King's Cross Methodist Church

15th November 2026

Growth 成長
Inclusiveness 包容
Evangelism 宣教
Justice 公義

"The Word in the World" Devotional Sharing

Do not be anxious (Mathew 6：25～34) **Brother Lau**

I believe that each and every one of us hopes to live a carefree life, but in reality, we often find ourselves being anxious about certain matters, such as illness, work-related stress, changes in our circumstances, financial difficulties, an uncertain future, and issues concerning marriage and family, all of which have frequently troubled us.

'Do not be anxious' is one of the themes addressed by the Lord Jesus in the 'Sermon on the Mount' (Matt. 6:25~34). The Lord Jesus wants us to get free from anxiety, and He teaches us seven reasons why we can overcome it:

1. **Life is more than food; the body is more than clothing (verse 25)**

Jesus teaches us that we should concern ourselves with what is more important, namely, life itself. Although 'food' (eat and drink) is certainly important, it is not, in essence, an end in themselves; its most important function is to sustain life. We eat to live, but we do not live to eat!

Likewise, 'clothing' (wear) is a necessity for the 'body', yet the 'body' is more important than 'clothing.' Therefore, Jesus asks: 'Is not life more than food, and the body more than clothing?' Since God has given us life, He will surely provide the 'food' and 'clothing' necessary for our lives.

2. **You are of more value than the birds that the Heavenly Father feeds (verse 26)**

It is God who creates and cares for the birds, and He enables them to use their own abilities to seek food. In Matthew chapter 10, Jesus spoke of sparrows, saying: 'Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father.' (Matt. 10:29) If the Heavenly Father cares for even a single sparrow, will He not care for His beloved children? Jesus went on to explain just how deeply the Heavenly Father cares for us: 'But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.' (Matt. 10:30~31)

3. **Anxiety accomplishes nothing (verse 27)**

In reality, anxiety cannot change one's own destiny. For matters that can be resolved, there is no need to be anxious; for those that cannot be resolved, anxiety is of no avail! Jesus asks again: 'And which of you by being anxious can add a single hour to his span of life?' Indeed, anxiety cannot 'add a single hour to your span of life'. On the contrary, anxiety only shortens life. We must refuse to be controlled by this destructive emotion.

4. If God clothes the flowers and the grass of the field, will He not much more clothe you as His children (verses 28~30)

'Clothing', like 'food', is one of our basic necessities. Jesus says that when you are anxious about 'clothing', 'consider the lilies of the field'. Jesus pointed out that the flowers of the field 'neither toil nor spin' (verse 28). Similarly, 'the grass of the field' (verse 30), though destined to be cut down and burnt, is still used by God to set off the beautiful flowers. Since the Heavenly Father adorns even the short-lived flowers and grass of the field with such beauty, Jesus went on to conclude that 'Will He not much more clothe you' (verse 30)

5. Do not be anxious as the Gentiles do (verses 31~32)

Jesus teaches us not to be anxious about 'what shall we eat?' or 'What shall we drink?' or 'What shall we wear?', whereas the Gentiles habitually do just that (verse 31). The crux of Jesus' teaching is that 'Your heavenly Father knows' all our daily necessities (verse 32b).

Jesus teaches us that, although we face the same daily needs as the Gentiles, we are to live in a different way from them, for the Gentiles have never learnt to trust in God for their basic necessities.

6. The Heavenly Father's Promise (verse 33)

Whilst numerous people are exhausting their minds and energies being anxious about 'what shall we eat?' or 'What shall we drink?' or 'What shall we wear?', Jesus reminds us to do what is most important first, namely, 'seek first the kingdom of God and His righteousness'; as for the 'food' (eat and drink) and 'clothing' (wear) we need, the Heavenly Father promises that 'all these things will be added to you.'

God once spoke through the prophet Isaiah, saying: 'Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you.' (Isaiah 49:15) The cure for anxiety is to trust in God.

7. God will not let the troubles of a single day become too heavy to bear (verse 34)

Jesus gives us two practical reasons why we should not be anxious:

The first reason: 'For tomorrow will be anxious for itself' (6:34b)

We must learn to live in the present. The grace God gives us today is sufficient for today's needs; when tomorrow comes, God will surely provide for us according to our needs then. Each day we may face new challenges, but God will give us the grace and strength to cope with today's challenges. If we know who is in control of tomorrow, we can rest assured and cast aside our anxieties. As Christians, when facing the challenges of each day, we must hold fast to the promise Christ gave to Paul: 'My grace is sufficient for you' (2 Corinthians 12:9a).

The second reason: 'Sufficient for the day is its own trouble' (6:34b)

What Jesus meant was that today's burdens will not overwhelm you; however, if you add tomorrow's burdens to them, the load will exceed what you are able to bear. We must learn the wise approach of 'the ant moving its home': carrying the load in several trips, a little bit at

a time, so that the pressures of daily life do not feel so heavy. Therefore, do not bear tomorrow's anxieties alongside today's.

