

神顾念世人

你们要将一切的忧虑卸给祂，因为祂顾念你们。——彼得前书 5 章 7 节

嗨，孩子们！今天，我们将从一个我们大多数人经常使用的词开始——“cast”。cast 这个词有多种意思。如果有人摔倒摔断了一条腿，那条腿就需要 **cast 打石膏**。cast 的另一个意思是指在电影或戏剧中扮演角色的**全体演员**。如果你从头到尾看电影，当字幕开始出现时，你会看到 **cast 全体演员** 名单，即是所有在电影中出现的名字。当渔夫 **cast line 抛线** 时，他会把线抛得尽可能远。撒网也是如此。当渔夫 **cast net 撒网** 时，他把网从自己身上扔了出去。此时 **cast** 的意思是指**抛或扔**。



你知道吗？有一节经文——神吩咐我们要把我们所有的忧虑卸给祂。彼得前书 5 章 7 节说：“你们要将一切的忧虑卸给他，因为他顾念你们。”这是什么意思？我们可以抛线或撒网。我们也可以扔球或棍子。但是，我们怎样才能把我们的担忧和顾虑抛给神呢？

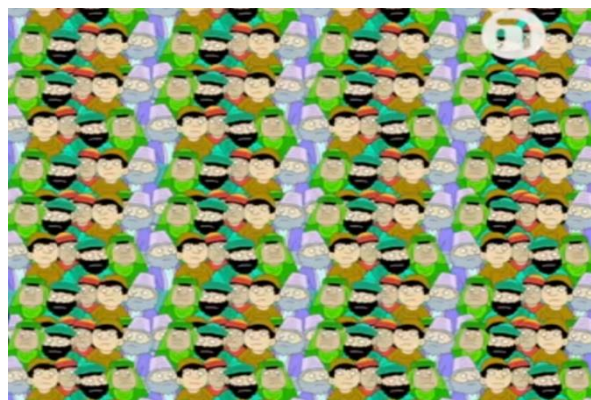
让我们来看看圣经中的两个故事，在这两个故事中，门徒们有很多的担心忧虑。第一个故事来自《马可福音》第4章，门徒们发现自己身处风暴之中。当我们看到这样的场景时，我们有时会想这到底是怎么回事？有人在船上，有乌云，有浪花，没什么大不了的。但对那天晚上出海的门徒们来说，风暴是非常非常大的。太可怕了，他们真的以为自己会死去。“快，装好帆，把水舀出来，坚持住！”他们在船上争分夺秒地求生。这时他们突然意识到，有一个人此时应该要做点什么来控制局面，但似乎祂什么动静都没有。是的，这个故事讲的是耶稣在船上睡着了。当门徒们看到这些，他们只想到一件事——“哦，我的天哪，祂还能睡得着？祂跟本就不在乎我们！”马可福音4:38是这样说的——门徒叫醒了祂，说：“夫子，我们丧命，你不顾吗？”



今天我们要学习一些重要的东西。我们属于一个良善的上帝，祂总是爱我们照顾好我们。仅仅因为祂不按我们期望的方式行事，并不意味着祂不在乎我们。因为祂是神，祂有时的行事方式和我们的不一样。耶稣在风暴中安然入睡，因为祂不像人们那样焦虑不安。圣经告诉我们，耶稣所要做的是站起来，对风暴说：“止住！安静！”就这样，风暴就过去了，一切都恢复了平静，他们安全了。当惊恐的门徒喊着说：“夫子，我们丧命，你不顾吗？”耶稣向他们表明祂是多么在乎他们。祂不仅使暴风雨停下来，而且使一切都恢复了平静。

第二个故事也来自于马可福音，是第一个故事的下面两章，是讲述耶稣使处于饥饿中的四千人吃饱的故事。就像关于风暴的故事一样，这个故事我们已经听过很多次了。但我们还是用慢镜头来看看——当耶稣对门徒说，“你们给众人一些吃的吧”，他们当日的反应是怎样的？

