

## **August Teaching Theme:** The Sermon on the Mount

讲员 Speaker: Pastor Linghui Peter Tian

题目 Topic: "Do Not Worry."

经文 Scripture: Matthew 6:25-34

**Monthly Theme:** We are on week 10 of 15 in our series walking through Jesus' Sermon on the Mount found in Matthew 5-7. The "Sermon on the Mount" is a comprehensive sketch of Jesus' moral and ethical vision, forming a manifesto by which the Jesus community should live. Matthew opens up this section with Jesus "**going up on a mountainside,**" presenting Jesus as a New Moses figure, bringing the Torah to its fulfillment. Throughout this series, Jesus' words will often challenge the very way we think about God, ourselves, and others. Let's accept that challenge over the next four months. This week, we are examining Matthew 6:25-34, where Jesus points to the abundance of our generous God as a reality for us to embrace. As we embrace the Kingdom of abundance, we are freed to be generous and free from anxiety.

### 八月 **August** - 登山寶訓系列 **The Sermon on the Mount Series**

August 1st - 禱告與禁食 Prayer & Fasting (馬太福音 Matthew 6:5-18)

August 8th – 上帝還是金錢？ God or Money? (馬太福音 Matthew 6:19-24)

August 15th – 缺乏還是富足？ Scarcity or Abundance? (馬太福音 Matthew 6:25-34)

August 22nd – 論斷與偽善 Judgment & Hypocrisy (馬太福音 Matthew 7:1-6)

August 29th – 慷慨的上帝與黃金法則 The Generous God & The Golden Rule (馬太福音 Matthew 7:7-12)

### **Resources:**

[Sermon Video](#)

[Sermon Slides](#)

[Generosity \(Bible Project\)](#) [5:11]

### **Discussion Questions** (Pastor Linghui Peter Tian):

- (1) Read Matthew 6:25-34 together. What observations do you make, and what stands out to you? How would you summarize Jesus teaching here?
- (2) 什么是忧虑？生活中哪些事情经常让你忧虑？What is worry? What things in life often worry you?
- (3) 耶稣三次说“不要忧虑”，是让我们在哪些事上不要忧虑？Jesus said "Don't worry" three times, so that we should not worry about what?
- (4) 为什么主耶稣教导我们不要忧虑？Why does the Lord Jesus teach us not to worry?
- (5) 我们如何脱离忧虑的辖制？How can we escape the dominance of worry?

### **Important Notes** (Pastor William R. Horne):

Three times Jesus says "do not worry..." over provisions. (Note: if something is repeated, it's probably important.) The three reasons not to have that kind of anxiety: (1) God providential cares for birds and flowers - you are more valuable to him!; (2) pagans do such things; (3) each

day has its own problems, so let tomorrow take care of itself/worry will not add any more hours to your life.

Now, if only just saying no to anxiety was that easy. Unfortunately, many of us are more prone to and struggle with worry and anxiety - making Jesus' words seemingly impossible. We must, however, consider two things (1) Jesus is using rhetoric to call his disciples to get their priorities right, not giving a lesson in psychology. Jesus wants his disciples to be freed from a life of anxiously trying to secure one's needs by trusting in God as a provider. Do we operate out of fear or faith when it comes to material goods? (2) God's grace is sufficient in our weakness, and the Holy Spirit promises to walk with us on the journey of transformation. This reality is also true with our disposition to anxiety in conjunction with wisdom in mental health care.

"Jesus further admonishes his hearers to let tomorrow worry about itself. *Yet when Jesus forbids us to worry about tomorrow, this does not mean that concerns will never press upon us. It means instead that we should express dependence on God in each of these concerns. We should pray for our genuine needs (v. 11), provided we pray for God's kingdom most of all.*" (Keener, C. S.)

**This passage calls us to a profound trust in God as the sustainer and caring provider. That we would be sensitive enough to look out at the world and see God at work.** What are some reasons we struggle to trust God at this level? What keeps us from seeing God at work in the world?

Jesus paints for us a mindset of abundance (there is enough) as opposed to a mindset of scarcity (there is not enough). When we read Genesis 3:1-6, we can see the root of scarcity's mindset, which leads to anxiety, worry, and unhealthy striving. The biblical portrait of evil begins with an **act of desiring and taking** what is not rightfully ours to take. You can find the full story in Genesis chapter 3, but let's look at a few verses that demonstrate this point.

