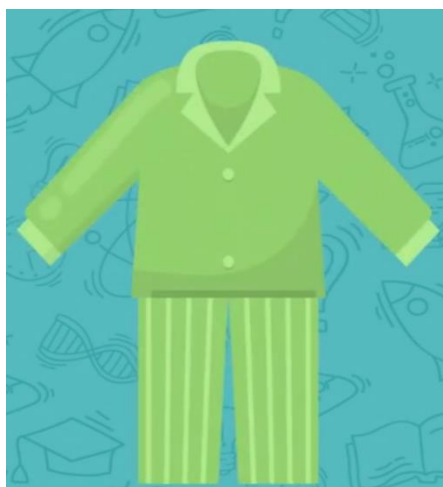


必不可少的事

你们要先求神的国和祂的义，这些东西都要加给你们了。——马太福音 6:33

孩子们，让我们先来谈谈早上起床时该做的事情。你会先做什么？先刷牙还是先吃早餐？我想我们大多数人都会先刷牙。但如果你选择先吃东西，我希望你记得还是要刷牙😊。我们早上还做什么呢？我们还会换衣服，穿戴整齐，对吧？想象一下，穿着睡衣去上学会怎么样呢😞？接下来，你是先梳头再换衣服？还是换了衣服再梳头？当你穿好衣服后，又要做什么呢？..... 每天早晨，我们每个人可能会按不同的顺序做这些事情，但有一件事是相同的，就是我们都知道每天早上起床后自己需要做的事——比如刷牙、穿衣服，如果你大一点的话，还需要整理床铺等等。我们都清楚自己早上的流程安排。如果你某天没有按照早晨的流程整理妥当自己就去上学，你会有什么感觉？你可能会说：“今天我就是不想刷牙去上学！”然后你会觉得怪怪的，我的嘴怎么那么臭😞？很不舒服吧。所以你要首先完成必不可少的事情！



今天的圣经故事是关于一个叫马大的女人，她住在一个叫伯大尼的村庄。在路加福音第 10 章，也就是我们的故事开始的地方。马大很忙。那天她比平时更忙，因为有一位非常重要的客人要来她家。你猜猜会是谁呢？没错，是耶稣，也许还有祂的门徒。马大爱耶稣，她希望在迎接耶稣这件事上能做到一切都完美。为了做到这一点，她清楚她必须要做的事。例如，收拾屋子，扫地……计划饭菜，准备食物，冲到市场去采购等等。具体我们不清楚，但我们知道马大一定会很忙。开始生火了，烤面包、煮菜、烤肉等等。等耶稣到了，马大还没有做完，也许是桌子还没准备好，也可能是食物还在煮呢。再说一次，我们真的不知道，但我们知道她仍然忙于所有必须完成的事情。



当马大忙这忙那的时候，有趣的事情发生了——马大觉得很沮丧。因为，她妹妹马利亚一直坐在耶稣脚前，只留她一个人在忙前忙后。路加福音 10 章 39 节告诉我们：“她有一个妹子，名叫马利亚，在耶稣脚前坐着听祂的道。”马大简直不敢相信她妹妹的所作所为——静静坐着在听耶稣讲道，而此时还有那么多事情要做？想象一下，马大在厨房里，她的手在不停地忙这忙那，而她的眼睛却在看着马利亚坐在那里，对着耶稣微笑……她越看就越生气，最后，她再也受不了了，就跑出来见耶稣，说：“主阿，我的妹子留下我一个人伺候，你不在意吗？请吩咐她来帮助我。”（路加福音 10:40）

