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Jesus, having addressed being compassionate toward others secretly; and acknowledging God our Father who provides daily for us; here Jesus says, secretly deal with yourselves... as we join Him in the way He leads us individually,

¹⁶ **Moreover when you fast** / the word is: nesteo... it is not mandated by Jesus Christ; it is simply and voluntarily expected. The word is often mentioned in a negative context of prideful Pharisees; while rarely

mentioned by Peter or Paul; and never mentioned by John -- so obviously it is intended as a personal, private activity. It is okay to be hungry; it is an opportunity that forces us to remember: many people in the world are very hungry; staggering numbers are starving to death... due to the policies and greed... of governments and public and private entities.... and individuals alike.

To the church that Jesus is building, it is okay to be hungry. We are reminded... when we fast: many are hungry to hear the word of God,

and they are spiritually starving to death; many have never heard even though Jesus said: **feed My sheep!**

when you fast...be not,

as the hypocrites / be not like those 2-faced people who love the drama... and wear a mask, of a sad countenance: for they disfigure their faces, that they appear to men to fast / they actually painted their faces; they had their own make-up artists.

Jesus says... **Truly, Amen!** / of a certainty, **I say to you, They have their reward** / what they expected, they received; paid in full! Nothing else is coming.



耶稣说过要暗中怜悯人;并认识神我们的父,他天天供应我们; 在这里,耶稣说,当我们加入 他,跟随他的方式,

16 你们禁食的时候,/这个词是:nesteo…它不是耶稣基督所专用的;这是简单而自愿的期望。这个词经常在傲慢的法利

赛人的负面语境中被提及;彼得和保罗很少提及; 而且约翰从来没有提到过,所以很明显这是一 种私人的活动。<mark>饥饿是正常的</mark>;这是一个迫使我 们记住的机会:世界上许多人非常饥饿;由于政 府、公共和私有实体的政策和贪婪的个人,因 饥饿而死亡的人数与日俱增。

对于耶稣正在建造的教会来说,<mark>饥饿是可以的</mark>。 我们禁食的时候,它提醒我们:许多人饥渴, 听上帝的道。

他们在精神上快要饿死了;许多人从来没有听过 耶稣,虽然耶稣说:"**牧养我的羊**!"

当你禁食的时候,不可

像那假冒为善的人,/就是那些两面人, 脸上带着愁容。因为他们把脸弄得难看, 故意叫人看出他们是禁食。/他们伪装自己的 脸;他们也有自己的化妆师。

我实在告诉你们,<mark>他们已经得了他们的赏赐</mark>。 /他们得到了他们所期待的了;全部付清!没有别的了。

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¹⁷ But you, when you fast anoint your head, and wash your face / so Jesus simply expects us to do it; get cleaned up, and put on a smile;

18 That you appear not to men to fast,

but fast to your Father who is in secret: and vour Father, who sees in secret, will reward you, openly. / on this subject, read: Zechariah 7, closely!

¹⁹ Lav not up treasures / this word is: thesaurizo...it is the verb associated with that storehouse word. Jesus is talking about what we treasure; actually, what we heap up; what we pile up; what we store up.

Don't pile up... for yourselves treasures on earth, where moth and rust devour / the word is: aphanizo... it means: to cause to disappear; to consume; it's the same word for those hypocrites who disfigure their faces,

▶Don't pile up things... on earth where thieves break through and steal:

 $^{20}\,But$ pile up / heap up... mound up... and amass as high as you can... for yourselves treasures in heaven, where no moth nor rust devour,

and where thieves do not break through and steal / you know, there is something we can take to heaven. Pile up heaven with friends; those who love the Lord! Right?!

²¹ For where your treasure is, there your heart will be / Jon Sherberg, a great composer-friend in the 1970s, many years ago, wrote that beautiful song: inspired by this verse: WHERE YOUR HEART IS... everybody in the church should know it and sing it: check it out!

For where your treasure is, there your heart will be.

