

Do Not Worry
不要忧虑

Matthew 马太福音
6:25-34



Do Not Worry **不要忧虑**

anxious 紧张

Matthew 马太福音
6:25-34



Do Not Worry **不要忧虑**

no peace 没有平安

anxious 紧张

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can't reason 缺理性

no peace 没有平安

anxious 紧张

Do Not Worry 不要忧虑

Matthew 马太福音
6:25-34



lose sleep 失眠

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no peace 没有平安

anxious 紧张

Do Not Worry
不要忧虑

Matthew 马太福音
6:25-34

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

²⁵ Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Do Not Worry 不要忧虑

²⁵ 所以我告诉你们, 不要为生命忧虑吃什么, 喝什么, 为身体忧虑穿什么. 生命胜于饮食吗? 身体胜于衣裳吗?

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Do Not Worry 不要忧虑

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

6:24

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Do Not Worry 不要忧虑

Matthew 马太福音 6:24

No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

一个人不能事奉两个主。不是恶这个爱那个，就是重这个轻那个。你们不能又事奉神，又事奉玛门。

Matthew 马太福音 6:24

No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. if worry about money => serve money

一个人不能事奉两个主. 不是恶这个爱那个, 就是重这个轻那个. 你们不能又事奉神, 又事奉玛门. 若为钱忧虑=> 事奉钱

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if worry about money => serve money

you will not serve God

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若为钱忧虑=> 事奉钱

你不会去事奉神

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No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. if worry about money => serve money
no eternal reward you will not serve God

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没有永恒奖赏 你不会去事奉神

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Do Not Worry 不要忧虑

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

6:24

²⁵ Therefore I tell you same meaning: being alive life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

6:24

一样意思: 活着

²⁵ 所以我告诉你们, 不要为 生命 忧虑 吃什么, 喝什么, 为 身体 忧虑穿什么. 生命胜于饮食吗? 身体胜于衣裳吗?

Do Not Worry 不要忧虑

Do Not Worry

不要忧虑

马太福音 6:25-34)

6:24

need food, clothes to live

same meaning: being alive

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需要吃,穿才能活

一样意思: 活着

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Do Not Worry 不要忧虑

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)
how not to worry

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如何不忧虑

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1. change value system 改变价值观

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not just food, clothes, world

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不只饮食, 衣裳, 世界

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not just food, clothes, world

more valuable things

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不只饮食, 衣裳, 世界

更有价值的事

1. change value system 改变价值观

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not just food, clothes, world

do true righteousness

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不只饮食, 衣裳, 世界

行真义

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not just food, clothes, world

obey God's commands

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不只饮食, 衣裳, 世界

遵行神的命令

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not just food, clothes, world

love God sincerely

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不只饮食, 衣裳, 世界

真心爱神

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not just food, clothes, world

6:20 “treasure in heaven”

love God sincerely

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不只饮食, 衣裳, 世界

6:20 “天上的财宝”

真心爱神

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not just food, clothes, world

love God sincerely

6:20 “treasure in heaven”

5:20 “kingdom of heaven”

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不只饮食，衣裳，世界

6:20 “天上的财宝”

真心爱神

5:20 “天国”

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not just food, clothes, world

love God sincerely

6:20 "treasure in heaven"
eternal, full life

5:20 "kingdom of heaven"

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不只饮食，衣裳，世界

永恒，满足的生命 "天上的财宝"

真心爱神

5:20 "天国"

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not just food, clothes, world

love God sincerely

eternal, full life

“treasure in heaven”

“kingdom of heaven”

God's presence

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不只饮食，衣裳，世界

永恒，满足的生命

“天上的财宝”

真心爱神

神的同在

“天国”

change value system 改变价值观

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not just food, clothes, world

love God sincerely

eternal, full life

“treasure in heaven”

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Christ's presence

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不只饮食，衣裳，世界

永恒，满足的生命

“天上的财宝”

真心爱神

基督的同在

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not just food, clothes, world

love God sincerely

“treasure in heaven”

