

战胜恐惧和忧虑

Overcoming anxieties & fear

Matthew 马太福音 6:25-34



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引言：耶稣说，不要为生活忧虑

- Matthew 马太福音 6:25 不要为生活忧虑
(耶稣说)：所以我告诉你们，**不要为生活忧虑**，如吃什么、喝什么，也不要为身体忧虑，如穿什么。难道生命不比饮食重要吗？身体不比穿着重要吗？

²⁵ For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is life not more than food, and the body more than clothing?

引言：每个人都会有忧虑

- 丰盛的生命应该有喜乐，平安，自由
- 实际生活：担心，忧虑，恐惧和害怕！
- 知道应该交托，但交托后还是担忧害怕！
- 一个医生的故事



引言：什么是忧虑？

- 心理学家指出：我们会有忧虑，其实是因为对自己的
人生感到恐惧，担心未来过得不够好。

Psychologists point out that we have worries because we are afraid for our lives, anxious that we will not be able to do well in the future.

引言：什么是忧虑？

- 忧虑是为**还没发生**的事情而烦恼害怕。
Worry is fear about things yet to happen.
- 一个妻子的忧虑 a wife's worries
- 忧虑就像一把摇椅，给你很多事情要做，却无处可去。
- Worry is like a rocking chair, give you plenty to do but bring you nowhere.



引言：什么是忧虑？

- 忧虑不会消除明天的悲伤，只会消耗今天的力量。

Anxiety Does Not Empty Tomorrow of Its Sorrows; It Empties Today of Its Strength -- **Charles Spurgeon 查尔斯.司布真**



战胜恐惧和忧虑 Overcoming anxieties & fear

信息大纲：

- 1. 不要为明天忧虑** Do not worry about tomorrow
- 2. 先求神的国和义** Seek first God's kingdom & His righteousness
- 3. 安息在神的同在里**
Rest in God's presence



1. 不要为明天忧虑 Do not worry about tomorrow

• Matthew 马太福音 6

²⁵ 所以我告诉你们，**不要为生活忧虑...**

³⁴ 所以，**不要为明天忧虑**，因为明天自有明天的忧虑，一天的难处一天担就够了。

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

1. 不要为明天忧虑 Do not worry about tomorrow

- **忧虑是消极的信心：相信不好事情会发生，确信灾难的来临和失败的肯定。** Worry is faith in the negative, trust in the unpleasant, assurance of disaster and belief in defeat.
- **忧虑是浪费今天的时间，用昨天的问题把明天的机会弄得一团糟。** Worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles.

1. 不要为明天忧虑 Do not worry about tomorrow

- Matthew 马太福音 6:26
你们看天上的飞鸟，它们不种，不收，也不在仓里积存粮食，你们的天父尚且养活它们，难道你们还不如飞鸟贵重吗？

²⁶ Look at the birds of the sky, that they do not sow, nor reap, nor gather *crops* into barns, and yet your heavenly Father feeds them. Are you not much more important than they?



