from Him



- Each day has enough trouble of its own
一天的難處一天當就夠了。

Help Others



- **Proverbs 12:25** NIV

Anxiety weighs down the heart, but **a kind word** cheers it up.

人心憂慮屈而不伸，一句良言使心歡樂。

- **Galatians 6:2** NIV

Carry each other's burdens, and in this way you will fulfill the law of Christ.

你們各人的重擔要互相擔當，如此就完全了基督的律法。

Praise Him



- Colossians 3:15 NIV

Let the peace of Christ **rule** in your hearts...

又要叫基督的平安在你們心裡**做主**...