- "You shall not eat from any tree of the garden" (Gen. 3:1). The scene opens with a serpent subtly undermining God's generosity.
- "You will not die. For God knows that in the day you eat from it, your eyes will be opened and you will be like God, knowing good and evil" (Gen. 3:4-5). **The serpent portrays God as holding out on humanity, withholding knowledge and good things.**
- "When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was **desirable** for making wise, she **took** from its fruit and ate; and she gave also to her husband with her, and he ate" (Gen. 3:6). (The Bible Project)

**Matthew 6:33:** The part of the "future" Jesus wants his followers concerned with is the Kingdom, not tomorrow's needs. Trusting in God as a sustainer and provider frees the Jesus followers to this pursuit. Seeking first the Kingdom and righteousness is a call to reshape what we value most. "Money matters; without it, we can't do most things that a capitalist world requires. Provisions matter; without food or drink or clothing we don't survive. *But "matter" is not the same as "worship."* (McKnight, S.)

Remember, the ways in which we live in the present, through the power of the Holy Spirit, can give people a taste of the future (the Kingdom of God). The kingdom of God is reaching from the future into the present world through his people. Again, this does not mean

we are careless about our material needs, but that our primary focus is acting in the ways of the Kingdom of God in the world, as opposed to “anxious striving” for our material needs. *In this passage, we see when we act with “a mindset of abundance” rooted in trusting God, that frees us to live generously, we are showing the world how things should be and will be when King Jesus returns.*

## Sermon Summary (Elder Yin):

不要忧虑

“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？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？你们哪一个能用思虑使寿数多加一刻呢？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。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！你们这小信的人哪！野地里的草今天还在，明天就丢在炉里，神还给它这样的妆饰，何况你们呢！所以，不要忧虑说，吃什么？喝什么？穿什么？这都是外邦人所求的。你们需用的一切东西，你们的天父是知道的。你们要先求他的国和他的义，这些东西都要加给你们了。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。”

马太福音 6:25-34

登山宝训教导基督徒的生活，学习如何在日常生活中与神同行。

一，不要忧虑含意？

1, 不要为不重要的事忧虑

“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？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？”

马太福音 6:25-26

与生命相比那个更重要。次重要和最重要的比较。政治观和教会的合一那个更重要。对教会不同意见和教会的合一，那个更重要？保罗写对吃肉的观点：“所以，食物若叫我弟兄跌倒，我就永远不吃肉，免得叫我弟兄跌倒了。”吃肉和弟兄跌倒，那个更重要？

哥林多前书 8:13。父妻同样，能认输的一方是赢家。父妻关系比输赢更重要。撒旦鬼计是让我们看见次重要成为重要，以至忽略什么是最重要的。

2, 不要为不能改变的事忧虑

“你们哪一个能用思虑使寿数多加一刻呢？”

马太福音 6:27

生活中很多事是无法改变。

抱怨自己的出生，没有意思。不能改变自己孩子的优秀与否。

上帝赐我平静，接受无法改变，接受无法改变的事情。给我勇气，去改变我能改变的事。赐好智慧可分辨这两者的区别-尼波。

God, grant me the serenity to accept the things I cannot change,  
courage to change the things I can,  
and wisdom to know the difference-Niebuhr

3, 不要为没有发生的事忧虑

诗90，劳苦愁烦，转眼成空

生命短暂，要活的没有担心，享受在神里面的平安，生命在上帝手中，去天堂也是好的无比。基督徒不能胆怯的人而是有盼望的人。

## 二，为何耶稣教导我们不要忧虑

1, 忧愁使我们跌到在地。

不能有盼望路22：31-45

“祷告完了，就起来，到门徒那里，见他们因为忧愁都睡着了，”

路加福音 22:45

耶稣在客西马尼祷告，门徒因忧睡着了。忧愁使我们不能享受生活

忧愁使不能走信仰的道路

## 2, 遮盖信心的眼睛

不能感受和神同在

“马利亚却站在坟墓外面哭。哭的时候，低头往坟墓里看，就见两个天使，穿着白衣，在安放耶稣身体的地方坐着，一个在前，一个在后。天使对她说：「妇人，你为什么哭？」她说：「因为有人把我主挪了去，我不知道放在哪里。」说了这话，就转过身来，看见耶稣站在那里，却不知道是耶稣。耶稣问她说：「妇人，为什么哭？你找谁呢？」马利亚以为是看园的，就对他说：「先生，若是你把他移了去，请告诉我，你把他放在哪里，我便去取他。」”  
约翰福音 20:11-15

