

第三章:『饒恕 Forgiveness』

「耶穌在一個地方禱告，禱告完了，有個門徒對他說，求主教導我們禱告，像約翰教導他的門徒。耶穌說，你們禱告的時候，要說，我們在天上的父，願人都尊你的名為聖。願你的國降臨。願你的旨意行在地上如同行在天上。我們日用的飲食，天天賜給我們。赦免我們的罪，因為我們也赦免凡虧欠我們的人。不叫我們遇見試探，救我們脫離兇惡。」路加 11:1-4

1. 饒恕是一個昂貴的選擇 **Forgiveness is a costly choice**

本課程裡所提供的許多各方面人所遭遇的傷害與痛苦。無論這些的苦痛是來自背叛父母的愛子，婚姻的暗礁，事業上的明爭暗鬥，甚至於孩童的凌虐，老人與子女的翻臉，都會可能造成深深的傷痕，久久不能復原。我們如何幫助他們重建呢？他們的傷痕如何得醫治呢？雖然我們將會提供各個不同的輔導技巧，但是有一個特別從神而來的恩賜能幫助人重建與得醫治，那就是饒恕。

然而，這是容易的事嗎？若你是受害人，你會容易選擇饒恕嗎？若會的話，你饒恕的出發點在那裡呢？為了饒恕對方，你要付出甚麼代價呢？那麼還沒有信主的人會如何接受這建議呢？基督徒的幫助者怎樣「幫助」他們，而不至在「加害 Secondary Victimization」他們呢？

In some cases, forgiveness itself seems unfair and unnatural. Why should a woman forgive a robber who killed her husband as he was trying to protect their home? Why should a father forgive the man who raped his twelve-year-old daughter? The hurt and the pain are too much. Lives are radically and tragically altered-- even destroyed. Why should we forgive?

Lewis Smeds, Professor of Fuller Seminar and internationally recognized on the subject of forgiveness, writes in his book *Forgiving and Forget*: 「The honest heart is outraged by cheap nostrums for unfair hurts; it does not want to forgive at all, if forgiving leaves the victim exposed and encourages the wrongdoer to hurt again.

So we shall ask: Why forgive? And we should answer: Because forgiving is the only way we have to better fairness in our unfair world; it is love's unexpected revolution against unfair pain and it alone offers strong hope for healing the hurts we so unfairly feel.」

But more can be added. God beckons us to use the tool of forgiveness with those who have wronged us and hurt us. He does this not because He wants to push us into corners and demand that we suffer even more. No, He provides the tool of forgiveness because He first loved us and forgave us.

「Forgiveness is God's invention for coming to terms with a world in which... people are unfair to each other deeply. He began by forgiving us. And He invited us all to forgive each other.

Forgiving is love's toughest work and love's biggest risk. If you twist it into something it was never meant to be, it can make you a doormat. Forgiving seems almost unnatural. Our sense of fairness tells us that people should pay for the wrong they do. But forgiving is love's power to break nature's rule.」

2. 饒恕的幾個階段 **The stages of forgiveness**

- 2.1. 體會傷害的疼痛 Feeling the pain
- 2.2. 面對忿恨 Facing the reality of hate
- 2.3. 饒恕加害的人 Forgiving the one who offended

「Honest judgment, honest pain, and honest hate. True forgiveness do not pretend they don't suffer. They do not pretend the wrong does not matter much. True forgiveness desires true justice which can hold someone accountable for wrong acts. You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well」

3. 提供饒恕的機會 **Offering the choice of forgiveness**

- 3.1. 饒恕是絕對勉強不得,須要出於受害人自願自發.
- 3.2. 饒恕需要時間來學習,理解與運用.
- 3.3. 饒恕沒有時空的限制.
- 3.4. 饒恕是沒有辦法由他人代替的

4. 假的饒恕 What forgiveness is not

4.1. 饒恕並非「忘記」或「不去想它」：

「People do not have to forget after they forgive. Oftentimes, individuals interpret forgiveness as acting as if the harm had never occurred. They may remember their crisis or the harm done, but in forgiveness the debilitating pain is not so acute. In situations where loved ones have been killed through a criminal act, survivors are clear they do not want their loved one forgotten」

4.2. 饒恕並非藉口

「The perception of forgiveness that bothers victims is it may imply excusing the wrong. Forgiveness does not excuse or forget the actions or words that have caused great harm and wrong. But forgiveness has ability to free the one who was wronged from the pain, anger and hate that resulted from the wrong. In forgiving, one does not excuse but actually holds individuals accountable for their actions and then choose, with God's help, to move beyond the wrong and pain.」

4.3. 饒恕並非忍讓.

錯誤,傷害的事實程度

I-----I

認定錯誤與傷害的真實程度 + 但是願意在其上加諸恩慈的饒恕

I-----I-----I

(如 神明知我們的罪與過犯 + 但祂仍然愛我們並重新接納我們)

4.4. 饒恕並非盲目地相信加害者已經改過自新

信任的重建必須經過接受,饒恕的過程之後再有機會重新證明「可信度」

5. 饒恕的條件 Prerequisites for forgiveness

5.1. 認罪悔改 Remorse: 「I am sorry」

5.2. 歸正 Repentance: 「I wont do that again」

5.3. 補償 Restitution : 「I will pay four times of what I may have done wrong」

5.4. 重生 Regeneration: 「I will do whatever is right」