

여러분은 그리스도의 기쁜 소식을 믿는
사람답게 생활하십시오. 빌립보서 1:27

주님께서서는 내 원수들이 보는 앞에서
내게 잔칫상을 차려 주시고... 시편 23:5

Series on "Living"

Overcoming Worries

걱정을 정복함

빌립보서 (Philippians) 1:27-30

So don't worry about tomorrow, for
tomorrow will bring its own worries. Today's
trouble is enough for today. Matthew 6:34

When worry is present, *trust*
cannot crowd its way in
Billy Graham

2013.06.09 - 서로에게 말씀
Message for To One Another



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1. Let go (of your control) and Let God (be in control) – TRUST

나두세요 (당신의 조절을) 하나님에게 - 하나님이 모든 것을 주관하신다는 것을 믿읍시다

2. Capture thoughts that lead to worry to be in line with God's will
잘못된 생각을 사로잡읍시다 - 하나님 뜻과 맞도록



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8 This made Saul very angry. "What's this?" he said. "They credit David with ten thousands and me with only thousands. Next they'll be making him their king!" 9 So from that time on Saul kept a jealous eye on David. 10 The very next day a tormenting spirit from God overwhelmed Saul, and he began to rave in his house like a madman. David was playing the harp, as he did each day. But Saul had a spear in his hand, 11 and he suddenly hurled it at David, intending to pin him to the wall. But David escaped him twice.

8사울은 이 노래를 듣고 대단히 불쾌하여 혼잣말로 증얼거렸다. "도대체 이것이 어찌된 셈인가? 저들이 다윗에게는 수만을 들리고 나에게는 수천을 들리다니! 다음 번에는 저들이 다윗을 자기들의 왕으로 세우겠구나." 9그 날부터 사울은 계속 다윗을 질투의 눈으로 바라보았다. 10바로 그 다음날 하나님께서 보낸 악령이 강하게 사울을 사로잡자 그는 마치 미친 사람처럼 소리를 지르고 떠들어대기 시작하였다. 그래서 다윗은 평소 때와 같이 그를 진정시키려고 수금을 타고 있었는데 사울은 자기 곁에 세워 둔 창을 만지작거리며 11"내가 저놈을 벽에 박아 버려야지" 하고 혼잣말로 증얼거리다가 갑자기 창을 다윗에게 던졌다. 그러나 다윗은 그 창을 두 번이나 피해 도망하였다.

사무엘상 (1Samuel) 18:8-11

King Saul's need to control due to fear and worries



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9 But one day when Saul was sitting at home, with spear in hand, the tormenting spirit from the Lord suddenly came upon him again. As David played his harp, 10 Saul hurled his spear at David. But David dodged out of the way, and leaving the spear stuck in the wall, he fled and escaped into the night.

9사울이 자기 집에 앉아 있을 때 여호와께서 보낸 악령이 그를 사로잡았다. 그래서 다윗이 수금을 타고 있는데 10사울이 다윗을 죽이려고 손에 들고 있던 단창을 그에게 던졌다. 그러나 다윗이 피하자 그 창은 벽에 꽂혔다. 그 날 밤 다윗은 그 곳에서 피하여 달아났다.

사무엘상 (1 Samuel) 19:9-10

King Saul's need to control again
Spiraling effects of fear/worry



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5 When Saul saw the vast Philistine army, **he became frantic with fear.** 6 He asked the Lord what he should do, but the Lord refused to answer him, either by dreams or by sacred lots or by the prophets. 7 Saul then said to his advisers, **“Find a woman who is a medium, so I can go and ask her what to do.”** His advisers replied, “There is a medium at Endor.” 8 So Saul disguised himself by wearing ordinary clothing instead of his royal robes. Then he went to the woman’s home at night, accompanied by two of his men.

5-6사울은 어마어마한 블레셋군을 보고 **두려워서 떨며** 어떻게 해야 좋을지 몰라 여호와께 물어 보았다. 그러나 여호와께서는 꿈으로나 우림으로나 예언자를 통해서도 그에게 대답하지 않으셨다. 7그때 사울이 그의 신하들에게 **“영매를 찾아라. 내가 직접 가서 물어 보겠다”** 하자 그들은 “엔들에 영매 한 사람이 있습니다” 하고 대답하였다. 8그래서 사울은 평복으로 변장하고 날이 어두워진 다음에 신하 두 사람을 데리고 그 여자의 집으로 찾아갔다. 사울은 그 여자에게 “내가 죽은 자와 이야기를 나누고 싶은데 그의 영을 좀 불러 주시오.” 하고 부탁하였다

