

PASTOR

DANIEL 邱保亮

KHONG 牧師



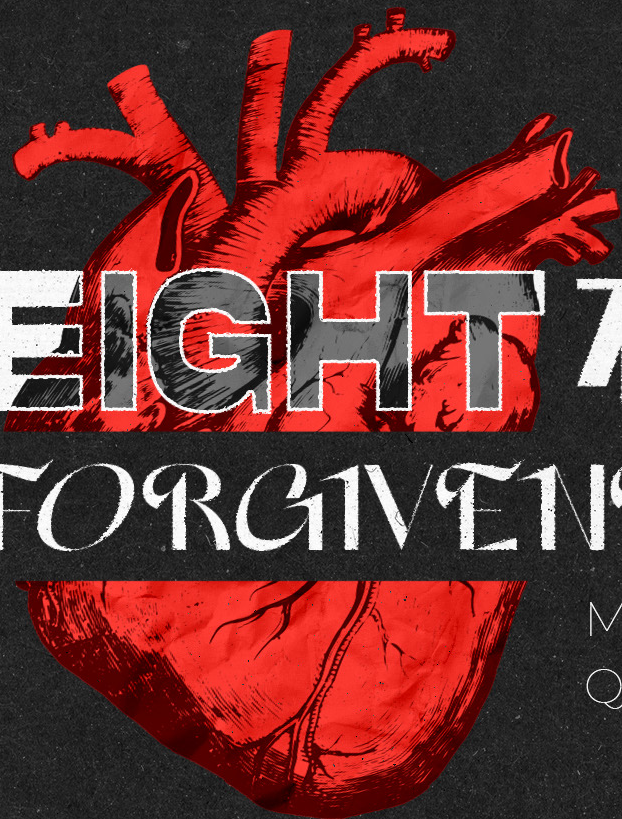
P A S T O R

柯 憐 菁

THE **WEIGHT** 不饶恕的
OF UNFORGIVENESS 重担

牧 师

M E L I S S A
Q U A H



We find freedom in forgiveness when we:
我们在饶恕里找到自由，当我们：

**EXPERIENCE
GOD'S FORGIVENESS**

**经历
上帝的饶恕**

**EXTEND
OUR FORGIVENESS**

**展现
我们的饶恕**

“Everyone says forgiveness is a lovely idea,
until they have something to forgive.”

“每个人都说饶恕是一个美好的想法，
直到他们有了需要饶恕的事。”

C. S. LEWIS 刘易斯

FIVE COMMON MISCONCEPTIONS ABOUT UNFORGIVENESS:

5个关于不饶恕的常见误解：

FIVE COMMON MISCONCEPTIONS ABOUT UNFORGIVENESS:

1. Forgiving someone is **optional**

5个关于不饶恕的常见误解：

1. 饶恕某人是**可选的**

FIVE COMMON MISCONCEPTIONS ABOUT UNFORGIVENESS:

1. Forgiving someone is **optional**
2. Forgiveness is based on how I **feel**

5个关于不饶恕的常见误解：

1. 饶恕某人是**可选的**
2. 饶恕是基于我的**感受**

FIVE COMMON MISCONCEPTIONS ABOUT UNFORGIVENESS:

1. Forgiving someone is **optional**
2. Forgiveness is based on how I **feel**
3. Forgiving someone is a **one-time event**

5个关于不饶恕的常见误解：

1. 饶恕某人是**可选的**
2. 饶恕是基于我的**感受**
3. 饶恕是**一次性的事**

FIVE COMMON MISCONCEPTIONS ABOUT UNFORGIVENESS:

4. Forgiveness means **forgetting** what has happened

5个关于不饶恕的常见误解：

4. 饶恕意味着**忘记**发生过的事

FIVE COMMON MISCONCEPTIONS ABOUT UNFORGIVENESS:

4. Forgiveness means **forgetting** what has happened
5. Forgiving someone is **whitewashing** their wrong

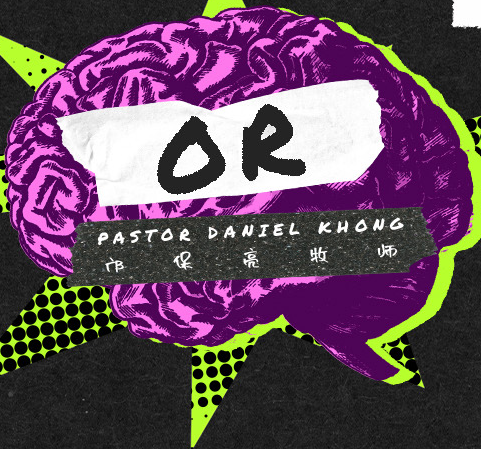
5个关于不饶恕的常见误解：

4. 饶恕意味着**忘记**发生过的事
5. 饶恕人是**洗白**他们的错

FORGIVE & FORGET

原谅和忘记

TO FORGET 纪念



不纪念 NOT TO FORGET?

