



WORRY ABOUT
NOTHING
應當一無罣慮

Matthew 馬太 6:25-34

Worry is Commonplace

憂慮是司空見慣

- Experienced a lot of worry yesterday
 - Globally = 39%
 - USA = 45%
- 2017 → 2018
 - 40% more anxious, 40% the same, 20% less anxious
- Millennials more anxious than other generations
- Women more anxious than men



Survey - Top 18 Worries (18最大憂慮)

◦ Money 錢財

- **2.** Worried about my savings/ financial future
- **5.** Financial/credit card debts
- **6.** Job security
- **9.** Paying rent/mortgage
- **11.** I need to find a new job
- **17.** Meeting work targets or goals

◦ Physical appearance 外貌

- **7.** Wrinkles or aging appearance
- **8.** Worried about my physique
- **12.** Whether or not I am attractive
- **18.** If my dress sense is good

◦ Children, Family & Relationship 兒女，家庭與人際關係

- **13.** Whether my partner still loves me
- **14.** Whether I'll find the right partner/ whether my current partner is right
- **15.** A friend or family member I've fallen out with
- **16.** Whether I'm a good parent/ raising kids right

◦ Health 健康

- **1.** Getting old in general
- **3.** Low energy levels
- **4.** My diet

◦ Worry 憂慮

- **10.** I seem to be generally unhappy

Good Worry

- Philippians 2:19-20: I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. 20 I have no one else like him, who will show **genuine concern** for your welfare.
- 腓立比書 2:19-20: 我靠主耶穌指望快打發提摩太去見你們，叫我知道你們的事，心裡就得著安慰。²⁰ 因為我沒有別人與我同心，實在**挂念**你們的事。

Good Worry

- Philippians 2:28: 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**.
- 腓立比書 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**。

Good Worry

- 2 Corinthians 11:28: Besides everything else, I face daily the pressure of my **concern** for all the churches.
- 歌林多後書 11:28: 除了這外面的事，還有為眾教會 **掛心** 的事，天天壓在我身上。

Good Worry

- I Corinthians 12:25: ... so that there should be no division in the body, but that its parts should have equal **concern** for each other.
- 歌林多前書 12:25: 免得身上分門別類，總要肢體彼此相顧。

Bad Worry

- Philippians 4:6: Do not be **anxious** about anything.
- 腓立比書 4:6: 應當一無罣慮
- 1 Peter 5:7: Cast all your **anxiety** on him because he cares for you.
- 彼得前書 5:7: 你們要將一切的憂慮卸給神，因為他顧念你們。

Bad Worry

- Luke 10:41: “Martha, Martha,” the Lord answered, “you are **worried** and upset about many things.
- 路加福音 10:41: 耶穌回答說：馬大！馬大！你為許多的事思慮煩擾，

Bad Worry

- Matthew 13:22: The 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.

- 馬太福音 13:22: 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。

Good Worry vs. Bad Worry

- Bad worry – distraction
- Good worry – focused on God's kingdom



- Bad worry – inaction
- Good worry – planning ahead, actions

Why we should not worry

- V25 – **Therefore** do not worry...”
- V24 – You cannot serve both God and Money
- V22-23 – Healthy eyes with body full of light vs. unhealthy eyes with body full of darkness
- V19-21 – Treasures on earth vs. treasures in heaven

More Reasons why we should not worry

- V25 – There is more to life than just food or drink, there is more to body than just the clothes we wear



More Reasons why we should not worry

- V25 – There is more to life than just food or drink, there is more to body than just the clothes we wear
- V26, 28-30 – God cares about us



Amy Carmichael & the Dohnavur Fellowship



About us

The Dohnavur Fellowship is a Christian Organization that works towards holistic development running projects across the areas of Child Development, Education, Health care, Community Development & Conservation of Nature. Founded in 1901 by Amy Carmichael (fondly known as 'Amma') as a home for rescued children, the work of the fellowship, has through the years expanded to all its current facets.

