

## How to overcome worry

### 如何勝過憂慮

Matthew 6:25-34

馬太福音 6:25-34

<sup>25</sup> “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? <sup>26</sup> Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? <sup>27</sup> Can all your worries add a single moment to your life?

<sup>28</sup> “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, <sup>29</sup> yet Solomon in all his glory was not dressed as beautifully as they are. <sup>30</sup> And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

<sup>31</sup> “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’

<sup>32</sup> These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. <sup>33</sup> Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

<sup>25</sup> 所以我告訴你們，不要為生命憂慮吃甚麼喝甚麼，也不要為身體憂慮穿甚麼。難道生命不比食物重要嗎？身體不比衣服重要嗎？<sup>26</sup> 你們看天空的飛鳥：牠們不撒種，不收割，也不收進倉裡，你們的天父尚且養活牠們；難道你們不比牠們更寶貴嗎？<sup>27</sup> 你們中間誰能用憂慮使自己的壽命延長一刻呢？

<sup>28</sup> 何必為衣服憂慮呢？試想田野的百合花怎樣生長，它們不勞苦，也不紡織。<sup>29</sup> 但我告訴你們，就是所羅門最威榮的時候所穿的，也比不上這花中的一朵。<sup>30</sup> 田野的草，今天還在，明天就投進爐裡，神尚且這樣妝扮它們；小信的人哪，何況你們呢？

<sup>31</sup> 所以不要憂慮，說：‘我們該吃甚麼？喝甚麼？穿甚麼？’<sup>32</sup> 這些都是教外人所尋求的，你們的天父原知道你們需要這一切。<sup>33</sup> 你們要先求他的國和他的義，這一切都必加給你們。<sup>34</sup> 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。”

Worry is something that starts in our HEADS, we DWELL on it, it eventually MOVES to our hearts. 憂慮是從我們的頭腦開始的，我們會專注於它，它最終會轉移到我們的心裡。

#### 1. Worry **CONTRADICTS** Gods heart.

憂慮與神的心相違背。

“...If you had a sheep that fell into a well on the Sabbath, wouldn’t you work to pull it out? Of course, you would. And how much more valuable is a person than a sheep...”

Matthew 12:11-12

Matthew 6: 25-34

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“……如果你們有一隻羊在安息日掉進坑裡，難道你們不把牠拉上來嗎？人比羊要貴重多了……”

馬太福音 12:11-12

2. Worry **REVEALS** your heart.  
憂慮顯露你的內心。
3. Worry is an **INVITATION** to **CHANGE** your heart.  
憂慮是改變你內心的一個邀請。

*Today's Big Idea... 今日主旨……*

When you start to **WORRY**,  
當你開始憂慮,  
stop and **PRAY**.  
停下來祈禱。

Discussion Questions: 問題討論：

1. What's a New Year's Resolution you've made in previous years? Did you stick to it?  
你往年的新年立志是什麼？你是否堅持完成？
2. What do you find yourself worrying about most often?  
你發現自己最常擔憂的是什麼？
3. Describe a time in your life when you were worried about something that didn't actually happen.  
描述你生命中某一刻、你擔心一些實際沒有發生的事情。
4. What does a trusting life look like to you?  
信任的生活對你來說是什麼樣子的？

Matthew 6: 25-34

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