“kingdom of heaven”

truly alive

Christ's presence

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不只饮食，衣裳，世界

真心爱神

“天上的财宝”

“天国”

永恒 满足的生命
真正活着

基督的同在

change value system 改变价值观

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not just food, clothes, world

love God sincerely

“treasure in heaven”

abundant life

all life

“kingdom of heaven”

Christ's presence

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不只饮食，衣裳，世界

真心爱神

“天上的财宝”

永恒 满足的生命

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“天国”

基督的同在

change value system 改变价值观

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25 Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. **But I am weak. Will I not gain the kingdom of heaven?** **an food, and the**
但我软弱. 我会不会得不到天国?

not just food, clothes, world

love God sincerely

“treasure in heaven”

abundant life

all life

“kingdom of heaven”

Christ's presence

25 所以我告诉你们, 不要为生命忧虑吃什么, 喝什么, 为身体忧虑穿什么. **生命不(胜于)饮食吗? 身体不(胜于)衣裳吗?** 什么维持生命?

不只饮食, 衣裳, 世界

“天上的财宝”

真心爱神

永恒 满足的生命
丰盛的生命

“天国”

基督的同在

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abundant life

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25 所以我告诉你们
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丰盛的生命

基督的同在

天国

change value system 改变价值观

, clothes, world

sincerely

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饮食, 衣裳, 世界

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饮食, 衣裳, 世界

真心爱神

Philippians 腓立比书

“being confident of this, that He [God] who began a good work in you will carry it on to completion until the day of Christ Jesus” (1:6)

“... 我深信那在你们心里动了善工的, 必成全这工, 直到耶稣基督的日子。” (1:6).

¹² “... continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfil his good purpose” (2:12-13).

¹² “... 就当恐惧战兢, 作成你们得救的工夫. ¹³ 因为你们立志行事, 都是神在你们心里运行, 为要成就他的美意” (2:12-13).

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not just food, clothes

love God sincerely

eternal, full life

“treasure in heaven”

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不只是饮食，衣裳

永恒，满足的生命

“天上的财宝”

真心爱神

基督的同在

“天国”

1. change value system 改变价值观

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Jim Elliot 吉姆·艾略特
(1927-1956)

word, full preacher and preaching with Thy power.
How long dare we go on without tears; without moral
passions, hatred and love? Not long, I pray, Lord
Jesus, not long...

Oct 28 - One of the great blessings of Heaven is the
appreciation of heaven on earth - Ephesian truth.

* He is no fool who gives what he cannot keep to gain
that which he cannot lose. Lu 16:9 "that when it shall fail, they
may receive you into everlasting habitations"

Scripture leaves so many stories untold. Think of the
calloused heart of the priest who stooped over, squinting in the
dimness of the sanctuary, looking for the 30 pcs. of silver Judas cast
their - pausing to see if he had found all 30. Too legal to put the
money in the treasury since it was blood-money, they were very philanthropic
and buy with it a field to bury strangers in. How cold the heart of man!
How feelingless and obdurate!

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He is no fool who gives what he cannot keep
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为了得到绝不能丧失的东西
而丢弃无法永远拥有的身外之物，
这样的人绝不是愚昧的人。

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Jim Elliot gave up his life (which he cannot keep forever)
to exchange for eternal reward (which he can keep forever).

吉姆·艾略特放弃生命 (是不能永远拥有的)
来换取永恒的奖赏 (是能永远拥有的)。

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Wise! 智者也!

吉姆·艾略特放弃生命 (是不能永远拥有的)
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Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

²⁶ 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?

2. God keeps birds alive 神养活飞鸟

²⁶ 你们看那天上的飞鸟, 也不种, 也不收, 也不积蓄在仓里, 你们的天父尚且养活它. 你们不比飞鸟贵重得多吗?

