

## Do Not Worry

### **Main Bible Verse:**

(Matthew 6:31-34) <sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

### **Prayers of Blessing to the New Friends:**

Mei-Qi Liu, Nan Song, Si-Yu Song, Zhen Li, Phili Chen, Rossana Lee, Beck Hu, Xing Zhang, Betty Gu, Yan-Nan Hu, Zheng-Hui Jin, Wan-Quan Zhou, Shu-Min Zhang, Zhan-Ying Ma, Cecilia Wu, Dong An, Lin-Li Chen, Frank Zhai

### **List of Healing Prayers Request:**

Anne Wang, JT Foo, Winnie Liang, Jian-Hua Wu, Chen-Xu Wang, Shu-Hui Wang, Ying-An Chen, Ying-Zhi Chen, Mei-Lin Ke, Hui-Xin Lai, Qing-De Ren, Mei-Hui Ye, Shu-Hui Ye, Cai-Wen Wang, He-Ping Chen, Ping- Yang Li, Shu-Hui Liu, Jia-Yi Ren, Betty Shen, Rosa Huang, Ya-Ping Su, Mandy Zhang, Carter, Nian-Jiao Chen, Henry Qiao, Zhen-Hui Zhu, Zi-Yuan Pan, Joy Chang, Fu-Hsiang Chen, Christine Zhang, Zhu-Xian Chen, Feng-Lun Bai, Xue-Hui Bai, Xiu-Lan Wu, Hui-Hui Lin, Chu-Xian Chen, Jian-Ping Ren, Feng-Lan Yan, Hui-Mei Liu, Li-Zhen Lin, Richard Don

### **Prayers for the Kingdom Commission:**

- Monthly Church Fasting and Prayer will be held every last Saturday after Morning Prayer. We encourage brothers and sisters to attend the Morning Prayer at 8:30 and join us for the Fasting and Prayer afterwards.  
Date of Fasting and Prayer in October: 10/26.

### **Summary:**

#### **Matthew 6:31-34 | Philipians 4:6 | 1 Peter 5:7**

- Do not worry!
  - All things are possible through Christ who strengthens us.
  - Do not worry about our lives, do not worry about our food, do not worry about our food, for God will create for us.
  - Worry is a sin.
    - God does not want us to worry.
    - Worry is against the command of God.
    - Worry is against the apostles' teaching.
- v(Philippians 4:6) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
  - Being anxious is not good for our health.
- v(1 Peter 5:7) Cast all your anxiety on him because he cares for you.
  - God loves us, He cares for us, and He knows what is the best for us.
  - We must trust in Him.

- God is always watching over us, protecting us, and providing for us.
  - We will lack nothing.
- If we trust God, we will not be anxious.
  - Do not worry. Do not be afraid.
- If we fully trust God, we will trust all His method.
  - No matter what we are experiencing or how other people are treating us, we trust God that everything is benefiting us.
  - Do not doubt God's timing or His method.
  - God is our heavenly Father.

**Isaiah 49:15 | John 6:27 | Matthew 6:33 | 1 Samuel 2:30 | Matthew 4:4**

- v(Isaiah 49:15) "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!
  - God will never forget us, nor forsake us.
  - God is good to us all the time for His love endures forever.
  - For His glory, He will watch over us.
- v(John 6:27) Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."
  - Do not let our heart go astray and focus on the worldly things.
    - For the pagans run after all these things.
    - Our heavenly Father knows that We need them.
    - God will give us food that endures to eternal life.
- v(Matthew 6:33) But seek first his kingdom and his righteousness, and all these things will be given to you as well.
  - First seek His kingdom and His righteousness.
  - All these things will be added unto you.
  - First seek His kingdom and His righteousness is the key to not worry.
    - Put God's work as our top priority.
    - Do not focus on our own need.
    - Those who honors God He will honor.
    - We do not live on bread alone, but on every word that comes from the mouth of God.
- v(1 Samuel 2:30) "Therefore the LORD, the God of Israel, declares: 'I promised that your house and your father's house would minister before me forever.' But now the LORD declares: 'Far be it from me! Those who honor me I will honor, but those who despise me will be disdained.
- v(Matthew 4:4) Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

