



勿憂慮，常喜樂！
DON'T WORRY, BE HAPPY!

2009.8.2, Matthew #12, 6:19-34

第一個原因 Reason #1

- ▶ **Don't worry, because your investment is safe (and making good return).**
- ▶ 勿憂慮，因為你的投資很安全（而且回報很高）。



耶穌說 Jesus said...

- ▶ Store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.
- ▶ 只要積攢財寶在天上；天上沒有蟲子咬，不能銹壞，也沒有賊挖窟窿來偷。因為你的財寶在那裏，你的心也在那裏。

你的財寶在哪裡？ Where is your treasure?

- ▶ God has given each believer **3** valuable possessions:

1. Time

2. Talent

3. Treasure

- ▶ 神賜給每位信徒三樣寶貴的東西：

1. 時間

2. 恩賜

3. 財物

應用 Application

- ▶ Invest your time, talent and treasure in something of eternal value, starting today.
- ▶ 今日開始，將你的時間、恩賜、金錢在有永恆價值的事情上下投資。

第二個原因 Reason #2

- ▶ **Be happy, because you can see a bright future in Christ.**
- ▶ 要喜樂，因為在基督裏你可以看到一個光明的前途。



耶穌說 Jesus said...

- ▶ If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!
- ▶ 你的眼睛若瞭亮，全身就光明；你的眼睛若昏花，全身就黑暗。你裏頭的光若黑暗了，那黑暗是何等大呢！

你的視力如何？ How is your vision?

- ▶ The light of the body is the eye: if therefore your eye be **single**, your whole body shall be full of light. But if your eye be evil, thy whole body shall be full of darkness.
- ▶ 眼睛就是身上的燈。你的眼睛若**瞭亮**，全身就光明；你的眼睛若昏花，全身就黑暗。

應用 Application

- ▶ Focus on God instead of money, see how that brightens up your world.
- ▶ 專注於神，而非金錢，看你的世界如何因此而變得更光明。

第三個原因 Reason #3

- ▶ **Don't worry, because you always worry about the wrong things.**
- ▶ 勿憂慮，因為你總是為不該憂慮的事而憂慮。



耶穌說 Jesus said...

- ▶ Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?
- ▶ 不要為生命憂慮喫甚麼，喝甚麼；為身體憂慮穿甚麼。生命不勝於飲食嗎？身體不勝於衣裳嗎？

應用 Application

- ▶ Stop putting your mind on small things like food and cloths and house, start putting your mind on bigger objects like God and his Kingdom.
- ▶ 停止關注吃、喝、住這些小事，開始關注大一點的事，如神和他的國度。

第四個原因 Reason #4

- ▶ **Be happy, because your Father cares about you.**
- ▶ 要喜樂，因為天父很關心你。



耶穌說 Jesus said...

- ▶ 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?
- ▶ 你們看那天上的飛鳥，也不種，也不收，也不積蓄在倉裏，你們的天父尚且養活他。你們不比飛鳥貴重得多嗎？

- ▶ **An average person's anxiety is focused on :**
 - **40%**--things that will never happen
 - **30%** -- things about the past that can't be changed
 - **12%** -- things about criticism by others, mostly untrue
 - **10%** -- about health, which gets worse with stress
 - **8%** -- about real problems that will be faced

▶ 一般人為了哪些事感到焦慮？

- 40%--永遠不會發生的事
- 30%--發生於過去，已經無法改變的事
- 12%--別人的閒話和批評，而那大部分不是真的
- 10%--身體的健康，而這健康是因憂慮而變得更壞的
- 8%--真正需要面對的事

應用 Application

- ▶ Practice “grateful acknowledgement” by saying to God frequently: “Father, thank you for taking good care of me. I really appreciate it.”
- ▶ 練習“感恩的認知”，常對神說：“天父，謝謝你這麼照顧我，我真的很感激。”

第五個原因 Reason #5

- ▶ **Don't worry, because worrying is useless.**
- ▶ 勿憂慮，因為憂慮毫無用處。



耶穌說 Jesus said...

- ▶ Who of you by worrying can add a single hour to his life ?
- ▶ 你們那一個能用思慮使壽數多加一刻呢？

▶ **Worry is useless:**

- Why worry when you can trust? It is like a rocking chair, it give you something to do but doesn't get you anywhere.

▶ **憂慮是無用的：**

- 可以信靠神的時候為何卻要憂慮呢？憂慮像是搖椅，它讓你有點事做，但卻哪兒都到不了。

應用 Application

- ▶ Commit Matt. 6:26-27 to memory. Every time you find yourself worrying, recite the verses and say a prayer of trusting God .
- ▶ 將太6:26-27背下來。每當你憂慮的時候，背誦這兩節經文，並做一個信靠主的禱告。
 - 你們看那天上的飛鳥，也不種，也不收，也不積蓄在倉裏，你們的天父尚且養活他。你們不比飛鳥貴重得多嗎？你們那一個能用思慮使壽數多加一刻呢？

第六個原因 Reason #6

- ▶ **Be happy, because you are awesomely and wonderfully made.**
- ▶ 要喜樂，因為你受造奇妙可畏。



耶穌說 Jesus said...

