

Garden of Regrets

April 21, 2024

Bo Stern-Brady

懊悔的花園

2024年4月21日

珀·斯坦恩-布雷迪

詩歌一：I Believe [我相信]

詞：曾祥怡 Grace Tseng 曲：曾祥怡、游智婷 Grace Tseng, Sandy Yu

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[Verse]

我相信天父創造世界
我相信耶穌死裡復活
我相信聖靈住在我心
賜給我寶貴極大能力

我敬拜 高舉耶穌基督的名
超乎萬名之上的名

[Bridge]

耶穌是主 耶穌是主
死亡的毒鈎 你在哪裡
墳墓不能勝過復活的能力
耶穌是主 耶穌是主
萬膝要跪拜 萬口承認
耶穌基督 世界的主

[Chorus]

I believe 我相信耶穌是真神
永遠得勝君王

詩歌二：我們的神 You Are Our God

詞：鄭懋柔 Tiffany M. Cheng、游智婷 Sandy Yu 曲：游智婷 Sandy Yu

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[Verse]

諸天述說天父的榮耀
穹蒼傳揚奇妙的作為
張開雙手 萬物得飽足
萬口承認祢是我們的神

我們的神 坐在寶座上
聖殿充滿榮耀 萬民敬拜
全能的神 我們尊崇祢
聖潔榮耀 尊貴 能力 都歸於祢

[Bridge]

祢說話 命立就立 祢吹氣 就得生命
萬物齊唱「哈利路亞」 聖哉聖哉聖哉

[Chorus]

詩歌三: **Goodness Of God** 主的良善

原作/原唱: Bethel Music 中文敬拜: 新店行道會 TOPCHURCH

主我愛你 你的憐憫永不改變
每一天 你的恩手扶持我
清晨當我睜開雙眼 直到我躺臥
我要歌唱 神的良善榮美

你的聲音 領我經過水火試煉
黑暗中 如此親近我的靈
你是我的天父 你是我良友
一生活在 你的良善榮美

一生信實對我顧念 一生美好待我 到永遠
一切所有生命氣息 要歌唱 神的良善榮美

你良善永看顧我 永伴隨我生命
你良善永看顧我 永伴隨我生命
當我降服你 我獻上生命 所有全屬於你
你良善永看顧我 永伴隨我生命

Message 信息

The cry of my heart for a few years now has been: freedom. I am getting old enough that I see so many people around me that are my age and still bound up by stupid stuff. Enslaved to bitterness, addiction, anger, envy, pride, anxiety...they've lived with those chains so long they don't even recognize that life is possible without them.

幾年來我內心的呼喊一直是:自由。我已經長大了,我看到周圍有很多和我同齡的人仍然被愚蠢的事情所束縛。他們被痛苦、成癮、憤怒、嫉妒、驕傲、焦慮所奴役.....他們與這些鎖鏈生活在一起太久了,他們甚至沒有意識到沒有它們生活也是可能的。

Jesus: ***Everyone who sins is a slave to sin. 35 Now a slave has no permanent place in the family, but a son belongs to it forever. 36 So if the Son sets you free, you will be free indeed.***

耶穌回答說:我實在告訴你們,所有犯罪的都是罪的奴僕。奴僕不能永遠住在家裡;兒子是永遠住在家裡。所以天父的兒子若叫你們自由,你們就真自由了。

This feels really big to me...like goosebump-raising big. When you realize you are truly a son or daughter of God...when are able to fully receive and live into the love that He offers - you will be FREE. Truly free. This is what I want.

這對我來說真的很重要.....就像令人起雞皮疙瘩一樣。當你意識到你真正是神的兒子或女兒時...當你能夠完全接受並活在祂所提供的愛中 - 你就會自由。真正自由。這就是我要的。

Freedom is about Lordship. Not just the list of things you've chosen to believe about Jesus, but the way you've invited Him into the garden of your life to let Him walk around and feed and water and pull some weeds.

自由是關於主權的。不僅是你選擇相信的關於耶穌的一系列事情，還有你邀請他進入你生命花園，讓他走來走去、餵食、澆水和除草的方式。

Weed-pulling is hard. I hate it. It's backbreaking work. And weed-pulling in our own gardens is especially hard because we've grown used to some of the weeds and don't even recognize that they're choking out the life of other things. Or some of them are just really, really hard to get rid of (those things in our yard - horse tails?) OR...some of them look pretty. I love Queen Anne's lace, but it spreads rapidly and kills the rest of the life in a garden. IN some places it's known as devil's plague. SO...weed pulling can be tricky business. The apostle Paul understands this. He writes LOTS Of weed-pulling letters to the early church. Most of his letters, in fact, are at least some of that. Some encouragement, some correction. One of the most direct is 1 Corinthians. (Little bit of history).

