



OVERCOMING WORRY 克服憂慮

Matthew **馬太福音** 6:25-34

馬太福音 Matthew 6:25

所以我告訴你們，
不要為生命憂慮，
吃甚麼，喝甚麼；
為身體憂慮，
穿甚麼。生命不勝於
飲食麼？身體不勝於
衣裳麼？

Therefore I tell you,
do not be anxious
about your life,
what you will eat
or what you will
drink, nor about
your body, what
you will put on. Is
not life more than
food, and the
body more than
clothing?

馬太福音 Matthew 6:26

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他。你們不比飛鳥貴重得多麼？

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

馬太福音 Matthew 6:27-28

你們那一個能用思慮使壽數多加一刻呢？何必為衣裳憂慮呢？你想野地裡的百合花怎麼長起來；他也不勞苦，也不紡線。

And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,

馬太福音 Matthew 6:29

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！

yet I tell you,
even Solomon in
all his glory was
not arrayed like
one of these.

馬太福音 Matthew 6:30

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
還給他這樣的妝
飾，何況你們呢
！

But if God so
clothes the grass
of the field, which
today is alive and
tomorrow is
thrown into the
oven, will he not
much more clothe
you, O you of little
faith?

馬太福音 Matthew 6:31-32

所以，不要憂慮說：
吃甚麼？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。

Therefore do not
be anxious,
saying, 'What shall
we eat?' or 'What
shall we drink?' or
'What shall we
wear?' For the
Gentiles seek after
all these things,
and your heavenly
Father knows that
you need them all.

馬太福音 Matthew 6:33

你們要先求他的國和他的義，這些東西都要加給你們了。

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

馬太福音 Matthew 6:34

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。

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.



OVERCOMING WORRY 克服憂慮

Matthew 馬太福音 6:25-34



Overcoming Anger 克服憤怒



Overcoming Pride 克服驕傲



Overcoming Envy 克服嫉妒



Overcoming Worry 克服憂慮

Overcoming Worry 克服憂慮

Matthew 馬太福音 6:25-34

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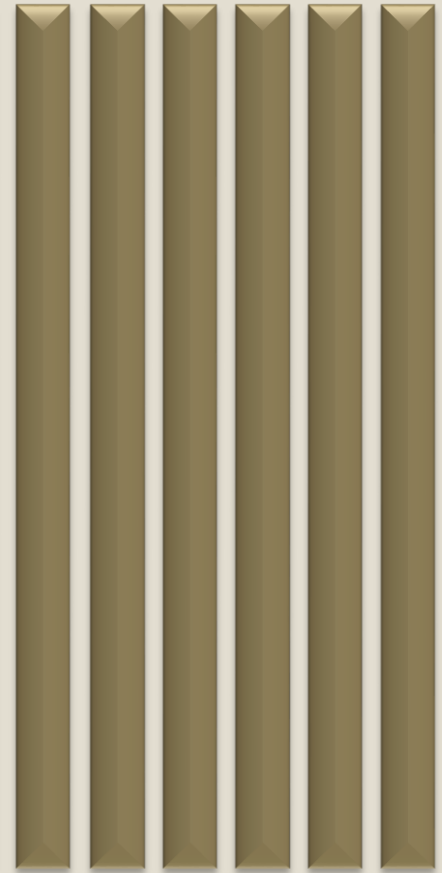
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Overcoming Worry 克服憂慮

Matthew 馬太福音 6:25b

Is not life more than
food, and the body
more than clothing?

生命不勝於飲食麼？
身體不勝於衣裳麼？



Overcoming Worry 克服憂慮

Matthew 馬太福音 6:26b

Are you not of more
value than they (*birds
of the air*)?

你們不比飛鳥貴重得多麼？

Overcoming Worry 克服憂慮

Matthew 馬太福音 6:27

And which of you by
being anxious can add
a single hour to his span
of life?

你們那一個能用思慮使壽
數多加一刻呢？

Overcoming Worry 克服憂慮

Matthew 馬太福音 6:28a, 30

And why are you anxious
about clothing? ... will he
not much more clothe
you, O you of little faith?
何必為衣裳憂慮呢？…你
們這小信的人哪！…何況
你們呢！

Overcoming Worry 克服憂慮

Matthew 馬太福音 6:31-32

Therefore do not be anxious,
... For the Gentiles seek after
all these things, and your
heavenly Father knows that
you need them all.