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观察, 思考

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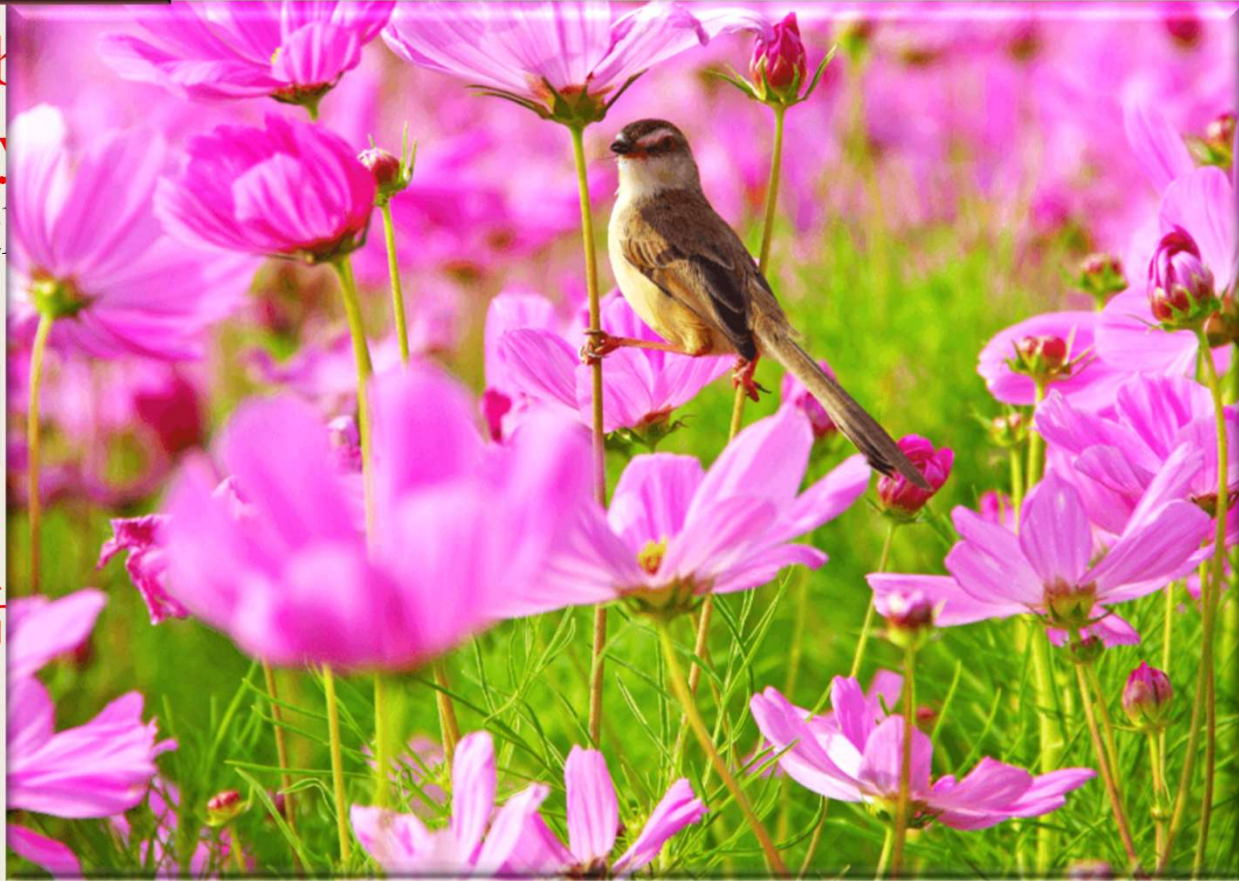
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observe, think

²⁶ Look at the birds
in the barns, and yet
you are not much more
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观察, 思考

²⁶ 你们看那天
天父尚且养活



are away in
not much more

里, 你们的

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observe, think

then there's food for the year

²⁶ 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?

观察, 思考

一整年才有粮食

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2. God keeps birds alive 神养活飞鸟

observe, think **不要忧虑 (Matthew 6:25-34)** you: must work daily

then there's food for the year

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观察, 思考

你: 必须每天上班

一整年才有粮食

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observe, think

if not: no food => die

you: must work daily

then there's food for the year

²⁶ 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?

