

城北華人基督教會 國語部每日靈修

Daily Hope

2019 年 7 月 28 – 8 月 03 日 (第 30 週)

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翻譯整理：城北國語部



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但願使人有盼望的神
因信將諸般的喜樂平安
充滿你們的心使你們借
聖靈的能力大有盼望

新錄羅馬書十五章十三節



2019.07.28 (Sunday) Devotion

Title: [Get to Know Others So You Won't Envy Them]

“Those hired at five o’clock came up and were each given a dollar. When those who were hired first saw that, they assumed they would get far more” (Matthew 20:9-10 The Message).

The key to overcoming envy is to stop comparing yourself to others.

Comparing is the root of all envy. And it was the first mistake made in the parable of the vineyard workers: The ones who were hired last *“came up and were each given a dollar. When those who were hired first saw that, they assumed they would get far more”* (Matthew 20:9-10 The Message). In other words, they started making comparisons: “Look what they’re getting. So we’re going to get more. We deserve more.”

The Bible says over and over again to never compare yourself to anybody else for two reasons:

First, you’re unique. God made you special. There’s nobody like you. He made the mold, and then he broke it. You are not comparable to anybody else.

Second, if you do start comparing, it’s always going to lead to one of two sins: pride or envy. When you compare yourself to others, you’re either going to think “I’m doing better than them,” and you get full of pride, or “They’re doing better than me,” and you get full of envy. *Pride and envy are both sins.*

In addition, envy occurs when you don’t really know someone intimately. You can see a person’s strengths and successes from a distance, but it’s only when you get up close that you see their hurts, habits, and hang-ups. Everybody has hidden pain. When you’re looking at people from a distance, it’s a whole lot easier to miss their fears and faults.

There's no better way to get to know people up close and personal than in a small group. I heard about one woman with multiple sclerosis and lupus who told her small group, "If we all put our problems in a big pile at the center of this room and looked at them, at the end of the evening we'd probably all take our problems back and go home." When you get to know people closely, you don't envy them. But you can learn how to pray for them.

Envy isolates us. Fellowship binds us together and helps us get to know each other so we can stop comparing ourselves to others.

Talk It Over

- What does getting to know others on a deeper level require of you?
- What gifts has God given you that make you unique? What are ways he's provided for you?
- Who is someone you envy or have envied before? What can you do to get to know that person better?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

2019.07.28 (週日) 靈修

題目: [了解他人，就不嫉妒]

「約在酉初僱的人來了，各人得了一錢銀子。及至那先僱的來了，他們以為必要多得；誰知也是一錢。」（馬太福音 20:9-10）

克服嫉妒的關鍵是不要將自己與別人比較。

比較是所有嫉妒的根源。這是在葡萄園工人的比喻中工人們犯下的第一個錯誤：最後「約在酉初僱的人來了，各人得了一錢銀子。及至那先僱的來了，他們以為必要多得；誰知也是一錢。」（馬太福音 20:9-10）換句話說，他們開始進行比較：「看看他們得到了甚麼，所以我們會賺到更多。我們理應賺到更多。」聖經一再地說，千萬不要把自己與其他人比較，原因有兩個：

首先，你是獨一無二的。神造了特別的你。沒有人跟你一模一樣。祂製作了模具，然後就銷毀了它。你與其他任何人都不同。

其次，一旦開始比較，你總會犯兩種罪中的一種：不是驕傲，就是嫉妒。當你把自己與別人比較時，你要麼會想：「我做得比他們好」，你就會充滿驕傲；或者會想：「他們比我做得更好」，你會充滿嫉妒。驕傲和嫉妒都是罪。

此外，當你不是真正就近了解某人時，就會嫉妒。你可以從遠處看到一個人的優勢和成功，但只有當你近距離接觸時才能看到他們的傷害、習慣和煩惱。每個人都有隱藏的痛苦。當你從遠處看人時，更難覺察到他們的憂慮和過失。

在小組裏面才能最親近、個別地了解其他人。我聽說有一位患有多發性硬化症和狼瘡的姐妹告訴她的小組：「如果我們都把自己的問題堆在這個房間的中央並一一看待，到今晚結束時很可能我

2019.07.29 (Monday) Devotion

Title: [How to Rejoice in God's Goodness to Others]

"Rejoice with those who rejoice, weep with those who weep" (Romans 12:15ESV).