1. 不要为明天忧虑 Do not worry about tomorrow

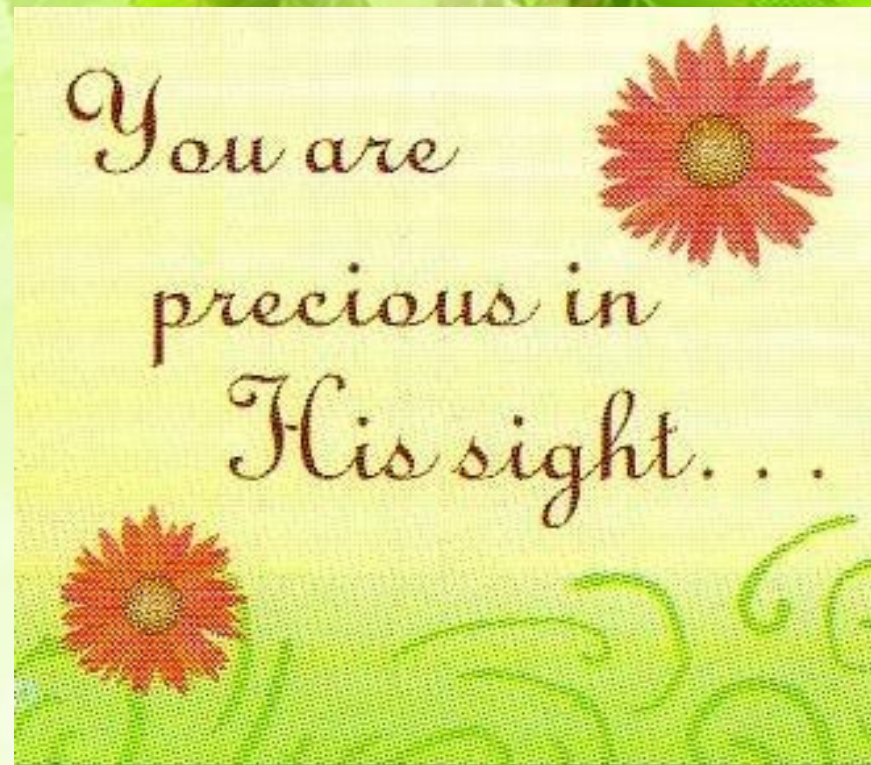
- **Luke 路加福音 12:6-7 五只麻雀不是只卖两个铜钱吗？但上帝连一只麻雀也不会遗忘。⁷ 其实就连你们的头发都被数过了。不要害怕，你们比许多麻雀要贵重！**

⁶ Are five sparrows not sold for two assaria? And yet not one of them has gone unnoticed in the sight of God.

⁷ But even the hairs of your head are all counted. Do not fear; you are more valuable than a great number of sparrows.

1. 不要为明天忧虑

• 你是上帝宝贵的儿女!



1. 不要为明天忧虑 Do not worry about tomorrow

- **天父知道你的需要** God knows your needs!
- Matthew 马太福音 6:31-32 所以, **你们不要忧虑** ‘吃什么? 喝什么? 穿什么?’ ³² 因为这些都是外族人的追求, **你们的天父知道你们的需要。**

³¹ Do not worry then, saying, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear for clothing?’ ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

1. 不要为明天忧虑

- 一个小孩的担忧 a child's worries
- 马太福音 6:27 你们**谁能用忧虑使自己多活片刻呢?** And which of you by worrying can add a single day to his life's span?



1. 不要为明天忧虑 Do not worry about tomorrow

- 我们不能控制明天，也不知道明天会发生什么事情
- 但我知道谁掌管明天！ I know who holds tomorrow!
- **天父掌管明天！** Father God is in control!



1. 不要为明天忧虑 Do not worry about tomorrow

- Matthew 马太福音 6:34 所以，**不要为明天忧虑**，因为明天自有明天的忧虑，**一天的难处一天担就够了**。

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

1. 不要为明天忧虑 Do not worry about tomorrow

- 一星期有两天我们不需担忧 there are 2 days in a week that we don't need to worry

- 昨天和明天! Yesterday & Tomorrow!

- 把精力专注在今天所需要做的事情!

Focus yr energy on what you need to do TODAY!

今天最重要需做的事情是什么？

先求神的国和祂的义！



2. 先求神的国和义

• Matthew 马太福音 6:33

你们要**先寻求上帝的国和祂的义**，这一切都会赐给你们。

“

**But seek first the kingdom
of God and His righteousness,
and all these things shall
be added to you.**

MATTHEW 6:33

faithsharer.com



如何先求神的国和祂的义？

a. 认识信实的上帝和祂可靠的话语

Know the faithful God & His Word

b. 上帝为第一优先并遵行祂的旨意

Put God first & Obey His will



2a. 认识信实可靠的上帝

- 要认识一个人，必须花时间和她在一起
- 要认识上帝，也需要时间经历祂：
 - 花时间与上帝在一起 Spend time with God
 - 花时间常与上帝沟通 Spend time communicating with God



需要花时间!