**1 Thessalonians 4:11 | 2 Thessalonians 3:10**

- v(1 Thessalonians 4:11) Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you,
- v(2 Thessalonians 3:10-12)<sup>10</sup> For even when we were with you, we gave you this rule: "The one who is unwilling to work shall not eat."<sup>11</sup> We hear that some among you are idle and disruptive. They are not busy;

they are busybodies.<sup>12</sup> Such people we command and urge in the Lord Jesus Christ to settle down and earn the food they eat.

- Do not worry does not mean to be lazy and not to do anything.
- Paul especially reminded us to mind our own business and to work with our hands.
  - “The one who is unwilling to work shall not eat.”
- Put God’s work as our top priority.
  - Put our hearts where God’s work is and first seek His righteousness.
  - Be about God’s house.
  - Do not fix our eyes on worldly needs and be wearied and burdened.
  - Be one who’s a pleasing in God’s eyes and He will provide for us.

### **Genesis 22:1-18 | 1 Kings 3**

- When Abraham put God as his top priority and followed God’s command.
  - When he brought his son Isaac before God as a sacrifice, God not only did not take his son away from him, Abraham and his son Isaac were both able to experience God’s wonder and receive God’s promise.
- Solomon first sought God’s wisdom.
  - Solomon sought God’s wisdom to help God’s people.
  - Solomon did not seek God’s wisdom to his own honor.
- Solomon’s prayer was a pleasing to the Lord.
  - God blessed Solomon with a wise and discerning heart, so that there has never been anyone like Solomon, nor will there ever be.
  - God blessed Solomon with all the riches and honor.
  - In Solomon’s lifetime, he had no equal among kings.
- These are all examples showing us, how when we first seek God’s kingdom and His righteousness, everything else will be added unto us.

### **Psalms 33:9 | Matthew 6:34 | 2 Corinthians 12:9**

- v(Psalms 33:9) For he spoke, and it came to be; he commanded, and it stood firm.
  - God’s word is righteous and just.
    - We must honor God’s word.
    - When we honor God, He will honor us.
- v(Matthew 6:34) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
  - Do not worry about tomorrow.
  - Simply focus on our current task and fulfill our responsibilities for this day.
  - Leave all things beyond this day in God’s hand.
  - God’s daily grace and strength for us is more than sufficient for all the troubles for our day.
- v(2 Corinthians 12:9) But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.
  - God’s grace is sufficient for us.

- God's power is made perfect in our weakness.
- This is how we should proclaim when we are struggling to overcome.
  - Proclaim until the power of God falls upon us.
  - Proclaim until we receive faith from God.
  - Proclaim until all our weariness, discouragement, and un-believe depart from us.
- Boast about our weakness and let Christ's power rest on us.
  - Do not worry about tomorrow.
  - Do not try to pick up tomorrow's trouble.
  - Proclaim God's grace and His power and let God lead us into victory.

**Isaiah 43:19 | Matthew 11:28 | Psalms 8:4 | Proverbs 3:5-8 | Psalms 1:3**

- v(Isaiah 43:19) See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland.
  - Trust in the Lord.
  - God will open a new and living way for us.
- v(Matthew 11:28) "Come to me, all you who are weary and burdened, and I will give you rest.
  - God is mindful of us and He cares for us.
    - Come before God.
    - Hand all our troubles and burdens over to God.
    - Receive God's rest.
  - Prioritize God's kingdom commission.
    - Do only what God want us to do.
    - Leave all the rest to God.
    - In all our ways, acknowledge Him.
    - God will make whatever we do prosper.
    - This is a life that glorifies the Lord.