When we see God being kind and gracious to others, we can respond with joy rather than resentment.

In the parable of the vineyard workers, that is the exact opposite of what the workers did: *"The workers who had been hired first thought they would be given more than the others. But when they were given the same, they began complaining to the owner of the vineyard. . . . [And he said,] 'Are you envious because I am generous?'"* (Matthew 20:10-11, 15b CEV/NIV). The guys who worked all day were paid exactly what they contracted to be paid. They weren't cheated; yet, they resented that other people who only worked the last part of the day were given the same amount. Instead of enjoying their pay, these workers resented it.

In Romans 12:15, the Bible says, *"Rejoice with those who rejoice, weep with those who weep"* (ESV). The second half of this verse is much easier to do than the first half. It's easy to weep with those who weep. When someone is having a tough time, it's easy to be sympathetic.

But it's much more difficult to rejoice when someone has a success. We often don't handle the success of other people very well. In fact, we're sometimes threatened by it, and we resent it. That's because in our minds we think the world is a giant pie that's divided up into slices. We think, *If somebody's slice gets a little bit bigger than mine, that must mean my slice is going to be smaller.*

That kind of thinking is wrong. Because God's got all the pie filling in the world! He doesn't run out of blessings. He doesn't run out of grace. There's more than enough to go around for everybody, and just because God blesses somebody else doesn't mean there's not enough

blessing for you, too. He wants to bless you, but it may be in different ways.

The main thing envy does is keep you from entering into the joy of other people. As a result, you don't enjoy much that goes on in the world. Envy will make you a pretty miserable person.

But if you choose to rejoice in God's goodness to others, you can be joyful all the time — because something good is always happening to somebody.

Talk It Over

- How can you see God's hand in shaping the blessings in your life specifically for you?
- Think about the ways God has blessed the people in your life recently. How can you rejoice with them today?

2019.07.29 (週一) 靈修

題目: [為神善待他人而歡欣]

「與喜樂的人要同樂，與哀哭的人要同哭。」（羅馬書 12:15）

當我們看到神以仁慈、恩典待他人時，我們可以為他們喜樂，而不是以怨恨來回應。

在葡萄園工人的比喻中，這正好與工人所做的相反：「及至先僱的來了，他們以為必要多得；誰知也是各得一錢。他們得了，就埋怨家主說……（家主回答其中的一人說：）『因為我作好人，你就紅了眼嗎？』」（馬太福音 20:10-11,15 下）。那些一整天工作的人都得到了他們講定的報酬。他們沒有被騙；然而，他們感到憤慨的是，那些只在當天最後一段時間工作的人獲得同等的酬勞。這些工人沒有為得到酬勞欣喜，而是對此表示不滿。

羅馬書 12:15 說：「與喜樂的人要同樂，與哀哭的人要同哭。」這節經文的後半部要比前半部容易得多。與哀哭的人同哭很容易。當某人遇到困難時，很容易產生同情心。

但是，當某人取得成功時，為他們高興可不容易。我們經常不能很好地面對其他人的成功。事實上，別人的成功有時會對我們構成威脅，會讓我們忿懣不平。那是因為在我們看來，我們認為世界是一個巨大的蛋糕，應該被平均分配。如果他人分到的蛋糕比我的大一點，那必定意味著我的就會變小。

這種思維是錯誤的。因為神為我們準備的蛋糕充滿了世界！祂的祝福無窮無盡。祂的恩典長存。對於每個人來說，綽綽有餘。神賜福別人並不意味著你沒有足夠的祝福。祂想要祝福你，可能會有不同的方式。

2019.07.30 (Tuesday) Devotion

Title: [Being Content is a Learning Process]

“Isn’t everything you have and everything you are sheer gifts from God? So what’s the point of all this comparing and competing? You already have all you need” (1 Corinthians 4:7-8 The Message).

Instead of focusing so much on what you don’t have and what didn’t happen, be grateful for what you do have. This doesn’t come naturally to me, probably not for you either, and not even for the apostle Paul, who said, “I have learned to be content.” Being content is a learning process.

The Bible says in 1 Corinthians 4:7-8, *“Isn’t everything you have and everything you are sheer gifts from God? So what’s the point of all this comparing and competing? You already have all you need”* (The Message).