JEREMIAH 31:34
(NIVUK)

34 ... 'For I will forgive their wickedness
and will **remember their sins no more.**'

耶利米书
31:34
(CUVMPS)

34 ……我要赦免他们的罪孽，**不再记念
他们的罪恶。**”……

HEBREWS 10:17
(NIVUK)

17 Then he adds: 'Their sins and lawless acts I will **remember no more.**'

希伯来书
10:17
(CUVMPS)

17 以后就说：“我**不再记念**他们的罪愆和他们的过犯。”

ISAIAH 43:22-25
(NIVUK)

22 'Yet you have not called on me, Jacob, you have not wearied yourselves for me, Israel. 23 You have not brought me sheep for burnt offerings, nor honoured me with your sacrifices. I have not burdened you with grain offerings nor wearied you with demands for incense.

ISAIAH 43:22-25
(NIVUK)

24 You have not bought any fragrant calamus for me, or lavished on me the fat of your sacrifices. But you have burdened me with your sins and wearied me with your offences. 25 'I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.

以赛亚书 43:22-25
(CUVMPS)

22 “雅各啊，你并没有求告我！以色列啊，你倒厌烦我！²³ 你没有将你的羊带来给我做燔祭，也没有用祭物尊敬我，我没有因供物使你服劳，也没有因乳香使你厌烦。²⁴ 你没有用银子为我买菖蒲，也没有用祭物的脂油使我饱足，倒使我因你的罪恶服劳，使我因你的罪孽厌烦。²⁵ “唯有我，为自己的缘故，涂抹你的过犯，我也不記念你的罪恶。

ISAIAH 43:25
(NLT)

25 “I—yes, I alone—will blot out your sins for my own sake and will **never think of them again.**

以赛亚书
43:25
(CUVMPS)

25 “唯有我，为自己的缘故，涂抹你的过犯，我也不**纪念**你的罪恶。

GOD'S CHARGES AGAINST THE ISRAELITES:

- They have not called on God (vs 22)

神对以色列人的指控：

- 他们没有求告神（第22节）

GOD'S CHARGES AGAINST THE ISRAELITES:

- They have not called on God (vs 22)
- They have become tired of God (vs 22)

神对以色列人的指控：

- 他们没有求告神（第22节）
- 他们对神感到厌烦（第22节）

GOD'S CHARGES AGAINST THE ISRAELITES:

- They have not honoured God (vs 23-24)

神对以色列人的指控：

- 他们没有尊荣神（第23-24节）

GOD'S CHARGES AGAINST THE ISRAELITES:

- They have not honoured God (vs 23-24)
- They continued to sin against God (vs 24)

神对以色列人的指控：

- 他们没有尊荣神（第23-24节）
- 他们继续得罪神（第24节）

ISAIAH 43:24
(NIVUK)

24 ...But you have burdened me with your sins and wearied me with your offences.

以赛亚书
43:24
(CUVMPS)

24倒使我因你的罪恶服劳，使我因你的罪孽厌烦。

How can we forgive people and
move on from their mistakes?

我们如何饶恕他人，并不再纪念他们的过错？

**DON'T WEAPONISE
THEIR MISTAKES**

**不要武器化
他们的过错**

ISAIAH 43:25
(NLT)

25 “I—yes, I alone—will blot out your sins for my own sake and **will never think of them again.**

以赛亚书
43:25
(CUVMPS)

25 “唯有我，为自己的缘故，涂抹你的过犯，我也不**纪念**你的罪恶。

ISAIAH 43:26
(NKJV)

26 Put Me in remembrance; Let us contend together; State your case, that you may be acquitted.

以赛亚书
43:26
(CUVMPS)

26 你要提醒我，你我可以一同辩论；你可以将你的理陈明，自显为义。

Forgiveness should be like a cancelled debt
– torn in two, burned up, and never used
against the debtor again.

饶恕应该像一笔取消的债务——
被撕成两半、烧毁，永远不再用来对付债务人。

**DON'T WEAPONISE
THEIR MISTAKES**

**不要武器化
他们的过错**

**DON'T HOLD ON TO
THEIR MISTAKES**

**不要放不下
他们的过错**

ISAIAH 43:24
(NIVUK)

24 ...But you have **burdened** me with
your sins and **wearied** me with your
offences.

以赛亚书
43:24
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24倒使我因你的罪恶**服劳**，使我因
你的罪孽**厌烦**。

ISAIAH 43:25
(NLT)

25 “I—yes, I alone—will blot out your sins for my own sake and will never think of them again.

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25 “唯有我，为自己的缘故，涂抹你的过犯，我也不記念你的罪恶。

ISAIAH 43:25
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25 “I—yes, I alone—will blot out your sins **for my own sake** and will never think of them again.