• 花时间常与上帝在一起

你对神有多强烈的渴慕追求？

- 渴慕寻求 earnestly desire God

Psalm 诗篇 27:4 有一件事，我曾求耶和华，
我仍要寻求，就是一生一世住在耶和华的
殿中，瞻仰他的荣美，在他的殿宇里求问。



One thing I have asked from the LORD,
that I shall seek: That I may dwell in the
house of the LORD all the days of my life,
To behold the beauty of the LORD And
to meditate in His temple.



• **花时间常常敬拜上帝**

- **感恩赞美敬拜** Worship & thanksgiving
Psalm 诗篇 100:4 当称谢进入他的门，
当赞美进入他的院。当感谢他，称颂
他的名！

Enter His gates with thanksgiving,
And His courtyards with praise.
Give thanks to Him, bless His name.



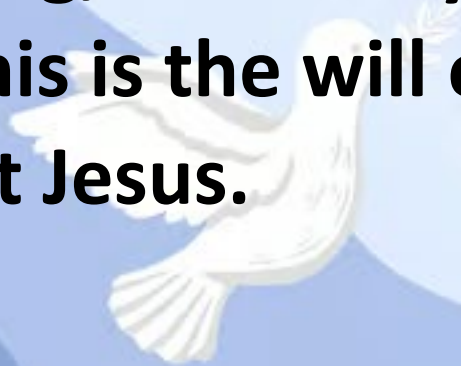
• **花时间常与上帝沟通**

- **不断地祷告** Pray unceasingly

1 Thessalonians 帖撒罗尼迦前书 5:16-18

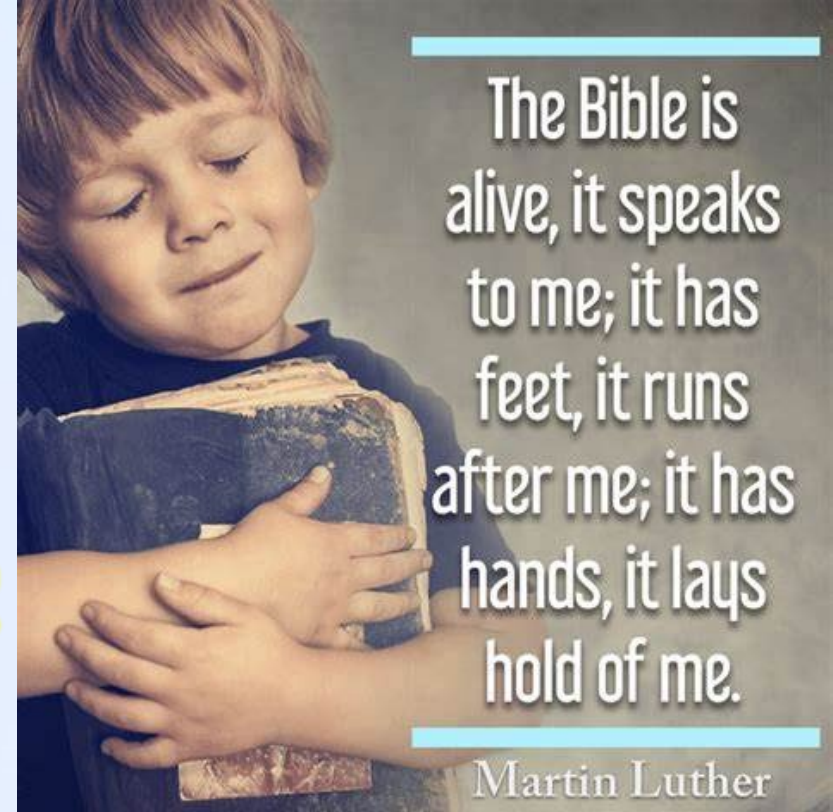
要常常喜乐，不断地祷告，凡事谢恩，因为这是上帝在基督耶稣里给你们的旨意。

¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks; for this is the will of God for you in Christ Jesus.