Envy is based on the myth that you have to have more to be happy. Envy always looks at others and asks, “Why them? Why did they deserve it? I deserve what they have.” But gratitude says, “Why me? Why did God give me this? I’m blessed because I don’t deserve what I have.” It totally flips our perspective.

Although we all struggle with envy, it’s hard to admit it because it’s such an ugly emotion. When you’re envious of others, you really want them to fail, because it makes you feel better that they don’t have more than you. That’s pretty crazy, isn’t it? If we could only learn to be grateful for what we have, we could begin to get rid of these feelings of envy.

It’s important to understand that envy is not having a desire or a dream or a goal. It’s good to have those. Envy is not looking forward to something or hoping that something can happen in your life or even wondering if you should have some *thing*. Envy is instead resenting somebody who already has what you desire or has reached a goal you

have yet to obtain. Envy says you can't be happy until you get that desire or goal. Envy is not being grateful for what you already have.

Yet the Bible tells us that we already have more than we need and far more than we deserve. Every good thing in our lives is a gift from God, and it is up to him to decide when and how he blesses us. It's up to us to choose to be grateful and make the most of what we've been given.

“It is better to be satisfied with what you have than to be always wanting something else” (Ecclesiastes 6:9b GNT).

Talk It Over

- “When you’re envious of others, you really want them to fail, because it makes you feel better that they don’t have more than you.” How does this statement challenge you to examine any envy you’ve felt toward others?
- What is one practical way you can practice gratitude today?

2019.07.30 (週二) 靈修

題目: [知足有個學習過程]

「使你與眾不同的是誰呢？你有甚麼不是領受的呢？若是領受的，為何自誇彷彿不是領受的呢？你們已經飽足了，已經豐富了，不用我們自己就作王了。我願意你們果真作王，叫我們也得與你們一同作王。」（哥林多前書 4:7-8）

不要過分關注你沒有的東西和沒有發生的東西，而應該感謝你擁有的東西。這對我來說並不是自然而然發生的，也許對你也是如此，甚至對使徒保羅來說也是如此，他說：「我已經學會了知足。」知足有一個學習過程。

哥林多前書 4:7-8 中說：「你有甚麼不是領受的呢？若是領受的，為何自誇彷彿不是領受的呢？你們已經飽足了。」

嫉妒是基於「必須擁有很多才會幸福」的迷思。嫉妒就是眼看別人然後問：「為甚麼是他們？他們為甚麼配得上？我才應該擁有他們擁有的東西。」而感恩卻是問：「為甚麼是我？為甚麼神給我這個？我很幸運，因為我不配得到我所擁有的東西。」這完全顛覆了我們的觀點。

雖然我們都會陷入嫉妒，但卻很難承認，因為它是如此醜陋。當你嫉妒別人時，你真的希望他們失敗，因為他們擁有的不比你多，這會讓你感覺更好。那真是太荒唐了，不是嗎？只要我們能學會為自己所擁有的感恩，我們就可以開始擺脫這些嫉妒的情緒。

重要的是，要明白嫉妒不是沒有慾望、夢想或目標。擁有那些都很好。嫉妒不是期待或者希望某事發生，或者惦記一些你覺得自

己應該有的東西。相反，嫉妒是憎恨那些人：他們已經得到你所想的；或者在他們人生中已經達到你還不曾達到的目標。嫉妒是在你達成那個願望或目標之後，你才感到幸福。嫉妒是對你已經擁有的東西並不感恩。

然而聖經告訴我們，我們已經擁有的超出自己所需，而且遠遠超過我們應得的。我們生活中的每件好事都是神賜的禮物，由祂決定何時以及如何賜福我們。我們應該選擇感恩並充分利用已賜給我們的。

「眼睛所看的，比心裏妄想的倒好。」（傳道書 6:9 上）

生命反思

- 「當你嫉妒別人時，你真的希望他們失敗，因為他們擁有的不比你多，這會使你感覺更好。」這句話如何挑戰你，去審視自己對別人的嫉妒？
- 今天你可以用甚麼可行的方式來操練感恩？

2019.07.31 (Wednesday) Devotion

Title: [When You Envy, You're in a Battle with God]

“Friend, I didn’t cheat you. I paid you exactly what we agreed on. . . . What business is it of yours if I want to pay them the same that I paid you? Don’t I have the right to do what I want with my own money?” (Matthew 20:13-15a CEV).