所以，不要憂慮…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。

Overcoming Worry 克服憂慮

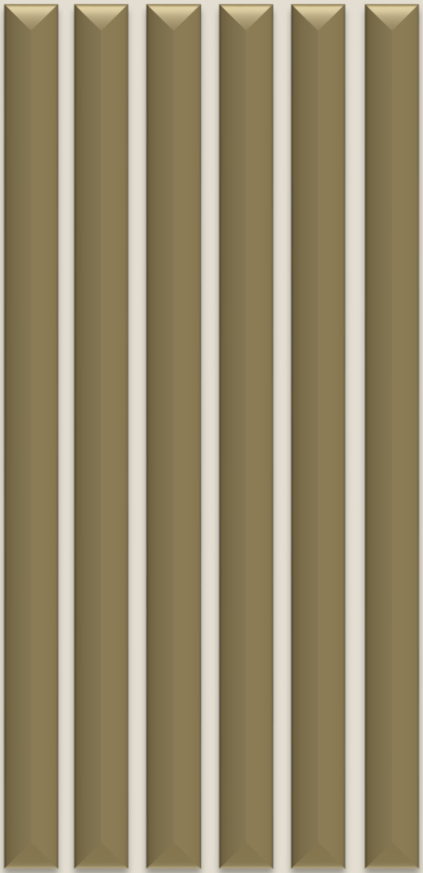
Matthew 馬太福音 6:33

But seek first the kingdom
of God and his
righteousness, and all
these things will be added
to you.

你們要先求他的國和他的
義，這些東西都要加給你
們了。

Overcoming Worry 克服憂慮

Matthew 馬太福音 6:34a

A decorative element consisting of six vertical, three-dimensional bars of varying heights, arranged in a row on the left side of the slide.

Therefore do not be
anxious about
tomorrow, for tomorrow
will be anxious for itself.
所以，不要為明天憂慮，
因為明天自有明天的憂慮。

4 Rhetorical Questions 反問句

Is not life more than
food, and the body
more than clothing?

生命不勝於飲食麼？
身體不勝於衣裳麼？

Are you not of more value
than they (*birds of the
air*)?

你們不比飛鳥貴重得多麼？

And which of you by
being anxious can add
a single hour to his span
of life?

你們那一個能用思慮使壽
數多加一刻呢？

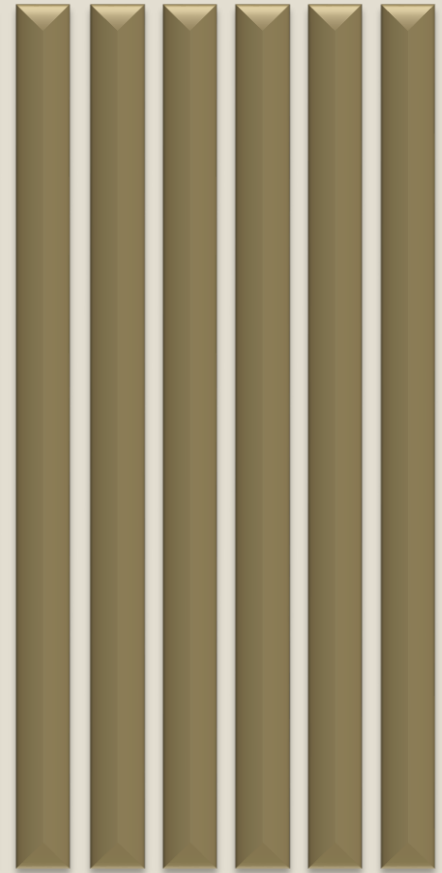
And why are you anxious
about clothing? ... will he
not much more clothe
you, O you of little faith?
何必為衣裳憂慮呢？...你們這
小信的人哪！...何況你們呢！

1. Overcoming worry by focusing on eternal matters

1. 專注永恆的事來克服憂慮

Is not life more than food, and the body more than clothing?

生命不勝於飲食麼？
身體不勝於衣裳麼？



1. Overcoming worry by focusing
on eternal matters

1. 專注永恆的事來克服憂慮

Is no
food
more
生命不
不

No one can serve two
masters... **therefore** I tell
you, do not be anxious
about your life
一個人不能事奉兩個主...
所以我告訴你們，不要為
生命憂慮

2. Overcome worry by recognizing
our value in God
2. 認識我們在神眼中的價值來克服憂慮

Are you not of more
value than they (*birds
of the air*)?