是不是神离我们，如果我们忧虑，不能见神，那就是撒旦成功，遮住我们的眼。把握忧虑扩大到比上帝更大，就见不到神。诗篇23说到死荫的幽谷，大卫没有不害怕，因神和我同在。

## 3, 忧虑的辖制

基督徒知道神，信神，但现实中只信自己。对上帝的信心，信心和认识神有关。对神的认识和理解有信心。是不是信的神是真神？你的生活在上帝的家中，你和神的关系？我们在天上的父。

## 三，如何脱离忧虑的辖制，

不忧愁不是因为我们没有忧虑，因为我们有天上的父。忧虑是不信。

“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！所以，不要忧虑说，吃什么？喝什么？穿什么？这都是外邦人所求的。你们需用的一切东西，你们的天父是知道的。”

马太福音 6:30-32

“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？”

马太福音 6:26

父顾念我们。

No worry

Pastor Tian

Matthew 6:25-34

“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? 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? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."  
Matthew 6:25-34 NIV

Sermon on the Mt teaches us how to live life, how to face troubles because our faith is real and practical, not ideological. Today we will deal with a problem that accompanies in all our life. Why after become Christians, we still worry?  
1) what does Jesus mean when he says do not worry.  
We can live a life without worry

A. do not worry about things not important 6:25-26  
What to eat, what to wear, important? We face these EVERY DAY!  
In comparison with our life, which is more important? Don't let the second important issue cover up the most important thing.  
Ex. political view point vs unity of church?  
Your own point of view about church service vs brotherly relationship?  
Unity of church is more important, not because one has no stand, therefore he gives up his own opinion  
Apostle Paul sought the benefit of the weakly  
The first one admits/gives up a fight in a marital relationship is the winner

B. do not worry about the things you can't change  
6:27 by worrying, have we added an inch of your height, extended five more minutes of our life?  
None can change: our heights, our faces, our races. Can you change your parents?  
Meaningless to worry about the unchangeable

God grant me the serenity to accept the thing I can't change, the courage to change the things I can change, and wisdom to know the difference  
--Saying of sb. of Lincoln University

C. do not worry about the things yet happen  
6:34 worry because of no assurance of the future  
Psalms 90. Length of our days 70-80,  
Full of troubles and sorrows, time quickly fly by  
The shadow of Covid-19 pandemic  
Ex. At the end of 2019, when the pandemic was still in Wuhan, the Chinese population in US were already worry up, fear had already arrived!  
Turned my eyes from worry to fix on the Lord, entrust my life to God,  
Wear mask, use sanitizer, get vaccine,  
Being responsible to the brothers and sisters I have to pay visitation  
Do all the best I do, leave the rest in the hand of God  
Satan often put us into the mood of fear and worry  
God help us, not worry for the things yet happen. If it does, still put Hope in God

2) why does Jesus teach us not to worry?

A. Worry for long time, We will result in loss our ability to live  
Luke 22:31-45 prayer of Gethsemane, the disciples fell sleep because of sorrow. Worry drains our strength, feel less empowered, disciples slammed to the ground

Troubles, we don't even want to pray, lose hope,  
Rely on sleeping pills for sleep  
Affect our relationship w God and people around us  
Worry tied up their faithful feet

B.cover our eyes that should be fixed on the Lord  
John20:1,11-16

Mary who loved the Lord so much, cried at the tomb. She didn't even recognize Jesus,  
she facing the Lord yet looked for Him! Worry to a degree, we can't see Lord.  
Frightening thing is we feel the Lord is not with us, Satan's trick  
Fear is bigger than God when we worry  
Psalms 23. Even walking through the shadow of death, fear no evil—because He is with  
me!! My situation is not bigger than my Lord

3)how to break the bondage of worry  
6:31-34

Only trust ourselves, is the root of worry. Not faithfully trust God instead.  
If you shrink the size of your God, you worry  
The key is to have clear understanding of God.  
True God!

Your life really in His hand?

Relationship between you and Him

6:9 pastor Will shared that "Our Father in Heaven"

He is OUR FATHER!!

Worry free is not because there is no hardship, nothing to worry about, BUT because we  
believe we have a father in heaven, He knows our needs!!

All parents think AHEAD of our children's needs! Especially Chinese parents. Even we  
do, what makes you think our father in heaven doesn't?!

He not only knows our needs, He also provides!

6:26 we are more valuable than birds. He cares!

His only Son didn't died for sparrows but for us.