When it looks like God’s blessing somebody in a way that he’s not blessing you, relax and trust God. Believe that he knows what’s best for you, and trust him when life seems unfair.

One of the ways you can tell envy is creeping into your life is the language you use. If you find yourself using the phrase “It’s not fair,” you’ve already fallen into the trap of envy. You say, “It’s not fair! Why them? Why not me? I’ve worked as hard as they do.”

In Jesus’ parable of the vineyard workers, the workers felt that they were being treated unfairly, not because they weren’t paid what they were promised but because other people who worked less were paid the same amount.

Matthew 20:12 says, *“These last workers put in only one easy hour, and you just made them equal to us”* (The Message). You can hear the envy: “We slaved all day under a scorching sun. We’re better than them!”

Notice in the next verses the reply of the owner, who represents God: *“Friend, I didn’t cheat you. I paid you exactly what we agreed on. . . . What business is it of yours if I want to pay them the same that I paid you? Don’t I have the right to do what I want with my own money?”* (Matthew 20:13-15a CEV).

The bottom line on envy is this: When you’re envious, you’re in a battle with God. You doubt God’s goodness in your life. You resent his decision to bless somebody else. You accuse him of being unfair.

You don't believe he has your best interest at heart. You accuse him of playing favorites.

On the contrary, God's extravagant, unconditional, unending love is the same for everyone. But he's not a vending machine — you can't put in a prayer and get whatever you want. God has a good reason why you don't have what you want. He knows you better than you know yourself. Practice praying, "God, I'm going to trust that you have a unique plan for my life and that you know better than me what I need right now."

Envy is the fever. Doubting God is the infection. Any time you start envying, it's because you doubt God. The medicine you need is to start trusting again in God and his love for you.

Talk It Over

- How does trust in God give you more confidence or clarity when you pray?
- How do you want to see God's love reflected in your relationships?
- What are you trusting God for right now? How can you show him that you trust him for your provision and future?

2019.07.31 (週三) 靈修

題目: [嫉妒就是與神爭戰]

「朋友，我不虧負你，你與我講定的，不是一錢銀子嗎？拿你的走吧！我給那後來的和給你一樣，這是我願意的。我的東西難道不可隨我的意思用嗎？因為我作好人，你就紅了眼嗎？」（馬太福音 20:13-15）

當看起來神以某種方式祝福某人而不是祝福你時，輕鬆一點，信靠神。相信祂知道甚麼對你最好，並且當生活看起來不公平時，也信靠祂。

你可以判斷嫉妒是否悄悄進入你人生的方法之一就是你使用的語言。如果你發現自己說了「這不公平」這句話，你就已經陷入了嫉妒的陷阱。你說：「這不公平！為甚麼是他們得到更多？為甚麼不是我？我工作和他們一樣努力。」

在主耶穌葡萄園工人的比喻中，工人們覺得他們受到的待遇不公平，並不是因為他們沒有按照所承諾的那樣得到報酬，而是因為其他工作較少的人得到了相同的報酬。

馬太福音 20:12 說：「那後來的工人只做了一小時，你竟叫他們和我們一樣嗎？」你可以聽到嫉妒的聲音：「我們整天勞苦受熱，我們比他們做得好！」

請注意接下來的經文中雇主的回答，雇主代表的是神：「朋友，我不虧負你，你與我講定的，不是一錢銀子嗎？拿你的走吧！我給那後來的和給你一樣，這是我願意的。我的東西難道不可隨我

的意思用嗎？因為我作好人，你就紅了眼嗎？」（馬太福音 20:13-15）

嫉妒的真相是：當你嫉妒時，你正在與神爭戰。你懷疑神在你生命中的良善；你憎恨祂祝福別人；你指責祂不公平；你不相信祂能為你的利益著想；你指責祂偏心。

相反，神豐盛、無條件、永無止境的愛，對每個人都是一樣的。但祂不是自動販賣機——你不能一禱告就得到想要的任何東西。神有充分的理由沒有給你想要的東西。祂比你更了解你自己。操練禱告：「神啊，我願相信祢有一個獨特計劃，祢比我更了解我現在所需要的。」

嫉妒是發燒，懷疑神就是病因。任何時候你開始嫉妒，那就是因為你懷疑神。你所需的藥就是開始再次信靠神以及祂對你的愛。

生命反思

- 當你禱告時，對神的信靠如何給你更多的信心或明確信息？
- 你想要看到神的愛在你的人際關係中得到甚麼體現？
- 你目前是在甚麼事上信靠神？你怎麼能向祂表明你在一切所需和前途上信靠祂？

靈修筆記

2019.08.01 (Thursday) Devotion

Title: [Focusing on God's Purpose Leaves Little Time for Envy]

"Let us run with patience the particular race that God has set before us" (Hebrews 12:1b TLB).

