

心靈轉化(I) – 應當一無掛慮
Transformed in Spirit (I) – Be Anxious For Nothing
3/5/2020
Phil 4:4-7 腓立比書 4:6-7

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Philippians 4:6–7 (NKJV)

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.*

腓立比書 4:6 – 7 (CUV)

⁶ 應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴上帝。

⁷ 上帝所賜、出人意外的平安必在基督耶穌裏保守你們的心懷意念。

INTRO 引言

Life of anxiety 憂慮的人生

應當一無掛慮 BE AANXIOUS FOR NOTHING

1. GOD WANTS YOU TO BE ANXIOUS FOR NOTHING 一無掛慮

Two reasons 兩個原因:

(a) Your Anxiety is unnecessary 你的憂慮是不必要的

One study discovered that 一項關於恐懼的研究

- 40% of all fears are about the future and never happen.

40%是關於未來,從不會發生的事

- 30% of the fears you have are about the past and can't be changed.

30%是關於過去,不能改變的

- 12% are needless fears about your health that you don't need to have.
12%關於你的健康，是不必要的懼怕
- 10% are petty fears that are not worth worrying about.
10% 不值得怕的瑣事
- only 8% of your fears that are legitimate fears and those can be dealt with by taking the appropriate steps of action.
8% 是真合理的懼怕，但只須恰當步驟便可應對

Matthew 6:34 (NKJV)

³⁴ *Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

馬太福音 6:34 (CUV)

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。」

(b) **Your Anxiety is unhealthy** 你的憂慮的不健康的

Matthew 6:27 (NKJV)

²⁷ Which of you by worrying can add one cubit to his stature?

馬太福音 6:27 (CUV)

²⁷ 你們哪一個能用思慮使壽數多加一刻呢？

Stress and Anxiety leads to 壓力焦慮帶來:

- heart disease 心臟疾病
- Stroke 中風
- Diabetes 糖尿

2. **GOD WANTS YOU TO PRAY IN EVERYTHING** 凡事禱告

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1. Praying 禱告

To be the children of God 作為神的兒女

- ✧ Special Identity 特殊的身份
- ✧ Special relationship 特殊的關係
- ✧ Special privilege 特殊的權利

(a) Invite Jesus to be Your Savior 邀請主耶穌作你的救主

約翰福音 1:12 (CUV)

¹² 凡接待他的，就是信他名的人，他就賜他們權柄作上帝的兒女。

John 1:12 (NIV)

¹² Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—

⇒ 凡事禱告 Pray in Everything

2. Requesting 祈求

1 Peter 5:7 (NIV)

⁷ Cast all your anxiety on him because he cares for you.

彼得前書 5:7 (CUV)

⁷ 你們要將一切的憂慮卸給上帝，因為他顧念你們。

Anxious about 掛慮：

- (a) Life Safety 我會死嗎？
- (b) Love Relationship 祂仍愛我嗎？
- (c) Not being listened to 祂會答允嗎？

Romans 8:38–39 (NIV)

³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

羅馬書 8:38 – 39 (CUV)

³⁸ 因為我深信無論是死，是生，是天使，是掌權的，是有能的，是現在的事，是將來的事，³⁹ 是高處的，是低處的，是別的受造之物，都不能叫我們與上帝的愛隔絕；這愛是在我們的主基督耶穌裏的。

Faith vs Anxiety 信心 vs 焦慮

Psalm 62:6 (NIV)

⁶ *Truly he is my rock and my salvation; he is my fortress, I will not be shaken.*

詩篇 62:6 (CUV)

⁶ 惟獨他是我的磐石，我的拯救；他是我的高臺，我必不動搖。

Seek his kingdom first (Mt 6:33-34) 先求祂的國和祂的義（太 6:33-34）

=>將你的憂慮卸給神 Cast Your Anxiety on Him

3. 感謝 Thanks Giving

凡事謝恩！Thanks giving in EVERYTHING

1 Thessalonians 5:16–18 (NIV)

¹⁶ *Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

帖撒羅尼迦前書 5:16 – 18 (CUV)

¹⁶ 要常常喜樂，¹⁷ 不住地禱告，¹⁸ 凡事謝恩；因為這是上帝在基督耶穌裏向你們所定的旨意。

羅馬書 8:28 (CUV)

²⁸ 我們曉得萬事都互相效力，叫愛上帝的人得益處，就是按他旨意被召的人。

Romans 8:28 (NIV)

²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Conclude 結語

Do not be anxious about anything

應當一無掛慮

but in every situation, by **prayer** and **petition**, with **thanksgiving**, present your requests to God.

凡事 禱告、祈求、感謝

神所賜出人意外的平安，在基督裡保守我們的心懷和意念

Peace of God , which surpasses all comprehension, will guard you hearts and minds in Christ Jesus

Cf. 聖靈同禱(五月)

Responding Song: “Every Time I Pray”

(<https://www.youtube.com/watch?v=rpDK7fTU2vI>)

“我以禱告來到你跟前”

<https://www.youtube.com/watch?v=A82Uecb58VI>

問題討論:

經文:

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1. 分享一樣近期最令擔心的事。
2. 上星期的崇拜信息中，哪一個信息或經文使你最得著安慰/鼓勵?
3. 近來有沒有朋友與你分享他一些使他焦慮的事。鼓勵你可以將上星期的講道 **Link** 與他分享，讓他也得著鼓勵。若他願意接受耶穌為救主，鼓勵你可帶領他/她決志禱告。