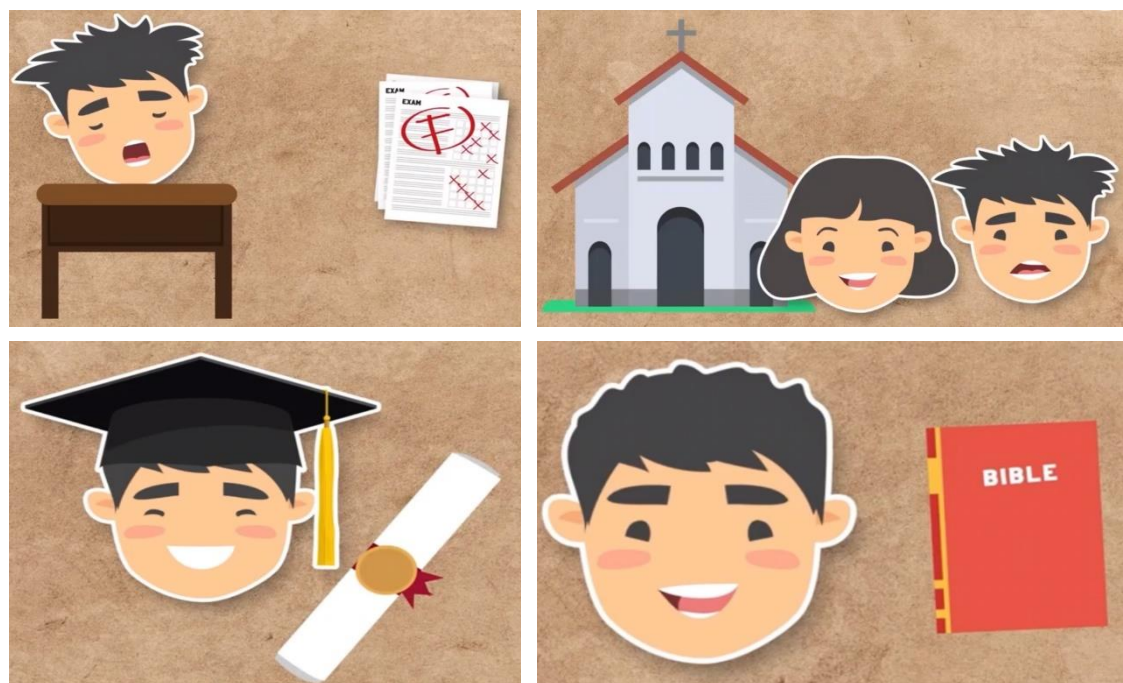


看得出，马大非常生气，连耶稣也一起责怪了——“我的妹子留下我一个人伺候，你不在意吗？”对于马大来说，此时需要马利亚的帮助是再合适不过了。当客人来你家做客时，理所当然应该做的是——要好好招待服侍客人。但你猜，耶稣说了什么？祂有没有说：“你知道吗，马大？你是对的。马利亚，现在去帮你姐姐。”耶稣是这么说的吗？不是的，主是这样回答她：“马大，马大，你为许多的事思虑烦扰，但是不可少的只有一件，马利亚已经选择了那上好的福分，是不能夺去的。”(路加福音 10:41)

你看到了吗？马大为许多的事思虑烦扰，但耶稣告诉她“不可少的只有一件”。马大忙着很多事情，但马利亚选择了正确的事情。那件重要而正确的事是什么呢？——就是坐下来听耶稣讲道！也许马大只是看到了坐着的部分，以为她妹妹只是懒惰。但是耶稣看到的是一——马利亚重视祂爱祂的方式是：只想要先和祂在一起。马利亚知道花时间和耶稣在一起，倾听祂说话，和祂交谈，只是纯粹地和祂在一起，比她能为耶稣做的任何事情都重要。耶稣非常喜悦马利亚的方式，祂对马大说：“马利亚已经选择了那上好的福分，是不能夺去的。”

“马利亚已经选择了那上好的福分”这句话很容易理解，但“是不能夺去的”是什么意思呢？什么东西永远不会从她身上拿走？每次我们和耶稣在一起的时候，我们都从祂那里有得着——我们得着祂的爱，祂的智慧，祂的力量，祂的平安。耶稣太爱我们了，祂愿意把一切都给我们。我们接受神的最好方法之一，就是像马利亚一样，坐下来听神的道。今天，当我们听圣经故事的时候，当我们读圣经的时候，当我们赞美和敬拜神的时候，当我们祷告的时候，我们是“坐在”耶稣的脚前。当我们这样做的时候，我们会从上帝那里得到祝福，我们会变得强大！

接下来，让我来告诉你一个开始做出很多错误选择的年轻人发生了什么，他对学习不再感兴趣，开始堕落。他开始和社会上的小混混们混在一起，这些人教给了他所有错误的东西。很快，他就陷入了各种各样的麻烦之中。但是有一天，一位朋友邀请他去教会，在那里他听到牧师第一次宣讲关于耶稣的好消息。后来，我们听到了关于他的令人兴奋不已的消息，他一次又一次地返回教会。很快，对他来说，仅仅星期天去教堂做礼拜是不够的。他开始收集和听这位牧师的所有布道。他越听越想听。令人惊奇的是，他听的越多，改变的就越多。他不再和那些小混混们混在一起了，并且开始在学校里专心学习。他学得很好，甚至上了大学。在大学期间，他也学得很好。当他把耶稣放在第一位时，他生命中的其他一切都井然有序了。今天，他已成为了一位成功的牧师，他向全世界数百万人分享耶稣的好消息！



