How to Forgive

When Peter asked Jesus how many times he shall forgive, Jesus told him 70 times 7 times. (Matthew 18: 21-35) The word 7 appears 7 times in the Book of Genesis. It appears 392 times in the Old Testament and 87 times in the New Testament. The complete cycle of God's creation including Sabbath is 7 days. That's the reason we have 7 days in a week. 7 in the Bible is a perfect number. It means complete or full. 7 x 70 is more than full. It is like 110% -- an accentuated number.

Many of us have been hurt or mistreated by the words or actions from others and sometimes they even come from our loved ones. These wounds can leave us with lasting feelings of anger, bitterness and even vengeance. We have two choices: we can hold grudges or we can forgive.

We all know that to forgive is the right answer. Not only we have to obey what Christ commanded us to do but we also have to ensure our health and happiness. Here is how to do it in steps:

1. **Make a decision --** Forgiveness is a decision. We must determine to move from being the **victim** to the **victor** of the situation. We must determine to let go of our resentment and thoughts of revenge.
2. **Make a plan** -- Begin by writing a journal, praying to God, and talking with someone -- a minister, or an unbiased family member or friend. Then make a plan towards forgiveness in small steps.
3. **Make changes** – Begin from attending social functions with the offending person present. Include the offending person in our mass email list. When we are ready, begin to forgive the person who has offended us in our hearts.

Let us pray: O God, it is not easy to forgive but we know it is the only way to have a happy life and to be faithful as the follower of Jesus Christ. Please help us to be strong in letting go of our grudges and forgive those who had hurt us. Amen.

怎樣饒恕

當彼得問耶穌當饒恕多少次， 耶穌說 70 個 7 次 (馬太福音 18:21-35) 。7 的數字在創世記出現了 7 次，在舊約 392 次，新約 87 次。一星期有 7 日，因爲神造天地及安息共用了 7 天。7 是完全的意思，7 乘 70 就更加完全了。

我們往往被別人或親友的行爲或言語所中傷，使我們懷恨在心，甚至充滿了復仇的心態，叫我們寢食不安，我們應報仇雪恨還是饒恕他人呢？

我們心裏明白，不但主耶穌叫我們要饒恕得罪我們的人，而且我們若要有健康的心態及快樂的人生，也必定要原諒別人的過犯，以下是饒恕別人的三個步驟。

1. **下定決心** -- 我們首先要決定原諒別人，放棄我們的仇恨和報復的心。

2. **定下計劃** -- 我們可嘗試用日記方式寫下我們內心的感受，向神禱告，求神賜我們有勇氣去饒恕他人，也可向牧師或朋友尋求輔助，定下一可行的計劃，按步就班地實行。

3. **做好改變** -- 我們無論在內心及行爲上，都要作出改變，例如參加對方也出席的宴會或活動及在電郵通訊的名單中也包括他們，等到內心得到平安時，才與對方作出真誠的交談，從心裡真正的饒恕他(她)。

請禱告：主阿，饒恕他人真是不容易啊! 但爲了遵行祢的命令，也爲了自己的心理的健康及要有喜樂的心，我唯有選擇饒恕別人。求主賜我力量，叫我能大大方方地饒恕得罪我的人。阿們。