When you start to get concerned about something God is doing in another person's life and envy starts to build, focus on the plan God has for your life. Don't get distracted — center in on God's will for *your* life.

There's a simple phrase in the story of the vineyard workers that the owner says to those who were grumbling about not getting what they deserved: *"Take your money and go!"* (Matthew 20:14a GW). He's basically saying to those who can't get past their envy, "It's time to move on now. Quit having a pity party. Just get over it!"

Sometimes we get stuck in the past. Maybe you still envy the person who got to be prom king or queen. But why should you let what someone else got keep you from God's plan for your life right now?

Hebrews 12:1b says, *"Let us run with patience the particular race that God has set before us"* (TLB). The "particular" race means your unique race — the race that is only for you. God has a plan that he wants you to pursue that is unlike anyone else's. He planned it for you before you were even born, and it includes better things than you could ever dream for yourself.

Once you begin to discover and pursue the unique purpose that God has for your life, you won't envy anyone anymore. You're released from the tyranny of having to be best all the time. You just have to be the best *you* can be, the person God made you to be.

When you get focused like this on God's particular race for you, you'll be so caught up in what he wants you to do that you won't have time for envy. You'll be living your life for an audience of one.

Talk It Over

- Why is there freedom in living life for an audience of one?
- How do you know what God's purpose is for your life?
- What experience from your past may be keeping you from pursuing God's will for you right now?

[illegible]

2019.08.01 (週四) 靈修

題目: [專注神的旨意]

「存心忍耐，奔那擺在我們前頭的路程。」（希伯來書 12:1 下）

你一旦開始關注神在另一個人生命中所做的事情，嫉妒就開始累積。要專注於神對你生命的計劃，不要分心——要以神對**你**生命的旨意為中心。

在葡萄園工人的故事中有一個簡單的短語，家主對那些抱怨沒有得到他們應得的人說：「拿你的走吧！」（馬太福音 20:14 上）。他基本上是對那些無法擺脫嫉妒的人說：「現在是時候繼續前進了。別自怨自艾了。就釋懷吧！」

有時我們會陷入往事走不出來。也許你仍然嫉妒那個成為畢業舞會全場焦點的人。但是你為甚麼要讓別人已經得到的使你現在遠離神對你生命的計劃呢？

希伯來書 12:1 下說：「存心忍耐，奔那擺在我們前頭的路程。」前頭的路程意味著為你設置的獨特比賽——為你精心設計的路程。神有一個要你尋求、與其他人不同的計劃。在你出生之前，祂早已為你計劃，包含了比你自己夢想更美好的事。

一旦你開始發現並追求神對你生命的獨特計劃，你就不會再嫉妒任何人了。你已經擺脫了必須始終當第一的心態。你只需成為自己所能做到最好的那個**你**，就是神讓**你**成為的人。

如果你像這樣專注於神所賜前頭的賽程，那麼你就會忙於祂想要你做的事，就沒有時間嫉妒。你將會只為一位觀眾而活出人生。

2019.08.02 (Friday) Devotion

Title: [Five Things Forgiveness Is *Not*]

“Love isn’t selfish or quick tempered. It doesn’t keep a record of wrongs that others do” (1 Corinthians 13:5b CEV).

There’s a lot of faulty thinking about forgiveness. The act of forgiveness gets watered down. It gets abused. It gets cheapened.

What is forgiveness really? Take a quick test by answering “true” or “false” to the following statements:

1. People should not be forgiven until they ask for it.
2. Forgiveness includes minimizing the offense and the pain that was caused.
3. Forgiveness includes restoring trust and reuniting a relationship.
4. You haven’t really forgiven until you’ve forgotten the offense.
5. When I see someone else hurt, then it is my duty to forgive the offender.

If you study the Bible, you’ll discover that all five of those statements are false.