今天我们学到了什么？我们知道有些事情是我们必须要做的，且做这些事对于我们来说是恰当的和有益处的。例如，做家务、在学校学习、做作业等等，从中体现我们的勤奋、负责任和为这些事所付出的努力，这对于我们来说都是有好处的。但我们今天真正要学到的是——**先做那必不可少的事！**耶稣说：“但是不可少的只有一件，马利亚已经选择了那上好的福分……”当我们选择先做最重要的事，其他的事就会变得容易多了。就像我们衬衫上的纽扣一样，只要第一个纽扣扣正确了，所有其他纽扣就会就位。如果一开始就扣错位了第一个纽扣，光是穿衣打扮这间事，也会成为一项艰难的事情。所以让我们像马利亚一样，**记住要先做那必不可少的事。**所以，与其每天匆忙出门，记得先花点时间和耶稣在一起。你可以一边刷牙一边向耶稣哼一首快乐的歌。你洗澡的时候可以在口中祈祷。你可以一边吃早餐一边听圣经故事。最重要的是，你可以静静地坐在床上和祂说话，甚至只花一两分钟。当你这样做的时候，你可以确信耶稣会微笑着对你说：“**只有一件事是必不可少的，你已经选择了那上好的福分了，它永远不会从你身上被夺走。**”所有的孩子都一起说：“阿门！”

* * * * *

孩子们，如果你正在听这个故事，你从来没有邀请耶稣进入你的生命，成为你的主和救主，你现在可以这样做，跟着我重复这个祷告：“亲爱的主耶稣，感谢你为我死在十字架上。你是神的儿子，你死了，也被埋葬，第三天又复活了。你珍贵的血洗去了我所有的罪，使我永远与阿爸天父在一起。我请求你现在进入我的生命里，成为我的主和救主，我永远是个义人，永远是有福的，永远是神的孩子。奉耶稣的名，阿门！”

Hey Rock Kidz, if you are listening to this story and you've never asked Jesus to come into your life to be your Lord and Saviour, you can do so now. Just repeat this prayer after me, "Dear Lord Jesus, thank You for dying on the cross for me. You are the Son of God, who died, was buried and on the third day, you rose again. Your precious blood washed away all my sins making me forever right with Daddy God. I ask You now to come into my life to be my Lord and Saviour. I am forever righteous, forever blessed, forever a child of God. In Jesus' name," and everyone say, "Amen."

First Things First

But seek the kingdom of God and His righteousness, and all these things shall be added to you.

Mathew 6:33, NKJV

Hey Rock Kidz, let's talk about the things to do when... yawn... we get up in the morning. What do you do first...Brush your teeth...or eat your breakfast? I think most of us brush our teeth first, but if you choose to eat first, I hope you remember to still brush your teeth! What else do we do in the morning? We get dressed. Imagine going to school in your pajamas! What do you do when you get dressed? Do you brush your hair then change your clothes? Or do you change your clothes then brush your hair? We may do things differently, but one thing is the same. We know the things we have to do when we get up each morning – like brushing our teeth, getting dressed and if you're old enough – making your bed. We all know our morning routine. How would you feel if you went to school without following your morning routine? Would you say, "Yay! I don't have to brush my teeth!" or would you feel strange and uncomfortable going to school having stinky breath? No, there are just some things you know you need to do.

Today's Bible story is about a woman called Martha who lived in a village called Bethany. In Luke 10, where our story begins, Martha was busy. She was busier than usual because a very important visitor was coming to her house. Can you guess who it was? That's right, it was Jesus and maybe His disciples as well. Martha loved Jesus and wanted to get everything 'just right' for Him. And to do that, she knew just what she had to do. She tidied the house and swept the floor... She planned the meals and prepared the food. Maybe she rushed to the market as well. We don't really know, but we know that Martha was busy. Start the fire! Make the bread! Cook, cook, cook! Bake, bake, bake! Phew! And when Jesus arrived, Martha was still not done. Maybe the table was not ready. Maybe the food was still cooking. Again, we don't really know but we do know that she was still very busy with all the work that had to be done!