Concluding Remarks

We thank the Lord Jesus for teaching us these seven reasons for 'not being anxious', which strengthen our faith. Of particular importance is Jesus' parting assurance, when He comforted His disciples by saying, 'I will not leave you as orphans; I will come to you.' (John 14:18) In saying this, He asked the Heavenly Father to send the Holy Spirit as another Helper to be with them forever after His departure. Today, we who believe in the Lord have the Holy Spirit dwelling with us through our faith, and the Holy Spirit is our ever-present help.

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King's Cross Methodist Church
International Service
15th November 2026

Church Family News Sharing

1. 【Safeguarding】

   《1》 During the winter months, it gets dark earlier in the evening. Parents are kindly reminded to keep a close eye on their children and ensure that they do not run around inside or outside the church, particularly in the outdoor areas.

   《2》 Regarding the Entrance Door on Crestfield Street (near the Small Chapel), we have noticed that it is sometimes left propped open after Sunday services. Please remain vigilant and ensure that the Entrance Door is properly closed when leaving, in order to maintain the security of our premises.

   《3》 Please ensure that rooms are tidied up and all items are put away after use. We have noticed that toys and other items are sometimes left out instead of being returned to their proper places. Please help keep our premises clean and tidy, and ensure that any potentially hazardous items are stored safely out of children's reach.

2. We are delighted to share that Chinese Congregation Epsom Methodist Church raised £7,002.50 for our church redevelopment at their 30th anniversary fair on 24th October 2026. Congratulations to Chinese Congregation Epsom Methodist Church on reaching this milestone, and thank you to our brothers and sisters there for choosing to support us as part of their celebration. Please join us in thanking God for their generosity, prayers and partnership as we continue towards our redevelopment goal.

3. Winter Night Shelter resumes at our church until 26th March (every Thursday night to Friday morning). We are now recruiting volunteers to serve in a variety of roles and time slots. Please refer to the "Meetings and Activities" section for further details. For enquiries and registration, please contact: Deacon Melissa Wheeler or Church Administrator. The night shelter is run in partnership with C4WS, a local homelessness charity. We cannot provide this important ministry without a team of willing volunteers. Every Thursday night until 26th March, we will welcome around 16 guests, offering a warm and welcoming place to stay. Guests can enjoy a hot meal, an evening of companionship, a shower, a warm bed for the night, and breakfast in the morning.

4. As the colder months approach, donations of warm clothing for the Winter Night Shelter would be greatly appreciated. For all enquiries and donations, please contact Deacon Melissa Wheeler.

5. **With the change of the time of our church's Sunday activities (Sunday School, Youth Fellowship, Mandarin Worship, English Worship), all future United Service and Circuit Service will be uniformly changed to 10:30am. This is to avoid chaos and to facilitate appropriate arrangements for Sunday School and Youth Fellowship when they do not participate in United Service under some special circumstances.**

6. **The Christmas Cantata, organised by Chinese Congregation Epsom Methodist Church, will take place in our church hall at 1:30pm on Sunday, 6th December, following the united service. This year's programme will feature special stage effects and a rich and exciting presentation. Brothers and sisters are warmly invited to save the date and join us in celebrating the joy and blessings of Christmas!**

7. **We are thankful that this year's Christmas carolling outreach has been approved by National Rail! The event will take place at King's Cross Station at 3pm on Sunday, 20th December. This year's theme is "Good News of Great Joy — Jesus Christ Is Born!" Through carols, Bible readings and a children's Nativity presentation, we will share the good news of the birth of Jesus Christ with the local community. Brothers and sisters who feel led to participate are warmly invited to join us in sharing the joy of Christmas through music and personal testimony. If you would like to take part, please register with our Church Administrator.**

8. **【Church Redevelopment Fundraising: Chinese New Year Thanksgiving Dinner – Poon Choi Feast】Celebrate the new year with a traditional poon choi dinner, and help raise funds for our church redevelopment. Every ticket sold supports the Church Redevelopment Fund.**
   Date: Saturday 13th February 2027 (8th day of the Lunar New Year)
   Time: 6 – 9pm
   Venue: Allum Hall & Manor House, 2 Allum Lane, Elstree, Borehamwood WD6 3PJ
   Menu: Starter, poon choi, dessert
   Activities: Music performances, children's performances, charity auction and charity raffle
   Tickets: Adults £38; children £15 (children's meal); under 3s free
   Please invite your family and friends to join us. It's a wonderful chance to share the joy of the new year together while building for the church's future. Scan the QR code on the poster for details and booking.

