

A FAITH THAT DOESN'T HOLD ON TO HURT

James: A Faith That Works When Life Doesn't – Part 22
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LIVING IN A CULTURE OF ANGER & BITTERNESS

“Everyone has turned from God and is going the wrong direction. Nobody is living right. People tell lies about others that stink like an open grave. They verbally attack each other with poisonous words like the venom of a deadly snake. Their speech is filled with vicious curses and bitter resentment, and they are quick to react violently with anyone who disagrees. So, wherever they go, they leave division and misery because they've never learned how to live in peace.” - Romans 3:12-17

James to believers: “(In worship), we praise our Lord and Father but then (in the world) we curse the people that God himself created in his image! Out of the same mouth comes blessing and bitterness! Brothers and sisters, this is not right! There is no way that SWEET water and BITTER water can flow out of the same spring!”
- James 3:9-11

WHY SHOULD I NEVER HOLD ON TO A HURT?

(THE COST OF BITTERNESS)

1. ANYTIME I HARBOR A HURT, I _____ OF GOD'S WILL

“If you are angry, you cannot do ANY of the good things that God wants done!”
- James 1:20 (CEV)

“Human anger does not achieve God's righteous purpose.”
- James 1:20 (TEV)

2. ANYTIME I RETAIN RESENTMENT, I HALT MY HAPPINESS

“Some men stay happy until the day they die . . . others have no happiness at all; because they live and die with bitter hearts.” - Job 21:23-25 (TEV)

3. ANYTIME I BREATHE BITTERNESS, I SUFFOCATE MY SPIRIT

“A stone is heavy and sand is weighty, but the resentment caused by a fool is heavier than both.”
- Proverbs 27:3 (NLT)

“You are only hurting yourself with your anger.” - Job 18:4 (TEV)

4. ANYTIME I _____ ANGER, I HARM MY HEALTH

“To worry yourself to death with resentment is a foolish, senseless thing to do.”
- Job 5:2 (TEV)

“All they get are days full of sadness and sorrow, and they end up sick, defeated, and angry.”
- Ecclesiastes 5:17 (NCV)

5. ANYTIME I HOLD A GRUDGE, I WILL HURT MANY PEOPLE

“Look after each other so that you keep living in God's grace, being gracious to each other. See that no root of bitterness grows up among you, because if you become bitter about anything, you'll miss God's grace, and that will cause much trouble. A bitter person will poison and ruin everyone else.”
- Hebrews 12:15

6. ANYTIME I WON'T LET IT GO, I ACT LIKE AN UNBELIEVER

“Angry people without God pile grievance upon grievance, always blaming others for their troubles.” - Job 36:13 (The Message)

“The godless are full of resentment.” - Job 36:13 (NLT)

7. ANYTIME I WON'T _____, I BLOCK GOD'S FORGIVENESS

Jesus: “If you refuse to forgive others, your Father will not forgive your sins.”
- Matthew 6:15 (NLT)

HOW DO YOU LET GO OF A HURT?

1. GIVE IT TO GOD

“Whenever you pray, if you have anything against anyone, forgive him and let it drop – just leave it and let it go, in order that your Father in heaven may also forgive you for YOUR failings and shortcomings and let them drop.”
- Mark 11:25 (Amp)

“What is needed everywhere is for people to lift their holy hands in prayer instead of having angry disputes and resentment.” - 1 Timothy 2:8

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

2. HEAL IT WITH _____

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” - Ephesians 4:32 (NIV)

“God says, ‘My gracious favor is all you need. My power works best in your weakness.’” - 2 Corinthians 12:9 (NLT)

“EVERYTHING you say should be kind and well thought out so that you know how to answer everyone.” - Colossians 4:6 (GW)

3. NAIL IT TO THE _____

“Those who belong to Christ Jesus have nailed their sinful attitudes and desires to his cross and crucified them there. So now, since the Holy Spirit has given us a new life and power, let us follow His leading in every part of our lives. Let us not be pridefully stubborn, or irritate each other, or be jealous of each other.”
- Galatians 5:24-25

1. walk out 2. internalize 3. forgive 4. grace 5. cross

放開傷痛的信心

在人生困境中活出真信心—第二十二部

6 September 2020

華理克牧師

活在一個充滿憤怒和苦毒的文化中

“人人都背棄了上帝，走向錯誤的方向。沒有人活得正直。人們彼此欺騙，臭得像敞開的墳墓；他們用惡毒的說話來攻擊對方，如同致命的蛇毒。他們的言語充滿凶殘的咒罵和苦毒的怨恨。他們也匆匆回應那些意見不同的人。所以無論他們往哪裏去，都留下分裂和痛苦。因為他們從來都學不懂如何和睦共處。”