拔草很難。我恨它。這是一項艱苦的工作。在我們自己的花園裡除草尤其困難，因為我們已經習慣了一些雜草，甚至沒有意識到它們正在扼殺其他東西的生命。或者其中一些真的非常非常難以擺脫(我們院子裡的那些東西 - 馬尾草?)或者.....其中一些看起來很漂亮。我喜歡雪珠花，但它傳播得很快，會殺死花園裡的其他生命。在某些地方，它被稱為魔鬼瘟疫。所以.....除草可能是一件棘手的事。使徒保羅明白這一點。他給早期教會寫了很多煽動性的信。事實上，他的大部分信件至少都是其中的一部分。一些鼓勵，一些糾正。最直接的之一是《哥林多前書》。(一點歷史)。

He talks to them about:

他與他們談論：

- Division and Disunity
- Sexual Immorality
- Lawsuits Among Believers
- Disorder in Worship:
- Resurrection of the Dead ...addressing doubts and misunderstandings among some Corinthian believers (1 Corinthians 15).
- 分裂與不團結
- 淫亂
- 信徒之間的訴訟
- 崇拜混亂：
- 死者復活...解決一些哥林多信徒的疑問和誤解(哥林多前書 15)。

These were fellow believers - he calls them brothers and sisters - they are IN the garden that is the church. But they have brought their weeds in with them and it is impacting the whole garden. So he writes them a letter about lordship - how does His lordship look in your disagreements, in your sexuality, in your management of your hurt or your money, in your worship. And then he waits...wondering if they still love him or not. Wondering if he could've said it differently or maybe saved some stuff for later or taken a path of less resistance. (I've had this same experience as both a pastor and a parent more times than I can count.) What would the church in Corinth do with this letter? What would they do with the pain that the letter caused? How would they respond to the messenger of pain? That's 1 Corinthians.

這些是信徒同工——他稱他們為兄弟姊妹——他們在教會的花園裡。但他們把雜草也帶了進來，影響了整個花園。所以他給他們寫了一封關於主權的信——他的主權如何看待你們的分歧、你們的性取向、你們對傷害或金錢的管理、你們的崇拜。然後他等待.....想知道他們是否還愛他。想知道他是否可以用不同的方式表達，或者可以留一些東西以後再處理，或者採取一條阻力較小的道路。（身為牧師和家長，我有過同樣的經歷，次數多得我數不清。）哥林多教會會如何處理這封信？他們會如何處理這封信造成的痛苦呢？他們會如何回應痛苦的使者？這是哥林多前書。

2 Corinthians is Paul's followup letter. It's beautiful and we're going to camp out in one section of it for the rest of our time together and see what Jesus might want to say to us as we also tend our gardens and the garden that is B4 church...as we work to cultivate something that flourishes for generations...not fields of Queen Anne's lace - stuff that grows fast, looks pretty and eventually snuffs out the life of everything else.

哥林多後書是保羅的後續書信。它很美，我們將在剩下的時間裡在其中的一個區域露營，看看耶穌可能想對我們說些什麼，同時我們也照顧我們的花園和 B4 教堂的花園.....當我們努力工作時培育一些能夠世代繁榮的東西.....而不是雪珠花——那些生長得很快、看起來很漂亮、最終會扼殺其他一切生命的東西。

2 Corinthians

哥林多後書

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God. 2 Corinthians 7:1.

哥林多後書 7:1 親愛的弟兄阿，我們既有這等應許，就當潔淨自己，除去身體、靈魂一切的污穢，敬畏神，得以成聖。」

This verse seems a little like a standalone but it sets up Paul's next section of text which is going to reveal some secret weapons in the healthy cultivation of our souls: Pain,

sorrow and regret. 這節經文看起來有點像獨立的經文，但它為保羅的下一節經文奠定了基礎，該節經文將揭示我們靈魂健康培養的一些秘密武器：痛苦、悲傷和遺憾/懊悔。

Make room for us in your hearts. We have wronged no one, we have corrupted no one, we have exploited no one. I do not say this to condemn you; I have said before that you have such a place in our hearts that we would live or die with you. I have spoken to you with great frankness; I take great pride in you. I am greatly encouraged; in all our troubles my joy knows no bounds. 2 Co. 7:2-4.