观察, 思考

否则: 没食物 => 死

你: 必须每天上班

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more away in

not much more

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观察, 思考

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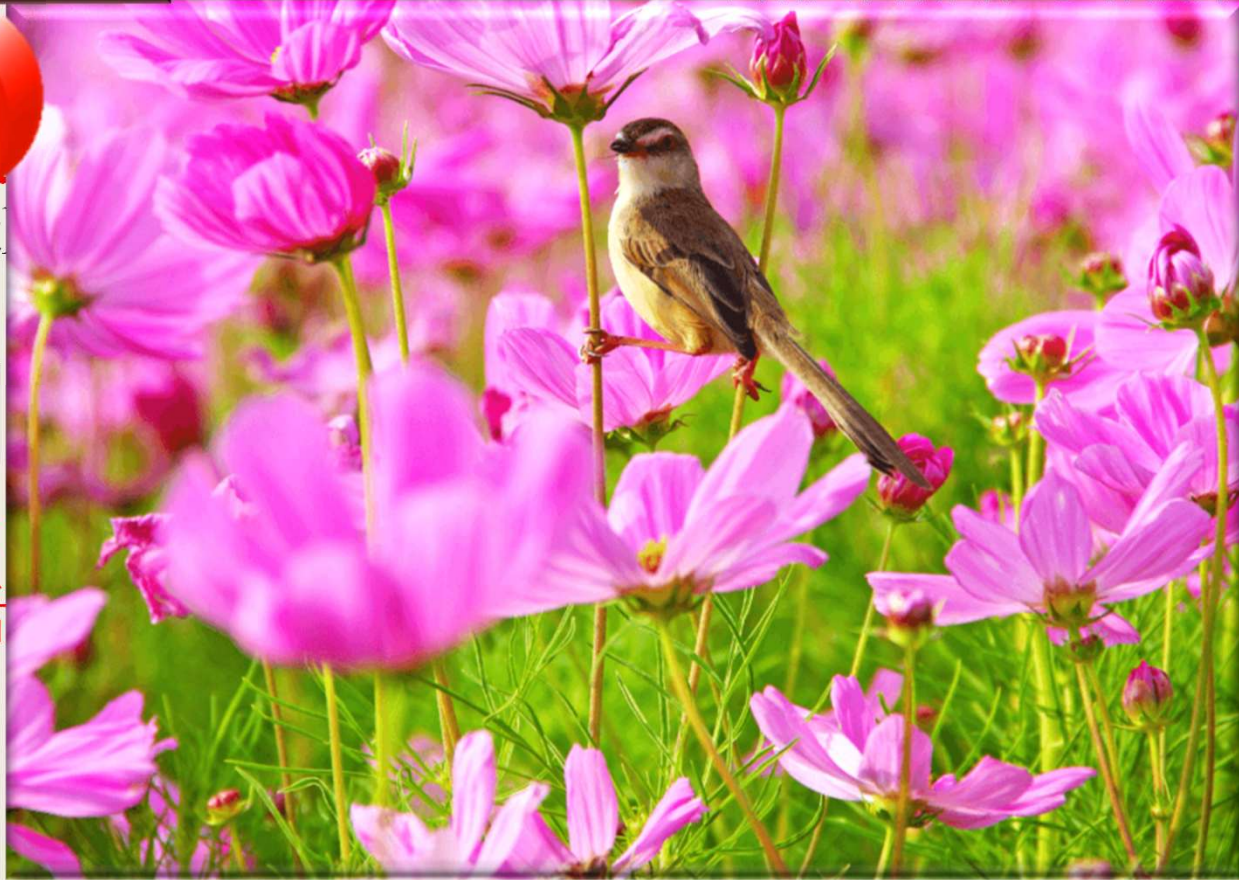
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not much more

26 Look at the
barns, and you see
valuable things

观察, 思考

26 你们看那天
天父尚且养活



里, 你们的

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God will feed you
you will survive

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神会养活你
你会生存

2. God keeps birds alive 神养活飞鸟

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

²⁷ Can any one of you by worrying add a single hour to your life?