사무엘상 (1Samuel) 28:5-8

Saul is so much in fear that He cannot come to repentance



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11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. 12 For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. 13 Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

11마귀의 계략에 맞설 수 있도록 하나님의 무기로 완전 무장하십시오.
12우리는 사람을 대항하여 싸우는 것이 아니라 하늘과 이 어두운 세상을 지배하고 있는 악한 영들인 마귀들을 대항하여 싸우고 있습니다.
13그러므로 악한 날에 원수를 대항하여 싸워 이기고 모든 일을 완성한 후에 설 수 있도록 하나님의 무기로 완전 무장하십시오.

에배소서 (Ephesians 6:11-13)

Our battle is not of the flesh
It is against our minds
Where do you place your trust?

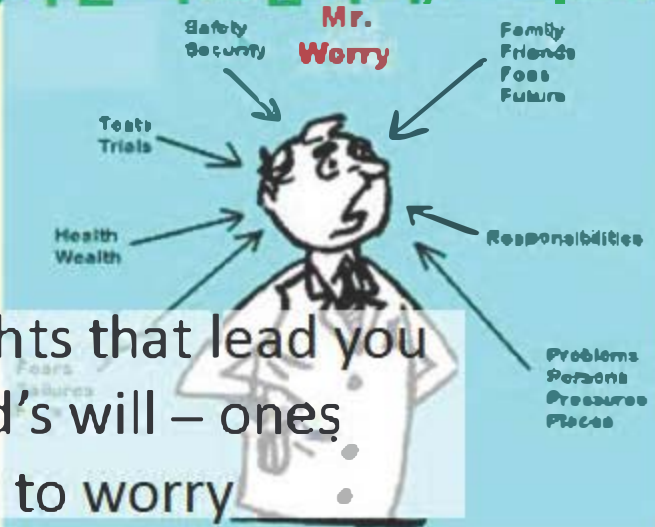


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3For though we live in the world, we do not wage war as the world does. 4The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.**

3우리가 육신을 입고 살고 있습니다마는, 육정을 따라서 싸우는 것은 아닙니다. 4싸움에 쓰는 우리의 무기는, 육체의 무기가 아니라, 하나님 앞에서 견고한 요새라도 무너뜨리는 강력한 무기입니다. 우리는 궤변을 무찌르고, 5하나님을 아는 지식을 가로막는 모든 교만을 쳐부수고, **모든 생각을 사로잡아서, 그리스도께 복종시킵니다.**

2 Corinthians (고린도후서) 10:3-5



Capture thoughts that lead you away from God's will – ones that cause you to worry

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27여러분은 그리스도의 기쁜 소식을 믿는 사람답게 생활하십시오. 그래서 내가 함께 있든지 떠나 있든지 여러분이 **한마음 한 뜻으로** 기쁜 소식의 신앙을 위해서 **함께 싸운다**는 소식을 듣게 되기를 바랍니다. 28무슨 일이나 반대하는 사람들을 **두려워하지 마십시오**. 그것은 하나님께서 여러분에게 주시는 구원의 표가 되며 반대하는 사람들에게는 멸망의 표가 됩니다. 29그리스도를 위해 여러분에게 은혜를 주신 것은 **그분을 믿을 뿐만 아니라 그분을 위해 고난도 받게 하기 위한 것입니다**. 30**여러분도 내가 싸우는 것과 같은 싸움을 하고 있습니다**. 그것은 여러분이 전에 보았고 지금도 듣고 있는 싸움입니다.

27Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News about Christ. Then, whether I come and see you again or only hear about you, I will know that **you are standing together with one spirit and one purpose, fighting together for the faith**, which is the Good News. 28**Don't be intimidated in any way by your enemies**. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself. 29**For you have been given** not only **the privilege of trusting in Christ** but also the **privilege of suffering for him**. 30**We are in this struggle together**. You have seen my struggle in the past, and you know that I am still in the midst of it.

Philippians (빌립보서) 1:27-30



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- 1. Let go and Let God** - What are some things you are clinging on to that prevent you from living for **today**? What are some things you should let go, and let God?
- 2. Capture thoughts that lead to worry and make them obedient to God's will** - What are some thoughts (fears and worries) that keep lingering in your minds – in the morning, during work, before you sleep – that prevent you from being in the moment?

Coram Deo – Before the Presence of God
코람데오 – 하나님 앞에서



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