哥林多後書 7:2-4 **2** 你們要心地寬大收納我們。我們未曾虧負誰，未曾敗壞誰，未曾佔誰的便宜。**3** 我說這話，不是要定你們的罪。我已經說過，你們常在我們心裡，情願與你們同生同死。**4** 我大大的放膽，向你們說話；我因你們多多誇口，滿得安慰；我們在一切患難中分外的快樂。

IN my bible margins I wrote: *What a life!* In all my troubles, my joy knows no bounds. We're so focused on either joy or sorrow, but Paul introduces the idea of both, held in tension within one heart or one soul or one mind. 我在聖經頁邊寫道：多麼美好的生活啊！在我所有的煩惱中，我的快樂是無限的。我們如此關注歡樂或悲傷，但保羅引入了兩者的概念，在一顆心或一個靈魂或一個頭腦中處於緊張狀態。

Then he talks more about the trouble: 然後他更多地談論了這個麻煩：

For when we are into Macedonia, we had no rest, but we were harassed at every turn - conflicts on the outside, fears within. 2 Co. 7:5.

哥林多後書 7:5 我們從前就是到了馬其頓的時候，身體也不得安寧，周圍遭患難，外有爭戰，內有懼怕。

Been there? Are there? Keep reading...去過那裡？在那兒？繼續閱讀...

But God, who comforts the downcast, comforted us by the coming of Titus, and not only by his coming but also by the comfort you had given him. He told us about your longing for me, your deep sorrow, your ardent concern for me, so that my joy was greater than ever. 2 Co. 7:6-7

哥林多後書 7:6-7 ⁶但那安慰喪氣之人的神藉著提多來安慰了我們；⁷不但藉著他來，也藉著他從你們所得的安慰，安慰了我們；因他把你們的想念、哀慟，和向我的熱心，都告訴了我，叫我更加歡喜。

Titus = trusted coworker of Paul who is facilitating a sort of mediation between him and the church in Corinth. He meets with him in Macedonia and brings news of the church and their current condition. Though Paul is talking about how HE feels in this verse, it's actually telling us what the response of the Corinthians was to the weed-pulling and

correction that Paul had brought to them in the form of his first letter. We can learn so much from the church in Corinth: 提多=保羅值得信賴的同工，他正在促進保羅和哥林多教會之間的某種調解。他在馬其頓與他會面，帶來了教會的消息和他們目前的狀況。雖然保羅在這節經文中談論的是他的感受，但它實際上告訴我們哥林多人對保羅在第一封信中給他們帶來的除草和糾正的反應。我們可以從哥林多教會學到很多：

They receive a letter filled with correction. How do you feel when your neighbor tells you how to park? Or you receive a ticket? Or a friend confronts you to 'do better'. In my job, I have lots of chances to receive correction. Every time, it's a test of how I will respond. The clarifying question for me is: *What is the truth in the pain?* The Corinthians faced this question, too, and decided they would not turn to blame or recrimination, they would not become bitter or defensive, not only would they not kill the messenger, they would view him with ardent concern and with tender, sincere care for his wellbeing. 他們收到一封教會需要被修正的信。當你的鄰居告訴你如何停車時，你有何感受？或是你收到了罰單，或一位朋友要求你「做得更好」。在工作中，我有很多被修正的機會。每一次，這都是我如何面對的考驗。對我來說，澄清的問題是：痛苦的真相是什麼？哥林多人也面臨這個問題，並決定他們不會責備或相互指責，他們不會變得痛苦或防禦，他們不僅不會殺死帶話人，而且會以熱切的關心和溫柔、真誠的關懷來看待他。

Even if I cause 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 beams sorrowful as God intended and so were not harmed in anyway way by us. Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 2 Co. 7:8-10

哥林多後書7:8-10 8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。⁹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。¹⁰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。

One of the secret weapons in the cultivation of our souls is: Sorrow - identifying it and what it is trying to produce in our lives. In this text, Paul is specifically talking about the sorrow born of regret. 培養我們靈魂的秘密武器之一是：悲傷/憂愁——識別它以及它試圖在我們的生活中產生什麼。在這段經文中，保羅特別談到因後悔而產生的悲傷。

Regret. ("No regrets". Yikes.) Regret is powerful. It can lead us to retrace and redirect our steps. There's a word for this life-giving, soul-freeing process. It's in that very last sentence... 後悔。（「非諸多後悔」。哎呀。）後悔的力量是強大的。它可以引導我們回顧並

重新調整我們的腳步。有一個詞來形容這種賦予生命、解放靈魂的過程。就在最後一句話

...