3. worry is useless 忧虑无用

²⁷ 你们哪一个能用思虑使寿数多加一刻呢？

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我能活下去吗?



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我能活下去吗?

活多1钟头



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忧虑没有作用

活多1钟头



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Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

²⁸ And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour was dressed like one of these.

4. God clothes flowers 神给花朵衣服穿

²⁸ 何必为衣裳忧虑呢？你想野地里的百合花，怎么长起来，它也不劳苦，也不纺线。 ²⁹ 然而我告诉你们，就是所罗门极荣华的时候，他所穿戴的，还不如这花一朵呢。

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4. God clothes flowers 神给花朵衣服穿

Do Not Worry 不要忧虑 (马太福音 6:25-34)

observe, think

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观察, 思考

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4. God clothes flowers 神给花朵衣服穿

beautiful! 美!



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Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

²⁸ And to be beautiful, flowers must labour: how the flowers of the field grow. They do not labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour was dressed like one of these.

²⁸ 何必为衣裳忧虑呢？你想野地里的百合花，怎么长起来，它也不劳苦，也不纺线。 ²⁹ 然而我告诉你们，就是所罗门极荣华的时候，他所穿戴的，还不若要美丽，花朵必须劳苦

4. God clothes flowers 神给花朵衣服穿



Someone needs to labour, spin and make clothes
有人需要劳苦, 纺线和制作



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beautiful flowers are made by someone

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beautiful flowers are made by someone

God dressed the flowers

²⁸ 何必为衣裳忧虑呢？你想野地里的百合花，怎么长起来，它也不劳
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戴的，还不如这花一朵呢。
神给花儿衣服穿

4. God clothes flowers 神给花朵衣服穿

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4. God clothes flowers 神给花朵衣服穿

beautiful? 美?





flowers are far more beautiful than any clothes on earth
花朵比世界的任何衣服还美

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

³⁰ 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—you of little faith?

³⁰ 你们这小信的人哪, 野地里的草今天还在, 明天就丢在炉里, 神还给它这样的装饰, 何况你们呢?

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³⁰ 你们这小信的人哪, 野地里的草今天还在, 明天就丢在炉里, 神还给它这样的装饰, 何况你们呢?

神给花和草衣服穿

4. God clothes flowers 神给花朵衣服穿

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

almost worthless

³⁰ 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—you of little faith?

God provides clothes for flowers and grass

几乎没有价值

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you—you of little faith?

God provides clothes for flowers and grass

God will also clothe you

几乎没有价值

³⁰ 你们这小信的人哪, 野地里的草 今天还在, 明天就丢在炉里, 神还给
它这样的装饰, 何况你们呢?

神给花和草衣服穿

神也会给你衣服穿

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³¹ So do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

What must I do 我当作什么?

³¹ 所以不要忧虑说, “吃什么? 喝什么? 穿什么?” ³² 这都是外邦人所求的. 你们需用的这一切东西. 你们的天父是知道的. ³³ 你们要先求他的国和他的义, 这些东西都要加给你们了.

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What must I do 我当作什么?

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

³¹ So do not worry, saying, “What shall we eat **worry => run** all we drink?” or “What shall we wear?” ³² For the pagans **(run)** after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

忧虑 => 求

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What must I do 我当作什么?

Do Not Worry 不要忧虑 (Matth 6:25-34)

no Father to provide

worry => run

³¹ So do not worry, saying, “What shall we eat or drink?” or “What shall we wear?” ³² For the pagans (run) after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

没有父亲给

忧虑 => 求

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没有父亲给
忧虑 => 求

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感受到你的需要

What must I do 我当作什么?

Do Not Worry 不要忧虑 (Matth 6:25-34)

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没有父亲给
忧虑 => 求

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感受到你的需要

预备

Must I do 我当作什么?

