Healing through Forgiveness
饒恕別人得來的醫治

Illustration 1:

今天藉著聖經上約瑟的故事, 我們要來學習如何藉著饒恕冒犯我
們的人, 來得到醫治.

Today, based on the story of Joseph in the Bible, we are going to
learn how to be healed by forgiving those who offended us.

I. On the level of will, you need to say, "I will forgive my offender!"
  在意志的層面上, 你必須說, "我要赦免冒犯我的人".
  【創 Gen 41:50~52】

II. God will set your emotions free. 神會讓你的感情得到自由.
  【約 John 11:35】
  約瑟是聖經記載裡面, 哭得最多次的一個人. 我自己的計算, 他一共哭了
  9 次:
  Joseph is the person who cried the most times in the Bible record.
  According to my own calculation, he cried a total of 9 times:

1. 哥哥們第一次到埃及去買糧食.
   His brothers came to Egypt to buy food for the first time.
   【創 Gen 42:24】

2. 哥哥們第二次到埃及去買糧食, 這次帶了便雅憫同去.
   His brothers came to Egypt to buy food for the second time, and this
   time they took Benjamin with them.
   【創 Gen43:30】

3. 當約瑟和哥哥們相認的時候
   Joseph made himself known to his brothers.
   【創 Gen 45:2】

4. 被賣後 15 年, 約瑟有機會擁抱便雅憫
   15 years after he was sold, Joseph had the opportunity to embrace
Benjamin.
   【創 Gen45:14】

5. 約瑟和眾哥哥們擁抱哭泣
   Joseph hugged his brothers and cried.

【創 Gen 45:15】

6. 約瑟見到他的爸爸雅各/ Joseph met his father, Jacob.
   【創 Gen 46:29】

7. 約瑟在他父親死的時候大哭/ Joseph cried when his father died.
   【創 Gen50:1】

8. 約瑟在父親的墳地為他哀哭了 7 天
   Joseph made a mourning for his father seven days
   【創 Gen 50:10】

9. 約瑟又哭了, 當他的哥哥們來跪求他饒命
   Joseph cried again, when his brothers came to kneel and beg him for
   mercy.
   【創 Gen50:16~21】

**III. We then understand intellectually why things had happened this
    way./ 我們可以了解, 為什麼事情是這麼樣的發生?**
  【創 Gen 45:5】
  【創 Gen 45:8】
  【創 Gen 50:19~20】

**IV. When our will, emotion, and intellect are all coherent, we can
    then give glory to God.   當我們的意志, 感情, 理智都得到一致的時
候, 我們可以歸榮耀於神.**
  【羅 Rom5:1~5】

Application:
讓我們來到神的面前, 求取神的醫治, 從我們來到恩典的主面前, 說,
  "主, 我願意饒恕這位讓我受苦了這許多年的這個人" 來開始
Let us come to God and ask for God's healing by saying, "Lord, I am willing
to forgive this man who has caused me to suffer for so many years."

Reflection:
1. Could you pray for this person that has popped up so frequently when
you read the scripture of this sermon? What does it take to forgive this
person? 在讀這一段經文的時候, 這個一直在你的腦海中出現的人, 你可
以為他禱告嗎? 要甚麼樣的代價才能夠讓你完全的赦免他呢?

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