- **花时间阅读神的话语**
- 花时间 - 研读上帝的话为优先.
- 求上帝给我们一个喜爱祂话语的心.
- Psalm 诗篇 119:165 喜爱你律法的人**大有平安**, 任何事都不能使他们跌倒.

165 Those who love Your Law have great peace, And nothing causes them to stumble.



The Bible is alive, it speaks to me; it has feet, it runs after me; it has hands, it lays hold of me.

Martin Luther

• 花时间昼夜思想

• Joshua 约书亚记 1:8

这律法书不可离开你的口，总要昼夜思想，好使你谨守遵行这书上所写的一切话。如此，你的道路就可以亨通，凡事顺利。

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will achieve success.



我们都是大忙人，没有多余的时间！

要寻求神的国和义，

我们必须以上帝为优先



2b. 以上帝为第一优先 Putting God First

- 如何才能不忧虑？必须把上帝放在第一位
- Matthew 马太福音6:24 一个人不能服侍两位主人，因为他不是恨这位、爱那位，就是重这位、轻那位。你们不能又事奉上帝，又崇拜金钱。

²⁴ No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.

2c. 以上帝为第一优先

- Philippians 腓立比书 3:8-9 **看主耶稣为至宝**

不但如此，我已把万事当作是有损的，因我以认识我**主基督耶稣为至宝**。我为他已经丢弃万事，看作粪土，为要赢得基督，并且得以在他里面...

⁸ More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them *mere* rubbish, so that I may gain Christ

2c. 以上帝为第一优先

- 这是我们每天的选择 – 你选择什么呢?
 - 选择主耶稣为至宝，为优先？ 或
 - 选择把自己为第一？
- What do you choose?
 - Christ as top priority OR
 - Self as #1?

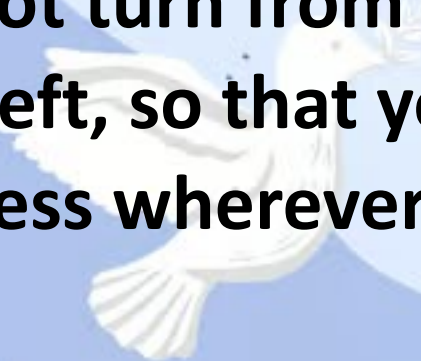


• 遵行主的旨意 Obey God's Will

• Joshua 约书亚记 1:7

只要刚强，**大大壮胆**，**谨守遵行**我仆人摩西所吩咐你的一切律法，不可偏离左右，使你无论往哪里去，都可以顺利。

Only be strong and very courageous; be careful to do according to all the Law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may achieve success wherever you go.



- **遵行主的旨意** Obey God's Will

- Revelation 启示录 1:3

诵读这书上预言的，和那些**听见又遵守**其中所记载的，**都是有福的**，因为时候近了。

Blessed is the one who reads, and those who hear the words of the prophecy and keep the things which are written in it; for the time is near.



