

主題：「應當一無掛慮」，可能嗎？

于宏潔 7/02/2023

主題經文： 22 耶穌又對門徒說：「所以我告訴你們，不要為生命憂慮吃甚麼，為身體憂慮穿甚麼；23 因為生命勝於飲食，身體勝於衣裳。24 你想烏鴉，也不種也不收，又沒有倉又沒有庫，神尚且養活牠。你們比飛鳥是何等地貴重呢！25 你們哪一個能用思慮使壽數多加一刻呢？【或作：使身量多加一肘呢？】26 這最小的事，你們尚且不能做，為甚麼還憂慮其餘的事呢？27 你想百合花怎麼長起來；它也不勞苦，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！28 你們這小信的人哪，野地裏的草今天還在，明天就丟在爐裏，神還給它這樣的妝飾，何況你們呢！（路 12:22-28）

背誦經文： 11 耶和華說：我知道我向你們所懷的意念是賜平安的意念，不是降災禍的意念，要叫你們末後有指望。12 你們要呼求我，禱告我，我就應允你們。13 你們尋求我，若專心尋求我，就必尋見。（耶 29:11-13）

一. 憂慮本身並不能解決問題

25 你們哪一個能用思慮使壽數多加一刻呢【或作：使身量多加一肘呢？】？26 這最小的事，你們尚且不能做，為甚麼還憂慮其餘的事呢？（路 12:25-26）

二. 信靠天父的看顧，一無所懼

1. 天上烏鴉，神尚且供其所需

你想烏鴉，也不種也不收，又沒有倉又沒有庫，神尚且養活牠。你們比飛鳥是何等地貴重呢！（路 12:24）

2. 野地百合，神尚且增其美榮

你想百合花怎麼長起來；它也不勞苦，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！你們這小信的人哪，野地裏的草今天還在，明天就丟在爐裏，神還給它這樣的妝飾，何況你們呢！（路 12:27-28）

三. 學習來到主面前，卸下一切重擔

- 你們要將一切的憂慮卸給神，因為祂顧念你們。（彼前 5:7）
- 愛裏沒有懼怕；愛既完全，就把懼怕除去。（約壹 4:18a）
- 天天背負我們重擔的主，就是拯救我們的 神，是應當稱頌的！（詩 68:19）
- 28 凡勞苦擔重擔的人可以到我這裏來，我就使你們得安息。29 我心裏柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裏就必得享安息。30 因為我的軛是容易的，我的擔子是輕省的。（太 11:28-30）
- 5...主已經近了。6 應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。7 神所賜、出人意外的平安必在基督耶穌裏保守你們的心懷意念。（腓 4:5b-7）

“Be anxious for nothing”, Is it possible?

Key Verses: ²² Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. ²³ Life is more than food, and the body *is more* than clothing. ²⁴ Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? ²⁵ And which of you by worrying can add one cubit to his stature? ²⁶ If you then are not able to do *the* least, why are you anxious for the rest? ²⁷ Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not [Ⓜ]arrayed like one of these. ²⁸ If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more *will He clothe* you, O *you* of little faith? (Luke 12:22-28)

Memorization Verses: ¹¹ For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. ¹² Then you will call upon Me and go and pray to Me, and I will listen to you. ¹³ And you will seek Me and find *Me*, when you search for Me with all your heart. (Jer 29:11-13)

1. Worrying in itself does not solve anything
 - ²⁵ And which of you by worrying can add one cubit to his stature? ²⁶ If you then are not able to do *the* least, why [Ⓜ]are you anxious for the rest? (Luke 12:25-26)
2. Trusting in the keeping of our Heaven Father – there is nothing to fear
 - a. The ravens in the sky, God provides for their needs
 - ²⁴ Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? (Luke 12:24)
 - b. The lilies of the field, God adorns with beauty
 - ²⁷ Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not [Ⓜ]arrayed like one of these. ²⁸ If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more *will He clothe* you, O *you* of little faith? (Luke 12:27-28)
3. Learn to come before the Lord and cast off all your burdens
 - ⁷ casting all your care upon Him, for He cares for you. (1 Pet 5:7)
 - ¹⁸ There is no fear in love; but perfect love casts out fear.... (1 John 4:18)
 - ¹⁹ Blessed *be* the Lord, *who* daily loads us *with benefits*, the God of our salvation! (Ps 68:19)
 - ²⁸ Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am [Ⓜ]gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke *is* easy and My burden is light.” (Matt 11:28-30)
 - ⁵ ... The Lord *is* at hand. ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Phil 4:5b-7)