

HOW SHOULD I HANDLE MY REGRETS IN LIFE?

我該如何處理人生中的懊悔？

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A. Three Major Sources of Regret

懊悔的三大來源

1. Deliberate moments in life: things that we intentionally did that we knew were wrong.
人生中刻意的時刻：我們明知是錯，但仍故意去做的事情。
2. Disguised moments in life: things that we unintentionally did that harmed others.
人生中偽裝的時刻：我們無意中做了傷害他人的事情。
3. Domino moments in life: innocent events, in a chain, that led to harmful results.
人生中骨牌效應的時刻：一連串無害的事件，卻導致有害的結果。

B. A Biblical Response to Regret

聖經對懊悔的回應

A key ingredient to the answer to today's question is found in back-to-back events, tucked away in the later chapters of the Gospel of Matthew as Matthew details two back-to-back descriptions about two back-to-back failures in the lives of two key followers of Jesus. (See Matthew 26:69 – 27:5)

回答今天問題的一個關鍵因素是隱藏在馬太福音後面幾章的連續事件中。馬太詳細記載了耶穌兩個重要門徒在生命中兩次連續的失敗。（詳見馬太福音 26：69 – 27：5）

“Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it – I see that my letter hurt you, but only for a little while – yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”

(2 Corinthians 7:8-10)

“我先前寫信叫你們憂愁，我後來雖然懊悔，如今卻不懊悔，因我知道那信叫你們憂愁不過是暫時的。如今我歡喜，不是因你們憂愁，是因你們從憂愁中生出懊悔來。你們依著神的意思憂愁，凡事就不至於因我們受虧損了。因為依著神的意思憂愁，就生出沒有後悔的懊悔來，以致得救；但世俗的憂愁是叫人死。”（哥林多後書 7:8-10）

1. Discern the difference between worldly sorrow and godly sorrow.
分辨屬世的憂傷和屬神的憂傷之間的差異。

- a. Worldly sorrow improperly dwells upon our failure, fuels our shame, and keeps us stuck in self-condemnation.
屬世的憂傷讓我們錯誤地糾纏於自己的失敗，助長了羞愧感，使我們陷入自我譴責之中。
- b. Godly sorrow properly recognizes our failure, turns to God, receives forgiveness, and moves on.
屬神的憂傷讓我們正確地認識到自己的失敗，從而轉向神，獲得寬恕，然後繼續前進。

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

“我們若認自己的罪，神是信實的，是公義的，必要赦免我們的罪，洗淨我們一切的不義。” (約翰一書 1:9)

“For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.”

(Psalm 103:11-12)

“天離地何等的高，他的慈愛向敬畏他的人也是何等的大。
東離西有多遠，他叫我們的過犯離我們也有多遠。” (詩篇 103:11-12)

“One thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

(Philippians 3:13b-14)

“我只有一件事，就是忘記背後，努力面前的，向著標竿直跑，要得神在基督耶穌裡從上面召我來得的獎賞。” (腓立比書 3:13 下-14)

A Possible Prayer... 可以這樣禱告……

“Lord, I bring my guilt and my regret before you right now. I am sorry for what I did (name what you did.) Lord, I repent of my role. I thank you that you have forgiven me and have removed my sin from me. Please help me to do what I should to make things right, and to move forward in Jesus’ name.”

“主啊，我現在將我的罪孽和懊悔帶到祢面前。我對我的所作所為（請具體說明）感到抱歉。
主啊，我為自己所扮演的角色悔改。我感謝祢已經寬恕了我
並除去了我的罪。求祢幫助我做我應該做的事，使事情得以糾正，
並奉耶穌的名向前邁進。”