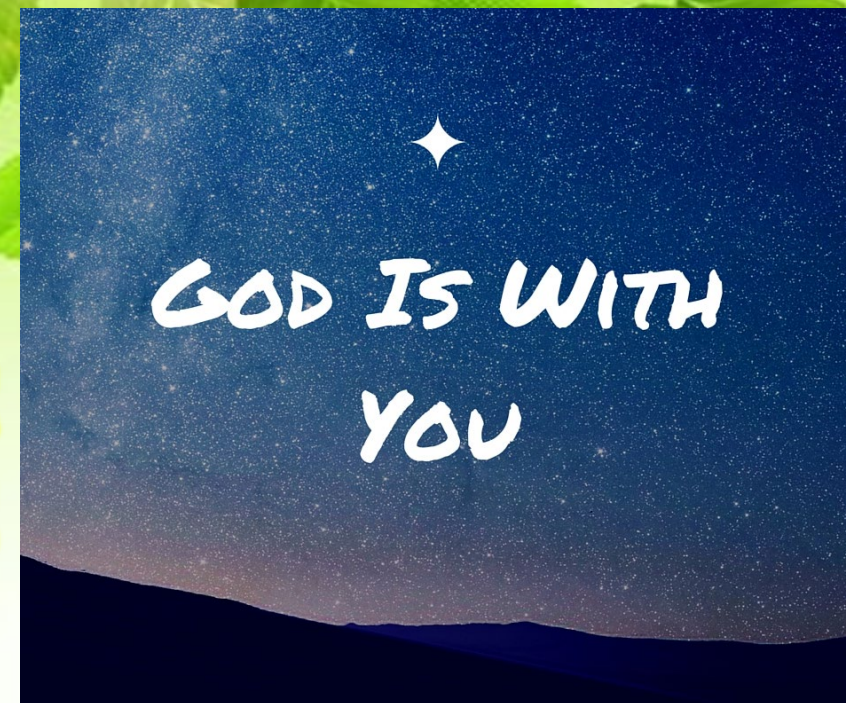
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3. 安息在上帝的同在里

- Deuteronomy 申命记 31:8
耶和华必在你前面行，他必亲自与你同在，必不撇下你，也不丢弃你。你不要惧怕，也不要惊惶。

And the LORD is the one who is going ahead of you; He will be with you. He will not desert you or abandon you. Do not fear and do not be dismayed.



3. 安息在上帝的同在里

- Isaiah 以赛亚书 41:10

我是你的上帝，**我必与你同在**，你不用惊慌也不用害怕。**我必赐你力量，帮助你**，用我公义的右手扶持你。

Do not fear, for I am with you; Do not be afraid, for I am your God. I will strengthen you, I will also help you, I will also uphold you with My righteous right hand.



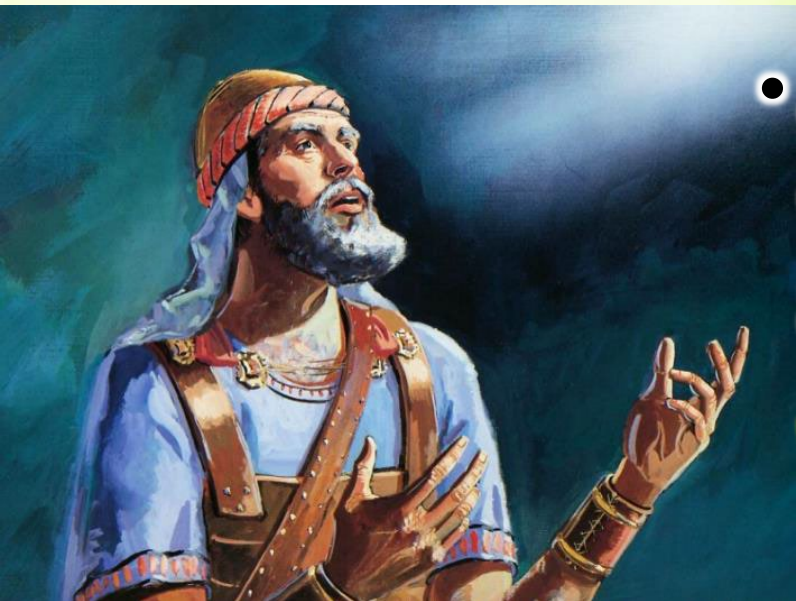
3. 安息在上帝的同在里

- Isaiah 以赛亚书 43:2,5

你从水中经过，**我必与你同在**，你渡过江河，水必不漫过你；你在火中行走，也不被烧伤，火焰必不烧着你身。⁵ **你不要害怕，因我与你同在...**

When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you. Do not fear, for I am with you...