以赛亚书
43:25
(CUVMPS)

25 “唯有我，**为自己的缘故**，涂抹你的过犯，我也不記念你的罪恶。

JAMES 4:4
(NIVUK)

4 You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.

雅各书 4:4
(CUVMPS)

4 你们这些淫乱的人哪，岂不知与世俗为友就是与神为敌吗？所以凡想要与世俗为友的，就是与神为敌了。

ISAIAH 38:17
(NIVUK)

17 ...In your love you kept me from the pit of destruction; you have put all my sins **behind your back**.

以赛亚书
38:17
(CUVMPS)

17 ……你因爱我的灵魂，便救我脱离败坏的坑，因为你将我一切的罪扔在**你的**背后。

2 CORINTHIANS
5:17 (NIVUK)

17 Therefore, if anyone is in Christ, the new creation has come: **the old has gone**, the new is here!

哥林多后书
5:17
(CUVMPS)

17 若有人在基督里，他就是新造的人，**旧事已过**，都变成新的了。

ACTS 9:3-5
(NIVUK)

3 As he neared Damascus on his journey, suddenly a light from heaven flashed around him. **4** He fell to the ground and heard a voice say to him, 'Saul, Saul, why do you persecute me?' **5** 'Who are you, Lord?' Saul asked. 'I am Jesus, whom you are persecuting,' he replied.

使徒行传 9:3-5
(CCB)

3 当他快到大马士革的时候，突然有一道光从天上射下来，四面照着他。
4 他倒在地上，听见有声音对他说：“扫罗！扫罗！你为什么迫害我？”⁵
他说：“主啊，你是谁？”那声音说：“我就是你所迫害的耶稣。”

ACTS 9:13
(NIVUK)

13 ‘Lord,’ Ananias answered, ‘I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem.

使徒行传
9:13 (CCB)

13 亚拿尼亚回答说：“主啊！我听见许多人说他对耶路撒冷的信徒大加迫害。

ACTS 9:26-27
(NIVUK)

26 When he came to Jerusalem, he tried to join the disciples, but they were all afraid of him, not believing that he really was a disciple. **27** But Barnabas took him and brought him to the apostles. He told them how Saul on his journey had seen the Lord and that the Lord had spoken to him, and how in Damascus he had preached fearlessly in the name of Jesus.

使徒行传 9:26-27
(CCB)

26 扫罗逃到耶路撒冷后，曾设法与当地的门徒联络，可是他们都怕他，不相信他是门徒。27 只有巴拿巴接待他，带他去见使徒，向他们陈述扫罗如何在路上遇见主，主如何对他说话，他又如何勇敢地在大马士革奉耶稣的名传道。

“The Apostle Paul entered heaven
hearing the cheers of those he martyred.
That’s how the Gospel works.”

“使徒保罗进入天堂时，竟听到了他杀害的人的欢呼声。
这就是福音的奇妙之处。”

VARIOUS AUTHORS 多位作者

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“First, forgive. Second, forget by choosing not to dwell on that which is forgiven and in the past. We have no right to keep in front of us what God has put behind Him.”

“首先，饶恕。其次，选择不再纠结于那些已被饶恕的过去，从而忘记它。我们无权将神扔在背后的事留在眼前。”

DAVID JEREMIAH 大卫·耶利米

“Forgiving other people who have wronged us
or hurt us or embarrassed us is not easy.
In fact, sometimes it seems impossible.
But that is what God did for us and
what He asks us to do for others.”

“饶恕那些冤枉、伤害或令我们难堪的人并不容易，
甚至看似难以做到。但这正是神为我们所做
的事，也是祂要求我们为他人做的。”

KORRIE ROBERTSON 科里·罗伯逊

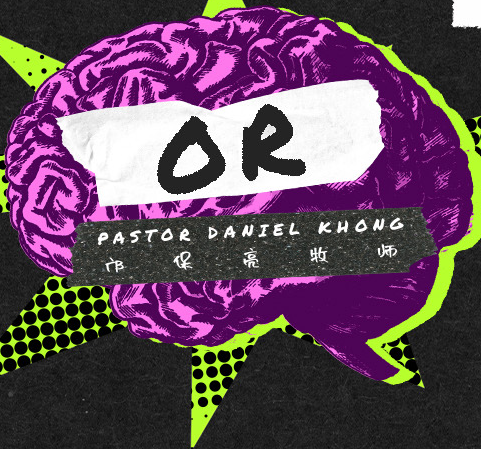
LUKE 23:34
(NIVUK)

34 Jesus said, 'Father, forgive them, for they do not know what they are doing.'...

路加福音
23:34 (CCB)

34 耶稣祷告说：“父啊，赦免他们！因为他们不知道自己正在做什么。”……

TO FORGET 纪念



不纪念 NOT TO FORGET?