- ▶ See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.
- ▶ 你想野地裏的百合花怎麼長起來；他也不勞苦，也不紡線。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！

- ▶ 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, O you of little faith?
- ▶ 你們這小信的人哪！野地裏的草今天還在，明天就丟在爐裏，神還給他這樣的妝飾，何況你們呢！

詩篇 Psalm 139:14

- ▶ I will praise you, for I am fearfully and wonderfully made; marvelous are your works, and that my soul knows right well.
- ▶ 我要稱謝你，因我受造奇妙可畏；你的作為奇妙，這是我心深知道的。

▶ **E Stanley Jones wrote:**

- I am inwardly fashioned for faith, not for fear.
- Fear is not my native land; faith is.
- I am so made that worry and anxiety are sand in the machinery of life; faith is the oil.
- I live better by faith and confidence than by fear, doubt and anxiety.
- In anxiety and worry, my being is gasping for breath--these are not my native air.
- But in faith and confidence, I breathe freely--these are my native air.

▶ **Source:** *Transformed by truth*, p.95

▶ 使坦利瓊斯寫到：

- 我內部的形成，適合信心生活，不適合憂懼；
- 憂懼不是我的天然居住地，信心才是；
- 我是如此的被造，憂慮和焦急對我來說就像是在機器裡加沙子，信心卻像是加潤滑油；
- 我憑著信心生活，比憑著憂慮、懷疑、畏懼生活，結果要好得多；
- 在憂慮中我會感到難以呼吸，因為憂慮不是我天生所能呼吸的空氣；
- 可是在信心中我卻呼吸得很順暢，因為這是我天生就應該呼吸的空氣。

▶ 來源： *Transformed by truth*, p.95

應用 Application

- ▶ Give thanks and glory to God, saying to Him:
“Dear God, thank you for so wonderfully making me. I like what you made.”
- ▶ 將感恩和榮耀獻給神，對祂說：“親愛的神，感謝你如此奇妙地造了我。我喜歡你所造的。”

第七個原因 Reason #7

- ▶ **Don't worry, because that shows your lack of faith in God.**
- ▶ 勿憂慮，因為那表示你對神沒有信心。



耶穌說 Jesus said...

- ▶ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.
- ▶ 所以，不要憂慮說：喫甚麼？喝甚麼？穿甚麼？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。

應用 Application

- ▶ Show your trust in prayers. Start praying more for God's Kingdom, less for personal needs.
- ▶ 藉著禱告來表達你對神的信靠。開始增加為神國度禱告的次數，減少為自己禱告的次數。

第八個原因 Reason #8

- ▶ **Be happy, because you get to participate in God's work.**
- ▶ 要喜樂，因為你得以參與神的工作。



耶穌說 Jesus said...

- ▶ But seek first his kingdom and his righteousness, and all these things will be given to you as well.
- ▶ 你們要先求他的國和他的義，這些東西都要加給你們了。

應用 Application

- ▶ **First step: participating in Project 3.1.6**
 - Pray for 3 unsaved people for 6 days and brings one to church
 - 8.16.09 is Gospel Sunday
- ▶ **Second step: repeat first step as frequently as possible**
- ▶ **第一步：參與 3.1.6計劃**
 - 在六日之內為三個尚未信主的人禱告並帶一個人來教會
 - 8月16日是福音主日
- ▶ **第二步：盡量重覆第一步**

第九個原因 Reason #9

- ▶ **Don't worry, because you only have to take it one day at a time.**
- ▶ 勿憂慮，因為一天的難處一天當就夠了。



耶穌說 Jesus said...

- ▶ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
- ▶ 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穀了。

▶ **An unknown poet has written:**

- I heard a voice at evening softly say,
- Bear not your yesterdays into tomorrow,
- Nor load this week with last week's load of sorrow.
- Lift all your burdens as they come, nor try
- To weigh the present with the by-and-by.
- One step and then another, take your way;
- Live day by day!"

▶ **Source: “Our Daily Bread”**

▶ 無名詩人寫到：

- 夜晚時，我聽見一個溫柔的聲音對我說：
- “不要將昨日的負擔帶到明日，
- 也不要將上週的悲傷帶到下週，
- 需要擔擔子的時候才將它們擔上，
- 不要用過去的事增加今日的重量，
- 跨出一步，再跨一步，走你腳前的路，
- 一天的日子一天過。”

▶ 來源：“每日靈糧”

應用 Application

- ▶ Do your best today, leave the result to God.
- ▶ 今日盡力而為，結果交給上帝。

第十個原因 Reason #10

- ▶ **Don't worry, be happy, because God told you so.**
- ▶ 勿憂慮，常喜樂，因為神叫你這樣。



耶穌說 Jesus said...

- ▶ “Do not worry!”
- ▶ “Happy are the poor in spirit: for the kingdom of heaven is theirs.”
- ▶ 不要憂慮！
- ▶ 虛心的人有福了（有福就是喜樂的意思）！
因為天國是他們的。

應用 Application

1. Don't worry.

2. Be happy.

1. 不要憂慮。

2. 常常喜樂。