你們不比飛鳥貴重得多麼？

What is your value?
你的價值是什麼？



Cimabue 奇馬布埃

3. Overcome worry by recognizing
its futility

3. 認識憂慮是徒勞的來克服憂慮

And which of you by
being anxious can add
a single hour to his span
of life?

你們那一個能用思慮使壽
數多加一刻呢？

3. Overcome worry by recognizing its futility

3. 認識憂慮是徒勞的來克服憂慮

A seed falling among the thorns refers to someone who hears the word, but the **worries of this life** and the deceitfulness of wealth choke the word, making it unfruitful. (Matthew 13:22)

你撒在荊棘裡的，就是人聽了道，後來有**世上的思慮**、錢財的迷惑把道擠住了，不能結實。(馬太福音 13:22)

3. Overcome worry by recognizing
its futility

3. 認識憂慮是徒勞的來克服憂慮

Am
bein
a sir

你們

Therefore I am all the more
eager to send him, so that
when you see him again you
may be glad and I may have
less **anxiety**. (Phil 2:28)

所以我越發急速打發他去，叫你們
再見他，就可以喜樂，我也可以少
些**憂愁**。(腓立比書 2:28)

3. Overcome worry by recognizing
its futility

3. 認識憂慮是徒勞的來克服憂慮

And, apart from other things,
there is the daily pressure on me
of my **anxiety** for all the churches.

(II Corinthians 11:28)

你除了這外面的事，還有為眾教會掛心的事，天天壓在我身上。

(歌林多後書 11:28)

4. Overcome worry with faith

4. 用信心克服憂慮

And why are you anxious
about clothing? ... will he
not much more clothe
you, O you of little faith?
何必為衣裳憂慮呢？…你
們這小信的人哪！…何況
你們呢！

4. Overcome worry with faith

4. 用信心克服憂慮

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

(Romans 8:28)

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。

(羅馬書 8:28)

Overcoming Worry 克服憂慮

1. Focus on eternal matters 專注永恆的事
2. Recognize our value in God 認識我們在神眼中的價值
3. Recognize its futility 認識憂慮是徒勞的
4. Faith 信心

5. Overcome worry because our
Father knows our needs

5. 克服憂慮因為天父知道我們的需要

Therefore do not be anxious,
... For the Gentiles seek after
all these things, and your
heavenly Father knows that
you need them all.

所以，不要憂慮…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。

5. Overcome worry because our Father knows our needs

5. 克服憂慮因為天父知道我們的需要

Do not be anxious about anything,
but in everything by prayer and
supplication with thanksgiving let
your requests be made known to
God. (Phil. 4:6)

應當一無罣慮，只要凡事藉著禱告、
祈求，和感謝，將你們所要的告訴神。
(腓立比書 4:6)

6. Overcome worry by seeking His kingdom and righteousness first

6. 先尋求他的國和他的義來克服憂慮

But seek first the kingdom
of God and his
righteousness, and all
these things will be added
to you.

你們要先求他的國和他的
義，這些東西都要加給你
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6. Overcome worry by seeking His kingdom and righteousness first