Do Not Worry 不要忧虑 (Matth 6:25-34)

³¹ So do not worry, saying, “What will I eat?” or “What shall we drink?” or “What shall we wear?” for these things the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

没有父亲给
忧虑 => 求

³¹ 所以 不要忧虑 说, “吃什么? 喝什么? 穿什么?” ³² 这都是外邦人所 求 的. 你们需用的这一切东西. 你们的天父是 知道 的. ³³ 你们要先求他的国和他的义, 这些东西都要加给你们.

感受到你的需要

预备

must I do 我当作什么?

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What must I do 我当作什么?

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

“seek” with same energy

³¹ So do not worry, saying, “What shall we eat? or what shall we drink?” or “What shall we wear?” ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

same word

用同样力来“求”

同样字

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用同样力来“求”

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福气

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福气

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“seek” with same energy

same word

God's standard

用同样力来“求”

同样字

³¹ 所以不要忧虑说“吃什么？喝什么？穿什么？”³² 这都是外邦人所求的。你们需神的准绳切东西。你们的天父是知道的。³³ 你们要先求他的国和他的义，这些东西都要加给你们了。

福气

What must I do 我当作什么？

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“seek” with same energy

same word

God's standard

do God's will

用同样力来“求”

同样字

³¹ 所以不要忧虑说：“吃什么？穿什么？”³² 这都是外邦人所求的。你们需神的旨意的东西。你们的天父是知道的。³³ 你们要先求他的国和他的义，这些东西都要加给你们了。

福气

What must I do 我当作什么？

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

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“seek” with same energy

same word

God's standard

do God's will

用同样力来“求”

同样字

³¹ 所以不要忧虑说：“吃什么？穿什么？”³² 这都是外邦人所求的。你们需神的旨意。真心顺服，爱神。父是知道的。³³ 你们要先求他的国和他的义，这些东西都要加给你们了。

福气

What must I do 我当作什么？

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

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“seek” with same energy

same word

God's standard

do God's will

用同样力来“求”

同样字

³¹ 所以不要忧虑说：“吃什么？穿什么？”³² 这都是外邦人所求的。你们需行神的旨意，神的准绳，真心顺服，爱神，父是知道的。³³ 你们要先求他的国和他的义，这些东西都要加给你们了。

福气

What must I do 我当作什么？

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

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“seek” with same energy

same word

blessings

kingdom

righteousness

food, clothes, to live

But seek

God's standard

do God's will

用同样力来“求”

同样字

obey, love God sincerely

³¹ 所以不要忧虑说：“吃什么？穿什么？”³² 这都是外邦人所求的。你们需行神的旨意么？穿什么？”³² 这都是外邦人所求的。你们需神的准绳真心顺服，爱神父是知道的。³³ 你们要先求他的国和他的义，这些东西都要加给你们了。

福气

食物，衣服，生命

What must I do 我当作什么？

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

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“seek” with same energy

same word

God's standard

do God's will

用同样力来“求”

同样字

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福气

食物，衣服，生命

What must I do 我当作什么？

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

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

³⁴ 所以不要为明天忧虑, 因为明天自有明天的忧虑. 一天的难处一天当就够了.

What must I do 我当作什么?

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

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What must I do 我当作什么?

God provides **Don't Worry 不要忧虑 (Matthew 马太福音 6:25-34)**

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神供应

³⁴ **所以**不要为明天忧虑, 因为明天自有明天的忧虑. 一天的难处一天当就够了.

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神供应

³⁴ **所以** 不要为明天忧虑, 因为明天自有明天的忧虑. 一天的难处一天当就够了.

What must I do 我当作什么?

God provides **Don't Worry 不要忧虑 (Matthew 马太福音 6:25-34)**

³⁴ **Therefore** do not worry about **tomorrow**, for tomorrow will worry about itself. Each day has enough trouble of its own.



神供应

³⁴ **所以** 不要为**明天**忧虑, 因为明天自有明天的忧虑. 一天的难处一天当就够了.

What must I do 我当作什么?

