

# Forgive One Another 彼此饒恕

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

要互相友愛，存溫柔的心，彼此饒恕，就像 神在基督裡饒恕了你們一樣。以弗所書 4:32

Choose one question and share with the person next to you:

選擇一個問題並與您旁邊的人分享：

- Question 1: Forgiveness is...
- 問題 1：饒恕是...
- Question 2: How do you feel to be forgiven?
- 問題 2：你覺得被原諒是什麼感覺？
- Question 3: What was the experience to forgive someone?
- 問題 3：原諒一個人是什麼體驗？

# Culture Lesson for the Hong Kong Folks

## 港人文化課

- What are the four common phrases British say the most?
- 英國人說得最多的四個常用短語是什麼？

THANK YOU

I'M SORRY

PLEASE

EXCUSE ME

I'M SORRY

PLEASE

THANK YOU

I'M SORRY

PLEASE

EXCUSE ME

EXCUSE ME

THANK YOU

I'M SORRY

PLEASE

- According to the BBC 據英國廣播公司報導 (24<sup>th</sup> February 2016 by Linda Geddes)
  - One in eight people apologise up to 20 times a day 八個人中有一人每天道歉多達20次
  - Canadians and Brits apologies more than Americans 加拿大人和英國人比美國人更願意道歉

# What does Jesus and other people say about forgive one another? 耶穌和其他人對彼此饒恕有什麼看法？

- “Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.” 不要評斷人，你們就絕不被評斷；不要定人的罪，你們就絕不被定罪；要饒恕人，你們就會被饒恕。(Luke 路加福音 6:37)
- “Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?’ Jesus answered, ‘I tell you, not seven times, but seventy-seven times.’ “那時，彼得前來問耶穌：「主啊，如果弟兄對我犯罪，我該饒恕多少次呢？到七次可以嗎？」耶穌對他說：「我告訴你：不是七次，而是七十個七次。(Matthew 馬太福音 18:21-22)
- “And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.” 當你們站著禱告的時候，如果向什麼人懷怨，就要饒恕他。這樣，你們在天上的父也會饒恕你們的過犯。(Mark 馬可福音 11:25)
- For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. 「要知道，你們如果饒恕別人的過犯，你們的天父也會饒恕你們。你們如果不饒恕別人，你們的父也不會饒恕你們的過犯。(Matthew 馬太福音 6:14-15)

# What do Jesus and other people say about forgiving one another? 耶穌和其他人對彼此饒恕有什麼看法？

- Forgiveness says you are given another chance to make a new beginning. (Desmond Tutu) 饒恕說你有另一個機會重新開始。(涂德民)
- To forgive is to set a prisoner free and discover that the prisoner was you. (Lewis B. Smedes) 饒恕就是釋放囚犯並發現囚犯就是你。
- The stupid neither forgive nor forget; the naive forgive and forget; the wise forgive but do not forget. (Thomas Szasz) 愚蠢的人既不饒恕也不忘記；天真的饒恕和忘記；智者饒恕但不要忘記。(湯瑪士·薩斯)
- Before we can forgive one another, we have to understand one another. (Emma Goldman) 在我們能夠原諒彼此之前，我們必須先了解彼此。(艾瑪·高德曼)
- Unforgiveness is like drinking poison yourself and waiting for the other person to die. (Marianne Williamson) 不饒恕就像自己喝了毒藥，等著對方死去。(瑪麗安娜 威廉森)

# The Value of Forgiveness 饒恕的價值

(Love One Another: 20 Practical Lessons by Don McMinn)

- Forgiving others brings freedom in three areas 饒恕他人會在三個方面帶來自由：
  1. The one who has been offended is set free from anger. 被冒犯的人是從憤怒中解脫出來的。
    - *Refusing to forgive is like loading a handgun with the intent to shoot the person who hurt us, but invariably the gun swings around and points at us. (Ch 8 - Loc 946)* 拒絕饒恕就像裝了一把手槍，意圖射擊傷害我們的人，但槍總是四處擺動並指向我們。



# The Value of Forgiveness 饒恕的價值

(Love One Another: 20 Practical Lessons by Don McMinn)

- 2. Relationships can be healed. 關係是可以治癒的。
  - *Forgiveness offers a way out. It does not settle all questions of blame and fairness – often it pointedly evades those questions – but it does allow a relationship to start over, to begin anew.* (Ch 8 – Loc 950) 饒恕提供了一條出路。它並沒有解決所有關於責備和公平的問題——通常它故意迴避這些問題——但它確實允許一段關係重新開始，重新開始。

# The Value of Forgiveness 饒恕的價值

(Love One Another: 20 Practical Lessons by Don McMinn)

- 3. Forgiveness offers grace to the offender. 饒恕為冒犯者提供恩典。
  - *When we forgive others, we offer them grace – release from the emotional trauma that sin brings. Forgiving others doesn't mean that we must pardon them – that is, release them from the consequences of their deeds – but when we utter the words, "I forgive you," we offer them emotional release.* (Ch 8 – Loc 971) 當我們饒恕他人時，我們就是在給予他們恩典——從罪帶來的情感創傷中解脫出來。饒恕他人並不意味著我們必須饒恕他們——也就是說，將他們從他們行為的後果中解放出來——但是當我們說出“我原諒你”這句話時，我們為他們提供了情感上的釋放。

# Practical Ways To Forgive One Another

## 饒恕彼此的實用方法

(Love One Another: 20 Practical Lessons by Don McMinn)

1. **Forgiveness is a choice, it's a function of our wills, not our emotions.** 饒恕是一種選擇，它是我們意志的功能，而不是我們的情緒。
2. **Forgiveness is a matter of stewardship.** 饒恕是管家的事。
3. **We should forgive whether or not our offender asks our forgiveness.** 無論我們的冒犯者是否請求我們的饒恕，我們都應該饒恕。
4. **We should not make our forgiveness conditional.** 我們不應該以饒恕為條件。

Thank  
You for  
listening.