While Martha was busy doing this and that, something interesting happened – Martha got upset. You see, all the time Martha was working, her sister Mary was sitting at Jesus' feet. Luke 10:39 tells us, "She had a sister called Mary, who sat at the Lord's feet listening to what he said. Martha couldn't believe it! Sitting and listening? When there was still so much to do? Imagine Martha working in the kitchen, her hands working hard while her eyes watching Mary sitting and smiling at Jesus ... The more she watched, the madder she got! Finally, Martha couldn't take it anymore. She marched out to Jesus and said, "Lord, don't you care that my sister has left me to do all the work by myself? Tell her to help me!" (Luke 10:40) Martha was so upset that she got annoyed at Jesus as well! "Don't you care that my sister has left me to all the work?" Was it good and proper for Martha to want Mary's help? Yes! The proper thing to do when guests come to your house is to serve them well. So, what do you suppose Jesus said? Did He say, "You know what, Martha? You're right. Mary, go and help your sister now." Did Jesus say that? No! But the Lord answered her, "**Martha, Martha, you are getting worried and upset about too many things. Only one thing is important. Mary has made the right choice, and it will never be taken away from her.**" (Luke 10: 41)

Did you see that? Martha was worried about ‘many things’ but Jesus told her that ‘**only one thing is important**’. Martha was busy with many things, but Mary had chosen the right thing. What was that important and right thing? To sit and listen to Jesus! Maybe Martha only saw the sitting part and thought her sister was just being lazy. But what Jesus saw that Mary loved Him so much she wanted to spend time with Him first. Mary knew that spending time with Jesus – listening to him, talking to Him, just being with Him – was more important than anything she could do for him. This pleased Jesus so much that He told Martha, “**Mary has made the right choice, and it will never be taken away from her.**”

It is easy to understand that “**Mary has made the right choice**” part, but what does “**it will never be taken away from Her**” mean? What will never be taken away from her? Well, each time we spend time with Jesus, we receive from Him – we receive His love, His wisdom, His strength, His peace. Jesus loves us so much that He wants to give to us. And one of the best ways for us to receive is to do what Mary did – sit and listen to Him. Today, we ‘sit’ at Jesus’ feet when we listen to stories from the Bible like you are doing now, when we read our Bibles, when we praise and worship Him, and when we pray. And when we do this, we receive from the Lord, we are blessed and we grow strong!

Let me tell you what happened to a youth who started making lots of wrong choices. He stopped being interested in school and he started to fail. He started to hang out with the wrong people, who taught him all the wrong things. Soon, he was getting into all kinds of trouble. But one day, a friend invited him to church where he heard Pastor Prince preach the good news about Jesus for the first time. What we heard was so exciting to him that he came back again and again. Soon, just coming to church on Sundays was not enough for him. He started to listen to all of Pastor Prince’s sermons he could find. The more he listened, the more he wanted to hear. The amazing thing that happened is that the more he listened, the more he started to change. He stopped hanging out with the wrong crowd and started to pay attention in school. He did so well that he even got to go to university where he also did as well! When he put Jesus first, everything else in his life fell into place. Today, he is a successful pastor who helps to share the good news of Jesus to millions of people around the world!

What did we learn today? We learnt that there are things that we know we have to do. It is good and proper for us to do these things – like doing our chores, studying for school, doing our homework. It is good for us to be diligent, and responsible, and work hard at all the things we know we have to do. But what we really want to learn today is this – do the most important thing first. Jesus said, “**Only one thing is important, and Mary has made the right choice...**” When we choose to do the most important thing first, everything else becomes easier to do. Just like the buttons on our shirt. Get the first button right and all the other buttons will fall into place. Start with the wrong button, and just trying to get dressed can become hard work. So, let’s be like Mary and remember to do first things first. So, instead of rushing to get out the door every day, remember to spend some time with Jesus first. You can hum a happy song to Jesus while you brush your teeth. You can pray in tongues while you are in the shower. You can listen to a Bible story while you eat your breakfast. Next of all, you can just sit quietly on your bed and talk to him. It can even be for just a minute or two. And when you do you can be sure that Jesus smiles at you and says, “**Only one thing is important, you have made the right choice, and it will never be taken from you.**” And all Rock Kids say, “Amen!”