God provides **Don't Worry 不要忧虑 (Matthew 马太福音 6:25-34)**

³⁴ **Therefore** do not worry about tomorrow, for tomorrow will worry about itself. Each day has its **own immediate problem**.



神供应

³⁴ **所以** 不要为明天忧虑, 因为明天自有明天的忧虑. 一天的难处一天当就够了. **将发生的问题**

What must I do 我当作什么?

God provides **Don't Worry 不要忧虑 (Matthew 马太福音 6:25-34)**

³⁴ **Therefore do not worry about tomorrow**, for tomorrow will worry about itself. **Each day has its own immediate problem no solution!**



神供应

³⁴ **所以不要为明天忧虑**, 因为明天自有明天的忧虑. 一天的难处一天当就够了. **将发生的问题 没有解决方案!**

What must I do 我当作什么?

God provides **Don't Worry 不要忧虑 (Matthew 马太福音 6:25-34)**

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immediate problem **no solution!**

can't sleep

神供应

³⁴ **所以不要为明天忧虑**, 因为明天自有明天的忧虑. 一天的难处一天当就够了. 将发生的问题

没有解决方案!

失眠

What must I do 我当作什么?

God provides **Don't Worry 不要忧虑 (Matthew 马太福音 6:25-34)**

³⁴ **Therefore do not worry about tomorrow**, for tomorrow will worry about itself. Each day has its own trouble.



immediate problem no solution!

can't sleep

lose temper

神供应

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没有解决方案!

失眠

发脾气

What must I do 我当作什么?



God provides **Don't Worry 不要忧虑 (Matthew 马太福音 6:25-34)**

³⁴ **Therefore do not worry about tomorrow**, for tomorrow will worry about itself. Each day has its own



immediate problem **no solution!**

can't sleep

lose temper

神供应

³⁴ **所以不要为明天忧虑**, 因为明天自有明天的忧虑. 一天的难处一天当就够了. 将发生的问题

没有解决方案!

失眠

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God will do it for you



明天会为自己忧虑

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tomorrow!

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What must I do 我当作什么?

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)
think; plan ahead

³⁴ Therefore do not worry about tomorrow, **for tomorrow will worry about itself.** Each day has enough trouble of its own.

思考; 策划

³⁴ 所以不要为明天忧虑, **因为明天自有明天的忧虑** 一天的难处一天当就够了.

What must I do 我当作什么?

only work/ “worry” the day problem comes think; plan ahead

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只有当问题来了才针对/ “忧虑” 思考; 策划

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we only have strength
to deal with one day's problems
if we do more, we will fail

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若多作就会失败

What must I do 我当作什么?

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

- Do not worry: lose peace, lose sleep, be anxious. God will provide for your needs.
不要忧虑: 失去平安, 失眠, 焦急. 神会供应你的需要.
- God feeds the birds. God clothes the flowers. God will provide for you because you are far more valuable.
神养活飞鸟. 神给花儿衣服穿. 神也会供应你的需要因为你比他们贵重多.
- Change your value system: you are truly alive when what you live a life that pleases God and win God's eternal reward.
改变你的价值关: 只有当你行神喜悦的事, 得神永恒的奖赏, 你才是真正地活着.

Do Not Worry 不要忧虑 (Matthew 马太福音 6:25-34)

- Do not worry. Instead, “seek first his kingdom and his righteousness”: use that energy for worrying to do obtain God’s rewards and do live a righteous life that pleases God.
不要忧虑, 而 “先求他的国和他的义”: 使用忧虑的力量, 去得神的奖赏和行神看为义的生活.
- Plan ahead. But don’t worry about tomorrow because you only have enough energy to deal with/worry about a day’s challenges.
为前面的道路来策划. 但不要为明天忧虑因为你只有足够的力量来应对/忧虑一天的挑战.



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?

你们看天空的飞鸟：牠们不撒种，不收割，也不收进仓里，你们的天父尚且养活牠们；难道你们不比牠们更宝贵吗？



John 约翰福音 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

神爱世人，甚至把他的独生子赐给他们，叫一切信他的，不至灭亡，反得永生。