Today the good work of Amma is continued by her great-grand-children who grew up and of their own free will, dedicated their lives to sharing the love of Jesus Christ with others in need.



More Reasons why we should not worry

- V25 – There is more to life than just food or drink, there is more to body than just the clothes we wear
- V26, 28-30 – God cares about us
- V27 - Worry does not help

How should we deal with worry

- V30-32 – Have faith in God
 - “Will he not much more clothe you—you of little faith?”

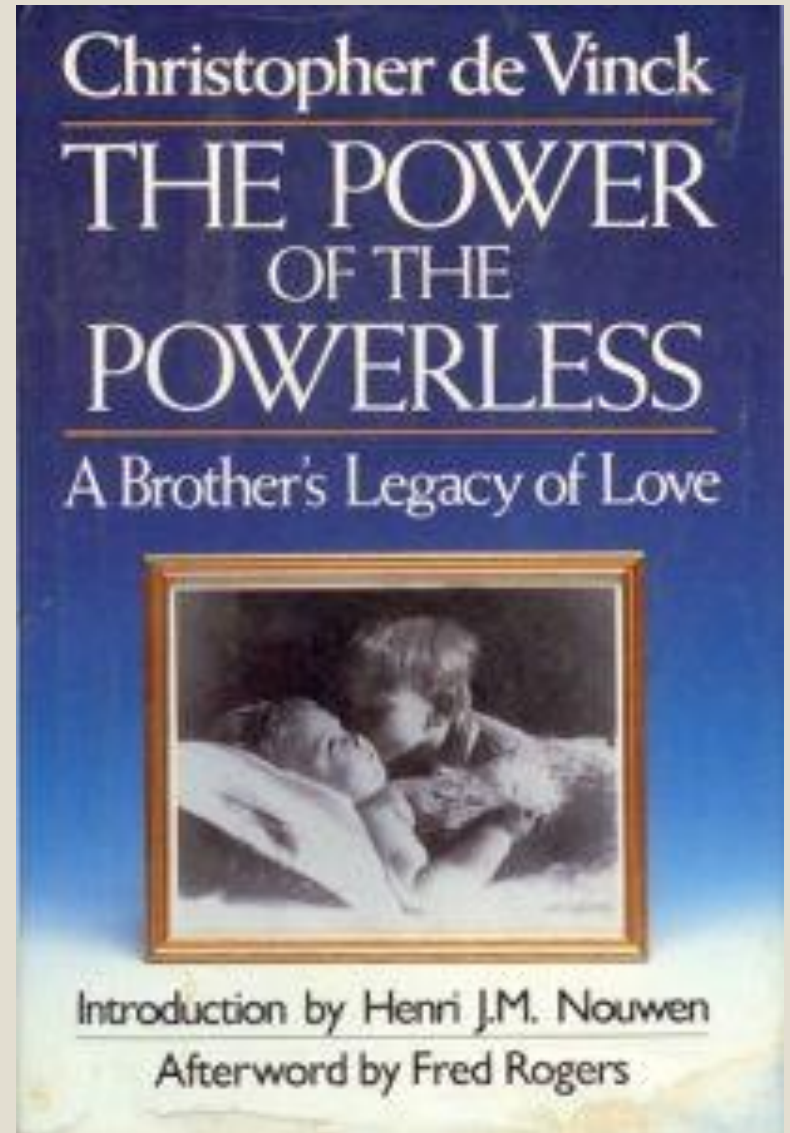
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- V30-32 – Have faith in God
 - “Will he not much more clothe you—you of little faith?”
- V33 – Seek first His kingdom and His righteousness
- V34 – Live one day at a time.
 - “Do not worry about tomorrow. Each day has enough trouble of its own”.

The Power of the Powerless



腓立比書 Philippians 4:6

- 無事罣慮 Don't worry about anything
- 凡事禱告 Pray about everything
- 萬事感謝 Thank God for all things
- 美事思念 Think about the right things