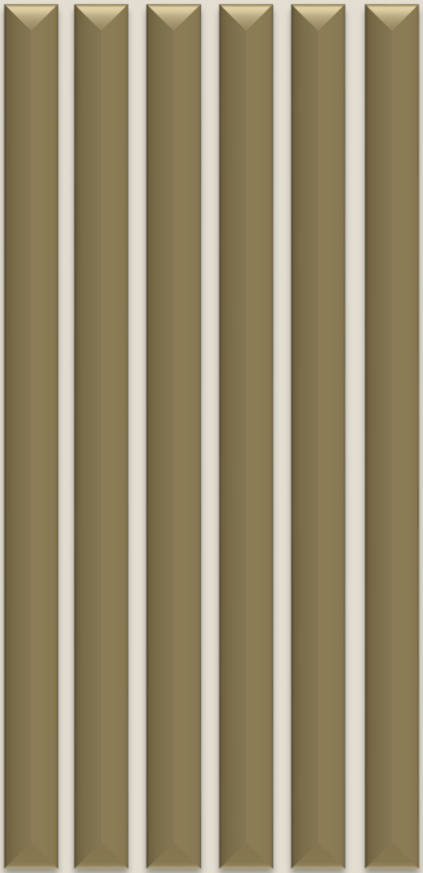
6. 先尋求他的國和他的義來克服憂慮

But seek first the kingdom

因為神的國不在乎吃喝，只在乎公義、和平，並聖靈中的喜樂。在這幾樣上服事基督的，就為神所喜悅，又為人所稱許。所以，我們務要追求和睦的事與彼此建立德行的事。（羅馬書 14:17-19）

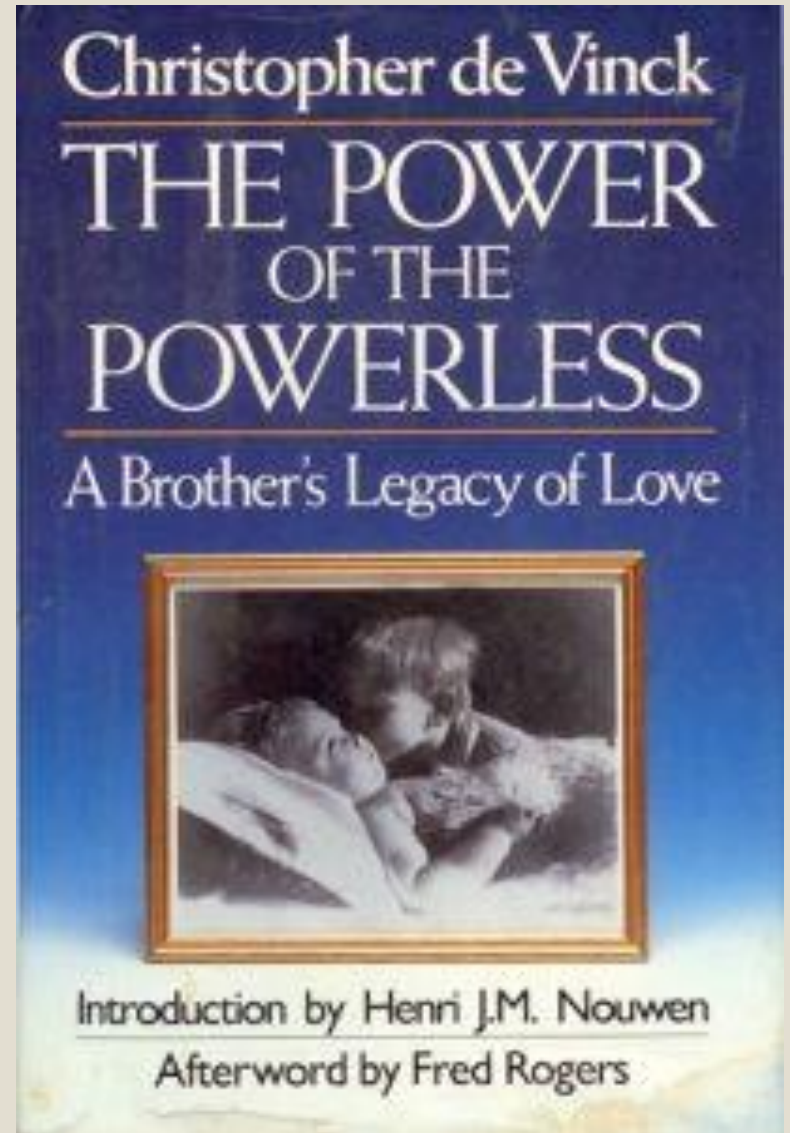
7. Overcome worry by living one day at a time

7. 一天的難處一天當來克服憂慮

A series of six vertical, gold-colored bars with a 3D effect, arranged in a row on the left side of the slide.

Therefore do not be
anxious about
tomorrow, for tomorrow
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所以，不要為明天憂慮，
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The Power of the Powerless



Overcoming Worry 克服憂慮

1. Focus on eternal matters
專注永恆的事
2. Recognize our value in God
認識我們在神眼中的價值
3. Recognize its futility 認識憂慮是徒勞的
4. Increase our faith 增加信心
5. Our Father knows our needs
天父知道我們的需要
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先尋求他的國和他的義
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