

忧虑，烦恼，恐惧就是对
神没有信心

Worry, anxiety, and fear are
lack of faith in God

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（希伯来书 Hebrews: 11: 1）信就是所望之事的实底，是未见之事的的确据。Now faith is being sure of what we hope for and certain of what we do not see.

（希伯来书 Hebrews: 11: 6）人非有信就不能得神的喜悦。因为到神面前来的人，必须信有神，且信祂赏赐那寻求祂的人。And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

（约翰福音 16:33）我将这些事告诉你们，是要叫你们在我里面有平安。在世上，你们有苦难；但你们可以放心，我已经胜了世界。” “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

(马可福音 9:23-24) 耶稣对他说：“你若能信，在信的人，凡事都能。孩子的父亲立时喊着说，我信。但我信不足，求主帮助。” If you can'?" said Jesus. "Everything is possible for him who believes." Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"

（彼得前书 1 Peter 5:7-10）你们要

将一切的忧虑卸给神，因为祂顾念你们。务要谨守，儆醒。因为你们的仇敌魔鬼，如同吼叫的狮子，遍地游行，寻找可吞吃的人。你们要用坚固的信心抵挡他，因为知道你们在世上的众弟兄，也是经历这样的苦难。那赐诸般恩典的神，曾在基督里召你们，得享祂永远的荣耀，等你们暂受苦难之后，必要亲自成全你们，坚固你们，赐力量给你们。

(诗篇 Psalms 23: 1, 4-6)

(大卫的诗)

耶和华是我的牧者。我必不至缺乏。 The LORD is my shepherd, I shall not be in want.

我虽然行过死荫的幽谷，也不怕遭害。因为你与我同在。你的杖，你的竿，都安慰我。 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

(诗篇 Psalms 23: 5-6)

在我敌人面前，你为我摆设筵席。你用
油膏了我的头，使我的福杯满溢。

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

我一生一世必有恩惠慈爱随着我。我且
要住在耶和华的殿中，直到永远。

Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

忧虑，烦恼，恐惧

(worries, be anxious, and fears)

忙：工作，事业，绿卡，家庭！

(Busy: work, career, green card, family)

怕：老，病，死，钱不够，小孩

教育… (Fear: old age, illness, death, not enough money, children's education)

不要忧虑，活在主的平安中！

(路加福音Luke10:41-42) 耶稣回答说，
马大，马大，你为许多的事，思虑烦扰。
“Martha, Martha,” the Lord answered, “you
are worried and upset about many things,

但是不可少的只有一件。马利亚已经选
择那上好的福分，是不能夺去的。 but
only one thing is needed. Mary has chosen
what is better, and it will not be taken
away from her.”

有圣灵带领的人一定有平安！

（罗8:6-9） 体贴肉体的，就是死，体贴圣灵的，乃是生命，平安。原来体贴肉体的，就是与神为仇。因为不服神的律法，也是不能服。而且属肉体的人，不能得神的喜欢。

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. Those controlled by the sinful nature cannot please God.

顺从神不顺从人，是应当的（徒 5:29）

保持喜乐的好习惯

1. **保持乐观：乐观积极的基督徒是因为有信心，对神有信心。一切都在神的掌管。**

Keep optimistic: Optimistic and positive Christians have faith and have confidence in God. Everything is under God's control.

2. **信心是从神来的。没有信心，恐惧就会来找你。不再信，心中就在恐惧。**

Faith comes from God. Without faith, fear will come to you. If people no longer believe it, they will feel fear in their hearts.

3. **保守心里干净，有安息！**

Keep your heart clean!

让你失去喜乐的坏习惯

1. 专注在外面的环境，事情，或者其人身上，你的信心一定会软弱！
2. 专注负面，不放弃批评别人的机会。（江弟兄说：属肉体的人最会找别人毛病，你无论怎样，他总是能够批评你。保罗是属灵人，他不在意人的论断，将来主会论断。）
3. 贪心，不知足，不感恩！（提摩太前书，1 Timothy 6:6-8）然而敬虔加上知足的心便是大利了。因为我们没有带什到世上来，也不能带什么去。只要有衣有食，就当知足。But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

（诗篇 Psalms 46: 10-11）**你们要休息，**

要知道我是神。 我必在外邦中被尊崇，
在遍地上也被尊崇。 万军之耶和华与我们同在。雅各的神，是我们的避难所。

（细拉） “Be still, and know that I am God;
I will be exalted among the nations, I will
be exalted in the earth.” The LORD Almighty
is with us; the God of Jacob is our
fortress. Selah



(约翰福音 John 14: 6) 耶稣说，我就是道路，真理，生命。若不借着我。没有人能到父那里去。

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

Summary

乐观积极的基督徒是因为有信心，对神有信心。

一切都在神的掌管。 Keep optimistic: Optimistic and positive Christians have faith and have confidence in God. Everything is under God's control.

（马可福音 9:23-24）耶稣对他说：“你若能信，在信的人，凡事都能。” “If you can?” said Jesus. “Everything is possible for him who believes.”

（路加福音 Luke 18:27）耶稣说，在人所不能的事，在神却能。 Jesus replied, “What is impossible with men is possible with God.”