

我不为明天忧虑

(Wǒ bù wéi míngtiān yōulǜ)

回想童年时候，不知道什么叫忧愁。

(Huíxiǎng tóngnián shíhòu, bù zhīdào shénme jiào yōuchóu)

随着年岁增多，烦恼也跟着多。

(Suízhe nián suì zēngduō, fánnǎo yě gēnzhe duō)

许多人忙忙碌碌地追求，却没有平安喜乐，

(Xǔduō rén máng máng lùlù de zhuīqiú, què méiyǒu píng'ān xǐlè)

再多忧虑也改变不了什么。

(Zài duō yōulǜ yě gǎibiàn bùliǎo shénme)

你看天上飞鸟，快乐自在地翱翔；

(Nǐ kàn tiānshàng fēiniǎo, kuàilè zìzài dì áoxiáng)

你看野地的花，如此美丽芬芳。

(Nǐ kàn yědì de huā, rúcǐ měilì fēnfāng)

慈爱的天父会养活它们，它们就不必烦忧。

(Cí'ài de tiān fù huì yǎnghuo tāmen, tāmen jiù bùbì fányōu)

我们也当像它们一样。

(Wǒmen yě dāng xiàng tāmen yīyàng)

把重担都卸给主，我不为明天忧虑。

(Bǎ zhòngdàn dōu xiè gěi zhǔ, wǒ bù wéi míngtiān yōulǜ)

天父知道我虽不好，但他却仍垂顾我。

(Tiān fù zhīdào wǒ suī bù hǎo, dàn tā què réng chuí gù wǒ)

他医治我的创伤，他同情我的软弱，

(Tā yīzhì wǒ de chuāngshāng, tā tóngqíng wǒ de ruǎnrùo)

我知道我主掌管明天，我不为明天忧虑。

(Wǒ zhīdào wǒ zhǔ zhǎngguǎn míngtiān, wǒ bù wéi míngtiān yōulǜ)

I Don't Worry About

Tomorrow

Thinking back to childhood,
I knew not what to care for.

As I grow in age,

My worry grows with me.

Many are busy seeking after things,

But have no peace and joy,

No amount of worry

Can change anything.

Look at the birds in the sky,

Soaring happily and freely;

Look at the flowers in the wild,

So beautiful and fragrant.

The loving heavenly Father will feed
them, so they don't have to worry.

We should be like them.

Cast all your cares on the Lord,

I won't worry about tomorrow.

Our Heavenly Father knows I am not
good, but he still looks after me.

He binds up all of my wounds,

He sympathizes with my weakness,

I know my Lord is in charge of tomorrow,

so I do not worry about tomorrow.