17 你禁食的时候,要梳头洗脸,/所以耶稣只是 希望我们这样做;收拾干净,面带微笑;

18 不叫人看出你禁食来,

只叫你暗中的父看见。你父在暗中察看,必然 报答你。/关于这个主题,可以看撒迦利亚7

19 不要为自己积攒财宝在地上,/这个词 1 是:thesaurizo,它是与仓库相关的动词。耶稣说 的是我们所珍惜的;实际上,我们堆积起来的东 西;我们储存的东西。

不要为自己积攒财宝在<mark>地</mark>上,地上有虫子咬, 能锈坏,/这个词是:aphanizo,意思是:使消失; 消费;这个词也用来形容那些把自己的脸弄丑的 伪君子,

不要为自己积攒财宝在地上…也有贼挖窟窿来 偷。

20 只要积攒财宝在天上,天上没有虫子咬,不 能锈坏,

也没有贼挖窟窿来偷。/你知道,有些东西我 们可以带到天堂。与朋友一起积攒在天堂;就是 那些爱主的人!对吧?!

²¹ 因为你的财宝在哪里,你的心也在哪里。/很 多年前,一位伟大的作曲家朋友, Jon Sherberg, 写了一首优美的歌曲:受这首诗的启发: 你的心 在哪里…教堂里的每个人都应该知道这首歌并 唱出来;点击这里查看详情!

因为你的财宝在哪里,你的心也在哪里。

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²² The light of the body is the eye:

if your eye is single, your whole body will be full of light / Jesus is talking about being single-focused. He could have said, Keep looking to your heavenly Father; He could have said, Keep your eye on the heavenly treasure. In other words, Keep your eye on the prize.

²³ But if your eye is evil / poneros... a pain in the ass; always, looking around, comparing, complaining; like jealous laborers then, your whole body will be full of darkness.

Therefore, if the light that is in you is darkness, / Wow! how great is that darkness!

²⁴ No one / no man, no woman -- young or old, can serve two masters: for either he will hate the one, and love the other;

or else /sooner, or later... he will hold to the one, and despise the other.

You cannot serve God and mammon / this word is a common Aramaic word meaning: riches... in the sense of being firm and trusted; it's also where we get our Amen! It is similar to that storehouse where we are to enter, and pray in secret... giving thanks to God for His provision.

Jesus says the choice is simple: **God** or **wealth**... even wealth of riches... wealth of knowledge... wealth of strength... or wealth of opportunity. It's a choice, what will we bow down to and serve? **God** or **wealth**

²⁵ Therefore I say to you,

stop worrying / the verb: merimnao – is used 6 times to the end of this chapter; Jesus says, stop being anxious,

about your life, what you will eat, or what you will drink,

22 眼睛就是身上的灯。

你的眼睛若了亮,全身就光明。/耶稣说的是一心一意。他可以说,你要仰望你的天父;他可以说:"留心天上的宝。"换句话说,<u>把你的注</u>意力放在奖赏上。.

²³ 你的眼睛若昏花,/poneros…讨厌鬼;总是 左顾右盼,四处攀比,抱怨;就像嫉妒的工人, 全身就黑暗。

你里头的光若黑暗了,那黑暗是何等大呢。

²⁴ 一个人/不管你是男人或者女人,年老或年轻, 不能事奉两个主。不是恶这个爱那个,就是重 这个轻那个。

否则,迟早…他会坚持一个而鄙视另一个。

你们不能又事奉神,又事奉玛门。(玛门是财利的意思)/这个词是一个常见的亚拉姆语单词的意思:财富···在坚定和信任的意义上;这也是我们说阿门!这就像我们要进去的那个储藏室一样,我们要秘密地祷告···为神的供应感谢神。

耶稣说选择很简单:是神还是财富…甚至是财富…知识…力量…还有机会。这是一个选择, 我们将向什么低头,为了什么服务?上帝或财富

²⁵ 所以<mark>我告诉你们</mark>,

不要为生命忧虑/动词:merimnao -在本章结束时使用了6次;耶稣说,不要忧虑,

吃什么,喝什么。

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or for your body, what you will put on.

Is not life more than food, and body more than raiment? / isn't life more important than the soup of the day, or the fad and fashion on sale today?

²⁶ Behold / pay attention, the fowls of the air, they don't sow, they don't reap / Jesus says, check out the birds and bees and bugs flying around town!

they don't gather into barns / they are in their own little world; and notice how they don't even stop to pay attention... to your own busy world! They just swoop in and swoop out... ignoring you and me..

yet your heavenly Father feeds them. Are you all not much better than they? / Are you not more valued than the little birdbrains?

²⁷ Who of you by worrying can add to his life one span to his stature? / which one of you by being anxious about life, can add even one inch; Jesus said to his stature, that's height... not waistline.