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 2 Co. 7 哥林多後書7:10 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。

Their response to the sorrow they felt: earnestness, eagerness to clear yourselves, indignation, alarm, longing, concern, readiness to see justice done. This is the response born of repentance. Metanoia - a change of direction and it's a change that leads to freedom and flourishing - but it's usually initiated by something we do that causes regret. And when we run into something we've done that has caused pain in ourselves or in someone else, we have three choices. 他們對悲傷的反應是：真誠、渴望潔淨自己、憤慨、驚慌、渴望、關心、願意看見正義得到伸張。這是悔改所產生的反應。Metanoia——方向的改變，這種改變會帶來自由和繁榮 - 但它通常是由我們所做的一些導致後悔的事情引發的。當我們面對自己做過的事情帶給自己或別人痛苦時，我們有三種選擇。

Three responses to regret: 對懊悔的三種反應：

- **Feed it** 持續餵養(陷入)
- **Bury it** 埋藏它
- **Use it** 使用它

Feed it...beat yourself up with guilt, shame, remorse, bitterness, anger. This is a natural, but disastrous decision. The enemy uses regret. It's an old weapon that keeps making a new wound. Easy trick to take advantage of us. Don't feed the weeds! 餵養陷入 - 用內疚、羞恥、自責、痛苦、憤怒來打擊自己。這是一個自然但災難性的決定。敵人利用懊悔。這是一把舊武器，不斷製造新傷口。利用我們的簡單伎倆。不要餵養雜草！

Bury it. Justify, block, blame something or someone else. Distract yourself with something else. Numb yourself with something else. But this never works long term. Don't feed the weeds - but also don't bury them because, like the horse tail in my hard, they don't stay buried and they keep you locked up. 埋藏。辯護、阻擋、或指責其他事其他人。用其他事情分散自己的注意力。用別的東西麻痺自己。但這從長遠來看是行不通的。不要餵養雜草，但也不要埋葬它們，因為就像我花園裡的馬尾巴草一樣，它們不會保持被埋起來的狀態，而且把一直你鎖住。

Use it. Repentance! Amend the soil. But repentance can be hard, because it's more than an event or an action or an apology - it's a *change*. It's the imitation of a new way. 使用它。悔改！改良土壤。但悔改可能很難，因為它不僅僅是一個事件、一個行動或一個道歉——它是一種改變。這是一種新方式的效仿。

"Most of us prefer remorse to repentance. We would rather say, "I'm sorry. I'm so sorry. I feel really, really awful about what I have done" than actually start doing things differently. Chronic guilt is the price we are willing to pay in order to avoid change."

Barbara B Taylor “我們大多數人都更喜歡悔恨而不是悔改。我們寧願說：「對不起。我很抱歉。我對自己所做的事情感到非常非常糟糕”，而不是真正開始以不同的方式做事。長期內疚是我們為了避免改變而願意付出的代價。”芭芭拉·B·泰勒

Retrace and redirect your steps. 回顧並重新調整你的腳步。

Walk through the garden of your soul...what feels dry, barren, weedy. Write down the name of that regret. 走過你靈魂的花園...哪裡感覺乾燥、貧瘠、雜草叢生。寫下那個遺憾的名字。

Is there anything you need to do that you haven't done to address that regret? Ask forgiveness? Right a wrong? Have a conversation? Set some boundaries? 有沒有什麼是你需要做但還沒做的來彌補遺憾的？請求原諒？糾正錯誤？開始對話？設定一些界線？

----> **Ask the Holy Spirit for insight.** 求聖靈賜予洞察力。

-What was my responsibility in this? (remembering honestly) 我在這件事上的責任是什麼？（如實記住）

-Is there anything I need to do that I haven't yet (ask forgiveness, make restitution, let go of anger or bitterness in some way, etc.) 有什麼我需要做而我還沒有做的事情嗎（請求寬恕、補償、以某種方式釋放憤怒或苦毒等）

-What were the wins - then and now? What I learned? (Remembering correctly) 過去和現在有哪些勝利？我學到什麼？（沒記錯的話）

-Have I been forgiven by You? Have I forgiven myself? (Forgive yourself for mistakes you made - did you do as well as you knew to do? When you know better, do better - but give yourself room for not knowing what you didn't know. Forgive yourself for not knowing what you didn't know. Forgive yourself for not trusting God enough. 我已經被你原諒了嗎？我原諒自己了嗎？（原諒自己犯下的錯誤- 你是否做了你應該要做的事情？當你知道得更好時，也做得更好 - 但給自己不知道自己當時不知道的事留個餘地。原諒那個不知道自己當時不知道的自已，原諒自己不夠信任上帝。

Seeds of repentance grow into a harvest of truth and truth will set you free. 悔改的種子會成長為真理的收穫，而真理會讓你獲得自由。

RESPONSE 回應