3. 安息在上帝的同在里

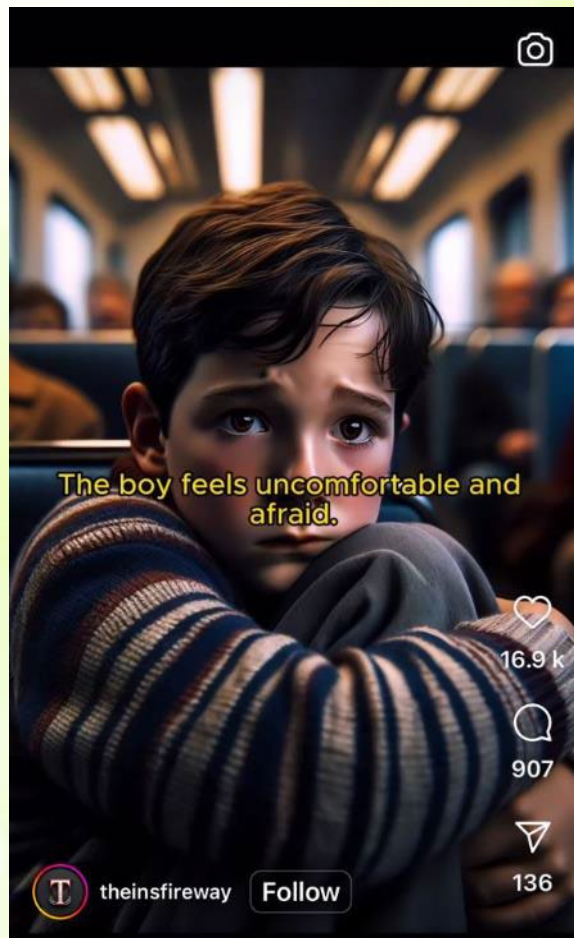


• Joshua 约书亚记1:5

你一生的日子，必无人能在你面前站立得住。我怎样与摩西同在，也必照样与**你同在；我必不撇下你，也不丢弃你。**

5 No one will *be able to* oppose you all the days of your life. Just as I have been with Moses, I will be with you; I will not desert you nor abandon you.

一个小孩的故事



3. 安息在上帝的同在里

- Joshua 约书亚记 1:9

我再次吩咐你，要刚强勇敢！不要害怕，也不要灰心，
因为你无论走到哪里，**你的上帝耶和华必与你同在。**

Have I not commanded you? Be strong and courageous! Do not be terrified nor dismayed, for the LORD your God is with you wherever you go.

你是否是忧虑害怕？

有上帝与你在一起，

你还怕什么呢！

3. 安息在上帝的同在里

- Philippians 腓立比书 4:8 **思想天上的事**
最后，弟兄姊妹，你们**要思想**一切真实、可敬、公义、纯洁、可爱、有好名声、有美德和值得赞许的事情。

Finally, brothers *and sisters*, whatever is true, whatever is honorable whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, **think about these things**



3. 安息在上帝的同在里

- Philippians 腓立比书 4:9 **顺服遵守**
你们从我身上学习、领受、看到和听到的，
都要照着去行。这样，**赐平安的上帝就必与你们同在**。 As for the things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.



总结

- 不为明天忧虑，因上帝掌管明天
- 今天先求神的国和义为第一优先
- 花时间认识上帝和他可靠的应许
- 安息在爱你的阿爸天父的同在里



不要忧虑；把你的恐惧交托给上帝

今天选择：认识信实可靠的上帝为优先！

- 渴慕寻求上帝
- 感恩赞美敬拜
- 常常与主沟通
- 遵行主的旨意

要花时间！**你愿意吗？**