Before we talk about what forgiveness really is, we have to talk about what it is not. Here are five things forgiveness is *not*:

1. Forgiveness is not conditional. In other words, it’s not based on somebody else’s response. Real forgiveness is unconditional. It’s not earned. It’s not deserved. It’s not bargained for. It’s not paid for. It’s not based on some promise that you’ll never do it again. If you say to someone “I’ll forgive you if . . . ,” that’s not forgiveness. That’s called bargaining.

2. Forgiveness is not minimizing the seriousness of the offense. There is a big difference between being wounded and being wronged. Being wounded is something that is accidental and does not

require forgiveness. When you are wronged, someone intentionally meant to hurt you, and that requires forgiveness.

3. Forgiveness is not resuming a relationship without changes. The Bible teaches that forgiveness and restoring relationship are two different things. Forgiveness is instant. Trust must be built over a long period of time. Forgiveness is your part in reconciliation. But for a relationship to be restored, the offender has to do three other things that are unrelated to forgiveness: Demonstrate genuine repentance, make restitution whenever possible, and rebuild your trust by proving he or she has changed over time.

4. Forgiveness is not forgetting what happened. It's impossible to try to forget something. When you're trying to forget something, what are you focusing on? The very thing you want to forget. And whatever you focus on, you tend to move toward.

The key isn't forgetting. The key is learning to see it through the lens of grace and God's sovereignty and discovering how he can turn even bad things into good in your life if you'll trust him and respond in the right way.

5. Forgiveness is not my right when I wasn't the one that was hurt. Only the victim has the right to forgive. You can't forgive people who haven't hurt you.

There is always a cost to sin. And there is always a cost to forgiveness. That's why you have to understand what forgiveness is not before you can look at what forgiveness really is.

Talk It Over

- Does it make it easier to forgive someone when you consider that forgiveness is unconditional? Why or why not?
- Of the five things forgiveness is now, which do you struggle with the most? Explain why.
- How do you think God can use your experience of being wronged to help others?

2019.08.02 (週五) 靈修

題目: [關於饒恕的五個誤解]

「不輕易發怒，不計算人的惡。」（哥林多前書 13:5 下）

關於饒恕有很多錯誤的想法。饒恕的行為被淡化、濫用、貶值了。甚麼是饒恕呢？作一個快速測試，看以下陳述是「對」還是「錯」：

- 在他人請求被饒恕後，才應該饒恕。
- 饒恕包括盡量減少冒犯及其所造成的痛苦。
- 饒恕包括恢復信任和重啟關係。
- 你忘記別人的冒犯，這才是真正饒恕。
- 當我看到別人受傷時，我有責任饒恕冒犯者。

如果你研究聖經，你會發現所有這五個陳述都是錯的。

在我們談論真正的饒恕之前，我們必須談論它不是甚麼。這裏有五個「饒恕不是.....」：

1. 饒恕不是講條件的。換句話說，它不是基於別人的反應。真正的饒恕是無條件的，不是賺來的，不是應得的。饒恕不是討價還價得來的，它也沒有價錢。這不是基於某種你永遠不再犯的承諾。如果你對某人說：「我會原諒你的，如果你能.....」，這不是饒恕，這叫做討價還價。

2. 饒恕不是把冒犯的嚴重性減到最低。受傷和被冤枉之間存在很大差異。受傷是偶然的，不需要饒恕。當你受到冤屈時、有人故意傷害你，這需要饒恕。

3. 饒恕不是未作改變就恢復關係。聖經教導：饒恕和恢復關係是兩回事。饒恕是即時的。信任必須在很長一段時間內建立起來。饒恕是你和解的一部分。但是對於要恢復的關係，冒犯者必須做

三件與饒恕無關的事情：表現出真正的悔改、盡可能地補償、並證明他或她隨著時間的推移而改變從而重新獲得信任。

4. 饒恕不是忘記發生的事。試圖忘記某些事情是不可能的。當你想忘記某事時，你關注的焦點是甚麼？就是你想忘記的那件事。無論你關注甚麼，你的注意力就會往那個方向轉移。

問題的關鍵不是忘卻。關鍵是要學習以恩典和神主權的眼光來看待事情；如果你信靠祂並以正確的方式回應，你就會發現，祂甚至可以將壞事變成你人生中的美好事物。

5. 不是受傷者，就沒有饒恕的權利。只有受害者才有權饒恕。你不能饒恕那些沒有傷害過你的人。罪總是有代價的。饒恕總是有成本的。這就是為甚麼你必須先了解饒恕不是甚麼，然後再看看饒恕到底是甚麼。