记住，5000个饥饿的众人不是一小撮人，5000个饥饿的众人可是一个庞大的数目，是密密麻麻的一大群人。当门徒听到“你们给众人一些吃的吧”，反观他们当时口袋所剩的食物——只有五饼二鱼，门徒听到耶稣这么说很震惊！你可以想象门徒们所感受到的忧虑和压力。门徒心里在暗暗地咕嘟：“你是说真的吗？你期望我们能做得到吗？”他们所听见的，对于他们来说是一句不可能实现的话，难道耶稣不关心他们没有足够的钱来买这么多的食物？



好消息是，当我们带着担忧挂虑去见主的时候，祂总是帮助我们，告诉我们应该做什么。你们知道这个故事的结局吗？——那一天，耶稣只有五个饼和两条鱼，却喂饱了给成千上万饥饿的人们，每个人都吃得好满足，当大家都吃饱后，吃剩的还有12篮子的饼和鱼。哇，看看当门徒告诉耶稣他们所担心的事情时，发生了什么——耶稣很好地照顾了众人，给每个人足够的食物。

在这两个故事中，门徒都充满了忧虑。在第一个故事中，他们害怕自己会被淹死。在第二个故事中，他们感到很大压力担心完成不了任务。在这两个故事中，耶稣都很冷静，祂知道他们的需要，祂知道该怎么做。当门徒们去找耶稣的时候，耶稣接管了这一切，悉心照顾他们。

好消息是，每次当我们走向耶稣，告诉祂所有我们担心的事，害怕的事，或者我们做不了的事，我们邀请祂来掌控我们的处境，来帮助我们。当我们这样做，把我们的忧虑交给耶稣时，祂就顾念我们。

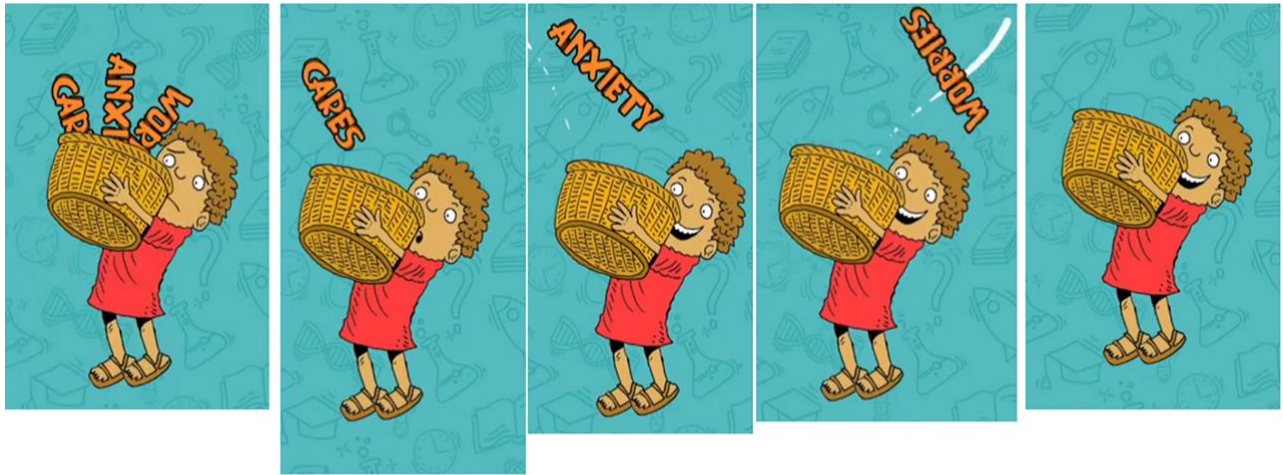
让我告诉你关于我们主日学班里的一个男孩的见证。有一段时间，在学校的一次常规健康检查中，这个男孩被告知他的脊椎有问题，他的脊椎弯错位了。“如果你的脊椎没有得到改善，你将不得不戴上身体支架。”医生这样说。医生还告诉他，随着年龄的增长，情况可能会变得更糟。这个坏消息让他和他妈妈非常担心。“我不想要身体支架，”男孩说，“如果是这样，那我怎么做运动呢？”他和他的妈妈都不知道该怎么办。好消息是，他们并没有担心太久。“没必要担心，”他妈妈说，“担心也改变不了什么。让我们相信耶稣，他会看顾你的。”于是，他们祈祷，祈求治好他弯曲的脊柱。