Nǐ shì zuò xīn shì de shén  
wǒ yào xiàng nǐ chàng xīngē  
ēndiǎn liánmǐn měitiān dū shì xīn de  
xīnjiǔ xīn pí dài měitiān yào cì xià

Chorus

Xīn de shì xīn de shì jiāngyào chéngjiù  
xīn de ēn gāo xīn de ēnchǒng  
wǒmen yào wǒmen yào chàng xīngē  
chēngzàn wǒmen shén wèi gāo  
xīn de shì xīn de shì jiāngyào chéngjiù  
xīn de ēndiǎn xīn de pànwàng  
wǒmen yào wǒmen yào chàng xīngē  
chōngmǎn shén de róngyào

# You Are My Strength

Zhǔ nǐ shì wǒ lìliàng

Lyrics & Music by:

Grace Tseng

## Verse

Wǒ de shīgē, wǒ de zhěngjiù  
Nǐ shì wǒ huànnàn zhōng suíshí de bāngzhù  
Zhòng shān zěnyàng wéirào yēlùsālěng  
Nǐ bì wéirào wǒ dào yǒngyuǎn.

## Chorus

Zhǔ nǐ shì wǒ lìliàng  
Zhǔ nǐ shì wǒ gāo tái  
Jiāngù pánsí, wǒ xìn kào nǐ bì bù dòngyáo  
Zhǔ nǐ shì wǒ lìliàng  
Zhǔ nǐ shì bìnàn suǒ  
Wǒ de pànwàng zhǐ zàihū nǐ

## English Chorus

You are my strength, oh Lord  
You are my shield, my song  
My solid rock, on You I stand, I trust in You  
You are my strength, oh Lord  
You are my hiding place  
You are my hope I trust in You

Xìn shì wèicéng kànjiàn  
yīrán yǎngwàng shí jià  
xìn shì wánquán jiāo tuō  
shēn zhī zhǔ yǐ zhǎngquán

## Chorus

Wǒ kào zhe nà jiā gěi wǒ lì liàng de  
fán shì dōu néng zuò  
huò fēng làng huò dīngǔ  
zhǔ píng'ān zài wǒ xīn  
wǒ kào zhe nà jiā gěi wǒ lì liàng de  
fán shì dōu néng zuò  
xíng zài zhǔ de zhǐ yì  
wǒ fán shì dōu néng zuò

Yuànzǔ de ēnhuì cí'ài yǔ nǐ tóng zài  
yuànzǔ de líng shí shí wéirào  
ēndiǎn jiàngxià cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ  
ēndiǎn jiàngxià cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ

Chorus

Cì fú yǔ nǐ cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ  
cì fú yǔ nǐ cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ



You do amazing new things

I sing a new song to You

Mercy and grace fall on me every day

New wine and skins, new joy, new ways

Chorus

In our lives, in our lives, You do a new thing

new anointing, favor unending

Lord, we will Lord, we will sing a new song

lifting up Your name on high

In our lives, in our lives, You do a new thing

grace and mercy, hopeful morning

Lord, we will, Lord, we will sing a new song

filled with Your glory

# You Are My Strength

Lyrics & Music by:  
Grace Tseng

## Verse

You are my life, You are my song  
You're my salvation when all my hope is gone  
As the mountains surround Jerusalem  
Your presence surrounds me the same

## Chorus

You are my strength, oh Lord  
You are my shield, my song  
My solid rock, on You I stand, I trust in You  
You are my strength, oh Lord  
You are my hiding place  
You are my hope I trust in You

Faith is trust in the Lord  
though my eyes can not see  
Put my trust in the cross  
know my life is in Him

Chorus

All things are possible in the Lord  
for He is my hope  
Through mountains or valleys  
He'll always be with me  
All things are possible in the Lord  
for He is my hope  
By faith, I will trust Him  
He'll always be with me

May Father's love and His grace be with you

May Holy Spirit cover you

Grace upon grace, granted to you

May His peace and joy flow over you

Grace upon grace, granted to you

May His peace and joy flow over you

Chorus

Grace upon grace, granted to you

May His peace and joy flow over you

Grace upon grace, granted to you

May His peace and joy flow over you