9. **Please note the updated date!【Moldova Short-Term Mission】We are planning to join OM (Operation Mobilisation) for a short-term mission in Moldova. Date: 5th – 10th April 2027. Location: Moldova. Ministries: Elderly Home visits, care-home cleaning & gardening, children's and youth ministry, home visits, Bible stories telling, testimonies, games and drama. FEE for Ages 0-3: Free; Ages 3-6: £100 per person; Ages 7-12: £150 per person; Ages 13 or Above (including adults): £300 per person (Excluding flights & visa). Deadline: 20th December 2026. Brothers, sisters and families are welcome! Participants require pastoral recommendation, a valid visa and DBS check. Unable to join? You are also welcome to support the team through a donation. Enquiries: Church Administrator.**

10. **To support the church's current livestreaming, social media and YouTube ministries, and to protect the personal data and privacy of all congregation members, please complete and return the GDPR form provided by the Methodist Church. Forms are available from the reception desk near the Birkenhead Street entrance. If you have any questions, please contact our Church Administrator. Thank you for your understanding and cooperation.**

11. **Staff News: Rev Linberg Wong is on annual leave from 14th to 16th November. Lay Worker will be on annual leave from 30th November to 2nd December.**

12. **LiFEgame will be held from 21st to 23rd December in Northampton. Those who register on or before 30th November can enjoy the Early Bird rate of £160 per person. If you have not attended before, you are strongly encouraged to join this life-changing journey. For enquiries or registration, please refer to the "Meetings and Events" section on the last few pages or visit: http://lifegame.co.uk/join-lifegame/**

Meetings & Events

Winter Night Shelter – Volunteers Needed

Thursday evenings from Thursday 5th November 2026 to 16th March 2027

Front of House – 6.30–9.45 pm
A team of **4 volunteers** to help set up beds and refreshments, welcome guests, spend time chatting, and perhaps enjoy a board game together. Volunteers eat dinner with the guests.

Evening Meal – 6.30–9.30 pm
A team of **2 volunteers** to help prepare and serve the evening meal.

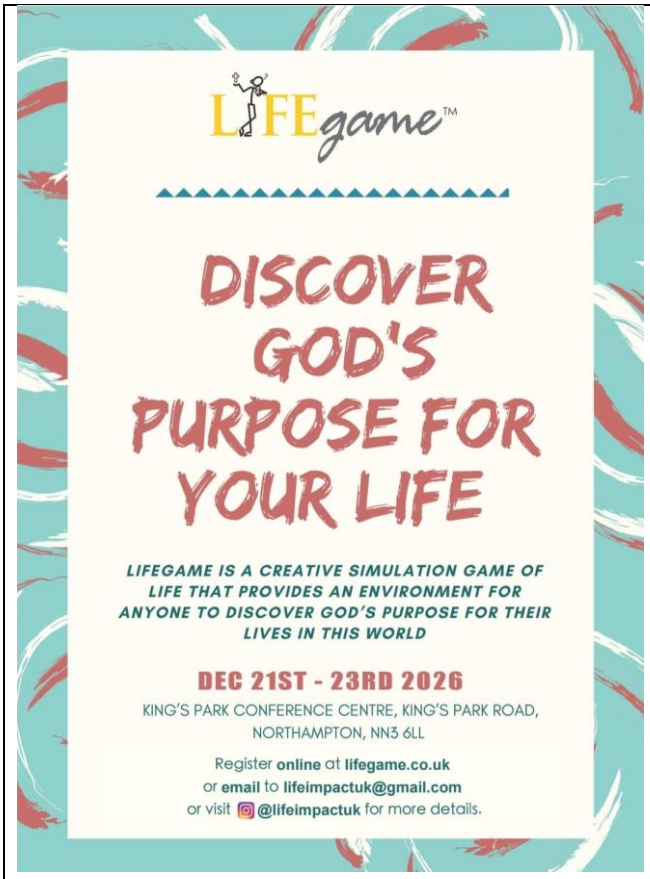
Overnight – 9.45 pm–7.15 am
2 overnight volunteers are needed. Volunteers sleep separately from the guests and are there to respond in case of an emergency. **You are not expected to stay awake overnight.**

Breakfast – Friday, 7.00–9.00 am
A team of **2 volunteers** to prepare and serve breakfast and then help pack away the mattresses and bed linen.

Enquiries & Registration: Deacon Mel Wheeler







In a world where truth is often veiled and individuals are increasingly driven by money, success, relationships and power, the Christian message in LIFEgame is both counter-cultural and prophetic.

LIFEgame is currently being run in ***16 different countries*** with over ***250 participating churches*** and over ***50,000 participants.*** Both engaging and relevant to people of all ages and faiths, LIFEgame challenges anyone to live a purposeful and authentic life. This isn't just a time to travel to a different location or spend time with friends.

It is refreshing and life-changing.



REGISTER EARLY FOR SUBSIDISED FEES

£160 - Early Bird Price (Promotion ends 30th Nov 2026)
£170 - Standard Price (Application Deadline 11th Dec 2026)

Register **online** at **lifegame.co.uk**
or **email** to **lifeimpactuk@gmail.com**
or visit **@lifeimpactuk** for more details.





Redevelopment Updates for King's Cross Methodist Church

English Newsletter Subscription	**Redevelopment Updates Website**
Facebook	**Instagram**