一年后，男孩去做后续检查，他听到了这个惊人的消息——他的脊椎非但没有恶化，反而好转了！“你不需要护具和身体支架，”医生说，“你现在不用担心了！”小男孩听了，对妈妈说：“嗯！？其实在我把问题交给耶稣后，我就已经停止担心了。我知道祂会照顾我的！”



今天我们听到了多么好的消息啊！我们可以把所有的忧虑都卸给耶稣，而不必紧抓不放。让我们再看一遍彼得前书 5:7。你可能也需要把它标记出来，“**你们要将一切的忧虑卸给祂，因为祂顾念你们。**”一旦我们把担忧顾虑交给祂，我们就可以放心了，因为我们相信祂会帮助我们，照顾我们。每当我们遇到烦恼或担心时，我们不必自己揪住不放。我们能做的最好的处理方式就是把它交给耶稣。我们把一切的重担都卸给耶稣，而不要自己担起——“主啊，帮我解决这个问题，告诉我该怎么做。”“主啊，救救我奶奶吧，让她重新变得强壮健康！”“主啊，帮助我理解数学吧，我信靠你！”……

当我们把我们的忧虑卸给耶稣，把它们交给祂时，我们自己就不需再为这些事担忧了。记住，“cast”的意思是**抛出去**，把它们抛给耶稣，因为祂总是知道该怎么做！好消息是，你不必等到你的烦恼盒子满了才交给耶稣，当你的忧虑一出现时，你就可以把它们抛给耶稣了。一旦你发现自己在皱眉或担心某事，告诉耶稣，把你所担心的抛给祂，你可以相信祂会帮助你，好好照顾你。最重要的是，祂会充满着爱去做这些事。为什么？因为祂顾念你！



Empty your Worry Box and cast them to Jesus
清空你的忧虑篮子，把忧虑都抛给主耶稣

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。你宝血洗去了我所有的罪，使我得以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！”

HE CARES FOR YOU

Casting all your care upon Him, for He cares for you.

1 Peter 5:7

Hey Rock Kids! Today, we are going to start with a word that most of us don't use every day –“cast.” The word cast can mean several things. When someone falls down and breaks a leg, that leg needs to be in a cast. Another meaning of “cast” is the people who take part in a movie or a play. If you watch movies all the way to the end, when the word starts to appear, you will see the cast list, the names of all the people that appear in the movie. When a fisherman casts his line, he flicks it away as far as it can go. It is the same with his net. When the fisherman casts his net, he tosses it away from himself. To cast means to throw or to toss.

Now you know this, did you know that there is a verse where God tells us cast all our cares to him. In 1 Peter 5:7, it says, “casting all your care upon Him, for he cares for you.” What does this mean? We can toss a line or a net. We can also toss a ball or a stick. But how do we toss out cares – our worries or concerns to God?

Let's look at two stories in the Bible where the disciples had a lot to worry and be concerned about. The first story is from Mark 4, where the disciples find themselves in the middle of a storm. When we see pictures like this, we sometimes wonder what the fuss was all about. Some man in a boat, some dark clouds, some splashy waves, no big deal at all. But for the disciples out on the water that night, the storm was very, very bad. It was so scary, they seriously thought that they will die. “Quick, fix the sails! Bail out the water! Hang on!” there they were, scrambling about the boat fighting for their lives, when suddenly they realized the one person who should be doing something seems to be doing nothing at all. Yes, this is the story where Jesus is fast asleep in the boat. And when the disciples see this, they can only think of one thing. “Oh no, he doesn't care!” Mark 4:38 says the disciples woke him up, and they said, “Teacher, you don't care if we drown?”