²⁸ And why do you worry about raiment? / why

are you anxious for more clothing, more shoes, shirts and pants? what's the big deal about fashion?

Consider the lilies of the field, how they grow; they do not toil, nor do they spin / they don't work:

²⁹ And yet I say to you, that even Solomon in all his glory was not arrayed like one of these.

³⁰ Wherefore / what is all this said for? if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven / to be burned up,

为身体忧虑穿什么。

生命不胜于饮食吗?身体不胜于衣裳吗?/生命难道不比今日的汤或今日的流行时尚更重要吗?

26 你们看/注意,那天上的飞鸟,也不种,也不收,/耶稣说,看看城里飞着的鸟、蜜蜂和虫子!

也不积蓄在仓里,/他们在自己的小世界里;注 意他们是如何不停下来关注自己忙碌的世界的! 他们突然出现又突然消失,无视你和我

你们的天父尚且养活它。你们不比飞鸟<mark>贵重得</mark> <mark>多</mark>吗?

²⁷ 你们哪一个能用思虑使寿数多加一刻呢? /你们中的哪一个通过对生活的忧虑,可以增加哪怕一英寸;耶稣对他的身量说,这是身高,不是腰围。

28 **何必为衣裳忧虑呢?** /你为什么急着要更多的

衣服、鞋子、衬衫和裤子?时尚有什么大不了的?

你想野地里的百合花,怎么长起来,它也不劳苦,也不纺线。/也不上班:

²⁹ 然而<mark>我告诉你们</mark>,就是所罗门 极荣华的时候,他所穿戴的, 还不如这花一朵呢。

30 你们这小信的人哪,野地里的 草今天还在,明天就丢在炉里, /烧尽



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will He not much more clothe you, you of little faith?

Jesus is teaching us:

God the Father is not an absent, irresponsible parent. Our Father can be trusted. We're supposed to learn... to take Him at His word.

31 Therefore stop worrying / stop being anxious,

saying / things like,

What will we eat? or,

What will we drink? or,

With what will we be clothed? / it sounds like the shallow conversation of Beverly Hills housewives... well, all of them: the Dallas, the New Jersey, the Orange County... and all those vapid, whiny jackasses, doesn't it? Jesus says... those things aren't important; so, stop worrying about that stuff!

³² For after all these things do the Gentiles seek / and things haven't changed any in 2,000 years.

Jesus continues...

and God your Father knows you have need of all these little, less important things.



33 But seek first the kingdom of God / start there: where He rules: where His influence is known: where He lives, it's a place of joy and peace,

and His righteousness / see how He always does things right;

and all these little things will be added to you.

神还给它这样的妆饰, 何况你们呢?

耶稣教导我们:

天父不是一个缺席的,不负责任的父亲。我们 的父亲是值得信赖的。我们应该学会…信靠他 的话。

31 所以不要忧虑,/不要忧愁

说,/比如:

吃什么?

喝什么?

穿什么? /这听起来像是比佛利山庄的家庭主 妇们的浅薄谈话…好吧, 所有的家庭主妇们:达 拉斯、新泽西、橘子郡…还有那些索然无味、 爱发牢骚的蠢蛋们,不是吗?耶稣说…那些事情 并不重要;所以,不要再担心这些事情了!

32 **这都是外邦人所求的。/**过了两千年多年了, 这些事情都没有改变 耶稣继续说道…

你们需用的这一切东西, 你们的天父是知道的。

33 你们要先求他的国/从那里开始;是他统治 影响居住的地方;充满了欢乐和和平



和他的义。/看他如何总是把事情做好;

这些东西都要加给你们了。

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34 Therefore...don't worry about tomorrow / stop being anxious about tomorrow:

for tomorrow will worry about itself.

Sufficient to the day is its evil. / the word for evil is: kakia. In today's language, we would probably say... don't worry about tomorrow; every day has enough kaka. So, people of God, put on your hip-boots. We're marching to Zion!

34 **所以不要为明天忧虑。/**不要为明天忧愁了

因为明天自有明天的忧虑。

一天的难处一天当就够了。/ 难处的单词 是:kakia。在今天的语言中,我们可能会说:"不 要担心明天;每天都有足够的坎。所以,上帝的 子民们,穿上你们的长统靴吧。我们要去锡安了!

This is My Father's World

Were Marching to Zion

IESUS, It is YOU

火把音樂 - 唯獨倚靠祢 My trust is in You

how great is our

God

come fill this land