- 羅馬書 3:12-17 (意譯)

雅各對信徒說：“(敬拜的時候) 我們讚美我們的主和天父，然後卻 (在世界) 咒詛上帝以自己形象所造的人。祝福和苦毒竟然出自同一張嘴，弟兄姊妹啊，這是不對的！甜水與苦水豈可從同一個水泉流出來？”

- 雅各書 3:9-11(意譯)

為何我永遠都不應緊握著傷痛？

(苦毒的代價)

1. 每當我心存傷痛，我就會_____上帝的旨意

“如果你生氣，你就無法成就上帝心目中的任何美事！”

- 雅各書 1:20 (CEV 意譯)

“人的怒氣並不能達成上帝公義的目的。”

- 雅各書 1:20 (TEV 意譯)

2. 每當我存留怨恨，我就會止住了我的快樂

“有人至終都很快樂…有些人鬱鬱不歡，因為他們或生或死，都懷著苦澀的心。”

- 約伯記 21:23-25 (TEV 意譯)

3. 每當我吸進苦毒，我就會令靈魂窒息

“石頭重，沙土沉，愚昧人挑起的怨恨更沉重。”

- 箴言 27:3 (新普及譯本)

“你的忿怒傷害了你自己。”

- 約伯記 18:4 (現中修訂版)

4. 每當我將怒氣_____，我就會損害我的健康

“帶著怨恨擔心至死，是愚蠢無知的事情。”

- 約伯記 5:2 (TEV 意譯)

“他們只得到充滿憂傷和悲哀的日子，最終病倒、挫敗和憤怒。”

- 傳道書 5:17 (NCV 意譯)

5. 每當我懷恨在心，我就會傷害很多人

“要彼此看顧，你們就會繼續活在上帝恩典中、繼續恩待對方。要確保你們之間沒有長出苦根，因為如果你為任何事情而變得苦毒，你就錯失了上帝的恩典，也會造成很大的麻煩。一個苦毒的人，會毒害和毀掉所有人。”

- 希伯來書 12:15 (意譯)

6. 每當我不肯放下，我就表現得像個不信的人

“憤怒而沒有上帝的人，積累起滿腹牢騷，總是把自己的煩惱歸咎於別人。”

- 約伯記 36:13 (信息本意譯)

“不信上帝的人充滿怨恨。”

- 約伯記 36:13 (NLT 意譯)

7. 每當我不肯_____人，我就會阻擋上帝的寬恕

耶穌：“你們如果不寬恕別人，你們的父也不會寬恕你們的罪。”

- 馬太福音 6:15 (新普及譯本)

如何放下傷痛？

1. 把傷痛交給上帝

“每當你祈禱時，如果你對任何人有甚麼不滿，就寬恕他，並且別再提起了：別碰了，放手吧。那麼你們的天父也會寬恕你的過失和你的缺點。別再提起了。”

- 馬可福音 11:25 (Amp 意譯)

“各處都需要的是，讓人們舉起聖潔的雙手禱告，而不是有憤怒的糾紛和怨恨。”

- 提摩太前書 2:8 (意譯)

“...永遠不要自己報仇，要交給上帝，因他說過會回報那應得的人！”

- 羅馬書 12:19 (LB 意譯)

2. 藉着_____來治癒傷痛

“要仁慈與體諒對方，彼此寬恕，就如上帝在基督裏寬恕了你。”

- 以弗所書 4:32 (NIV 意譯)

“上帝說：「你只需要我的恩眷，因為我的能力在你的軟弱上最見功效。」”

- 哥林多後書 12:9 (NLT 意譯)

“你們的言談總要溫和，深思熟慮，好讓你知道如何回答各人。”

- 歌羅西書 4:6 (GW 意譯)

3. 把它釘在_____上

“那些屬於耶穌基督的人，已經把他們罪惡的心態和渴望釘在他的十架上，並釘死在那裏。現在，聖靈賜給我們新的生命與力量，讓我們在人生每個範疇都跟隨他的帶領，不要驕傲固執，或刺激對方，或互相嫉妒。”

- 加拉太書 5:24-25 (意譯)

1. 遠離 2. 潛移默化 3. 寬恕 4. 恩典 5. 十字架