Now here is something important we want to learn today. We belong to a good, good God. He always loves us and always takes good care of us. Just because He doesn't do things the way we expect Him to, it doesn't mean He doesn't care. Because He is God, He sometimes does things differently from us. Jesus and sleep peacefully in the middle of the storm, because He was not worried or anxious like the men. The Bible tells us that all Jesus had to do was to stand up and say to the storm, “Quiet! Be still!” And just like that, the storm was gone, and everything was quiet and still. They were safe. When the terrified disciples cried out, “Teacher, don't you care if we drown?” Jesus showed them just how much He cared. He not only stopped the storm, He made everything peaceful and quiet as well.

Our second story is also from the book of Mark, and it's just two chapters after the first story in Mark 6. This is a story where Jesus feeds the hungry people. Just like the story about the storm, this is a story that we had heard many times before. But let's slow down and try to see what the disciples saw that day, when Jesus said to them, “You give them something to eat.” Remember 5,000 hungry men does not look like this. 5,000 hungry men look more like this! When the disciples hear “You give them something to eat,” they

were shocked. When they heard what Jesus said, and when they found out what they had, you can imagine the worry and pressure the disciples felt. “seriously? How do you expect us to do this?” All the disciples heard was an impossible demand. Didn’t Jesus care they would not have enough to get the job done?

The good news is that when we go to the Lord with our worries, and our cares, he always helps us and shows us what to do. You know the story. That day, Jesus fed the thousands of hungry people with just five loaves and two fish. Everyone ate as much as they wanted, and when everyone was done, there was still 12 baskets full of leftovers. Wow! Look what happened when the disciples told Jesus what they worried about. Jesus took good care of the people, and gave everyone more than enough to eat.

In both stories, the disciples were full of care. In the first story, they panicked that they would drown. And in the second story, they stressed that it could not get the job done. In both stories, Jesus was cool and calm. He knew what they needed. And He knew just what to do. When the disciples went to Jesus, he took charge of the situation and took good care of them.

The good news is that every time we go to Jesus, when we tell him all the things that we worry about, the things that make us afraid, or the things that we cannot do, we invite Him to take charge of our situation, and to help us. When we give our cares to Jesus, He cares for us.

Let me tell you the testimony from a boy who used to be in Rock Kidz. Some time ago, during a regular health check at school, this boy was told that there were problems with his spine. His spine was curved the wrong way, and the doctor told him that it would probably get worse as he grew older. “If your spine does not improve, you will have to wear a body brace,” the doctor said. This bad news made him and his mom very worried. “I don’t want a body brace,” the boy said. “How am I going to play sports?” both him and his mom did not know what to do. The good news is that they did not stay worried for long. “There is no point worrying,” his mom said. “Worrying won’t change a thing. Let’s trust Jesus, He will take good care of you.” So, they prayed and asked the Lord to fix his crooked spine.

One year later, the boy went for a follow up check and heard this amazing news. Instead of getting worse, his spine Improved! “You won’t need body brace,” the doctor said. “You can stop worrying now!” When the boy heard this, he said to his mom, “Huh? But stopped worrying about it after I gave the problem to Jesus. I knew He would take care of me!”

What good news we have heard today. Instead of hanging on to our care or worries, we can cast them all to Jesus. Let’s look at 1 Peter 5:7 again. You might want to highlight this as well. “casting all your care upon him, for he cares for you. Once we give out worries and care to Him, we can rest knowing that we can trust Him to help and take good care of us. Each time a care or worry comes our way, we don’t have to hang on to it ourselves. The best thing we can do is to give it to Jesus. Instead of carrying all our cares by ourselves, we cast them all to Jesus. “Lord helped me with this problem. Show me what to do.” “Lord, heal my grandma, make her strong and healthy again. “Lord, help me understand math. I put my trust in you.”

When we cast our cares to Jesus, give them to Him, instead of worrying about them ourselves. Remember, “cast” means to toss. Toss them to Jesus, because He always knows what to do. The good news is that when you don’t have to wait until your worry box is full. Cast your cares to Jesus as they drop into your box.

As soon as you find yourself frowning or worrying about something, tell Jesus about it. Cast all your care to Jesus. You can trust Him to help you and to take good care of you. Best of all, He will do it with lots of love. Why? Because He cares for you!

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."