生命反思

- 認可饒恕是無條件的，是否會讓人更容易饒恕呢？為甚麼？
- 在以上談到關於饒恕的五件事中，你最糾結的是甚麼？為甚麼？
- 你認為神可以如何使用你被冤枉的故事幫助別人？

靈修筆記

2019.08.03 (Saturday) Devotion

Title: [Let Go of Your Need to Get Even]

“Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it” (Romans 12:19a TLB).

The heart of real forgiveness is relinquishing your right to get even. The Bible says in Romans 12:19, *“Never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it”* (TLB).

You say, “If I give up my right to get even with somebody who’s hurt me, then that’s unfair.” You’re right! It is unfair. But whoever said forgiveness is fair? Was it fair for Jesus Christ to forgive everything you’ve ever done wrong and let you go free? No. We don’t want God to be fair to us, though. We want God to be gracious to us. We all want justice for everybody else and forgiveness for ourselves.

The truth is that life is not fair. And forgiveness is not fair. It’s called grace, and God has shown it to you. One day, God is going to have the last word. He’s going to settle the score. He’s going to right the wrong. Leave the justice part to God. You just concern yourself with forgiving so there can be peace in your heart and you can get on with your life.

If you don’t do this, you will fall into the trap of bitterness. Resentment and bitterness are worthless emotions. In fact, doctors tell us they are the unhealthiest emotions. They will eat you alive like cancer. All your resentment and bitterness toward people who have hurt you in the past isn’t going to change the past, and it certainly won’t change the future. All it can do is mess up today.

When you hold on to resentment, you allow people from your past to continue to hurt you today. And that’s not smart! The people in your past are past. They cannot continue to hurt you unless you choose to hold on to the hurt. Instead, let go of your need to get even or make things fair. Leave it up to God.

2019.08.03 (週六) 靈修

題目: [不要自己討公道]

「親愛的弟兄，不要自己伸冤，寧可讓步，聽憑主怒。因為經上記著：主說，『伸冤在我，我必報應。』」（羅馬書 12:19）

真正饒恕的核心是放棄你討公道的權利。羅馬書 12:19 說：「不要自己伸冤，寧可讓步，聽憑主怒。因為經上記著：主說，『伸冤在我，我必報應。』」

你說，「如果我放棄了報復某人傷害我的權利，那就不公平了。」你說的對！這不公平。但是誰說饒恕是公平的？對於耶穌基督來說，原諒你做錯的一切並讓你自由，這是否公平？不，我們不希望神對我們公平。我們想要神恩待我們。我們都想報別人以公義，自己得寬饒。

事實是人生不公平。饒恕也是不公平的。它被稱為恩典，神已經向你顯明。有一天，神將會作最後的裁決。祂將會算總帳。祂會將錯的糾正過來。將公義之事留給神，你只關心饒恕，這樣你內心就能有平安，就可以繼續你的人生。

如果你不這樣做，你將陷入苦毒的陷阱。怨恨和苦毒是毫無價值的情緒。事實上，醫生告訴我們它們是最不健康的情緒。它們會像癌症一樣活活吞吃你。你對過去曾經傷害過你的人的所有怨恨和苦毒都不會改變過去，也肯定不會改變未來。它能做的就是今天搞砸了。

當你不能放下怨恨時，你就是在容許過去的人繼續傷害你。這可不夠高明！你過去遇到的人都成了過去。除非你選擇繼續受傷，否則他們不能繼續傷害你。相反，不要再想著去報復或得到公平。要交託給神。

聖經說：「又要謹慎，恐怕有人失了神的恩；恐怕有毒根生出來擾亂你們，因此叫眾人沾染污穢。」（希伯來書 12:15）

生命反思

- 過去有甚麼傷害你很難放手？
- 今天你能做些甚麼來擺脫傷害？
- 你是如何看到苦毒在情感上、身體上和精神上影響某人的？

靈修筆記

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

各樣美善的恩賜和怎樣
全備的賞賜都是從上頭來的
從眾光之父那裏降下來的
立他並沒有改變也沒有轉

動的光兒
羅馬書二章十七節

