

羅馬書 Romans 12:14-21

逼迫你們的，要給他們祝福；只要祝福，不可咒詛。與喜樂的人要同樂；與哀哭的人要同哭。

Bless those who persecute you; bless and do not curse.
Rejoice with those who rejoice; mourn with those who mourn.

羅馬書 Romans 12:16

要彼此同心；
不要志氣高大，
倒要俯就卑微
的人（人：或
作事）；不要
自以為聰明。

Live in harmony
with one
another. Do not
be proud, but be
willing to
associate with
people of low
position. Do not
be conceited.

羅馬書 Romans 12:17

不要以惡報惡；
眾人以為美的事
要留心去做。

Do not repay
anyone evil for
evil. Be careful
to do what is
right in the eyes
of everyone.

羅馬書 Romans 12:18

若是能行，總要
盡力與眾人和睦。

If it is possible,
as far as it
depends on
you, live at
peace with
everyone.

羅馬書 Romans 12:19

親愛的弟兄，
不要自己伸冤，
寧可讓步，聽
憑主怒；因為
經上記著：主
說：伸冤在我；
我必報應。

Do not take
revenge, my
dear friends, but
leave room for
God's wrath, for
it is written: "It is
mine to avenge;
I will repay," says
the Lord.

羅馬書 Romans 12:20

所以，你的仇敵若餓了，就給他吃，若渴了，就給他喝；因為你這樣行就是把炭火堆在他的頭上。

On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

羅馬書 Romans 12:21

你不可為惡所勝，
反要以善勝惡。

Do not be
overcome by
evil, but
overcome evil
with good.



OVERCOMING EVIL 以善勝惡

Romans **羅馬書** 12:14-21



Overcoming Anger 克服憤怒



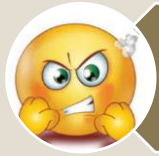
Overcoming Pride 克服驕傲



Overcoming Envy 克服嫉妒



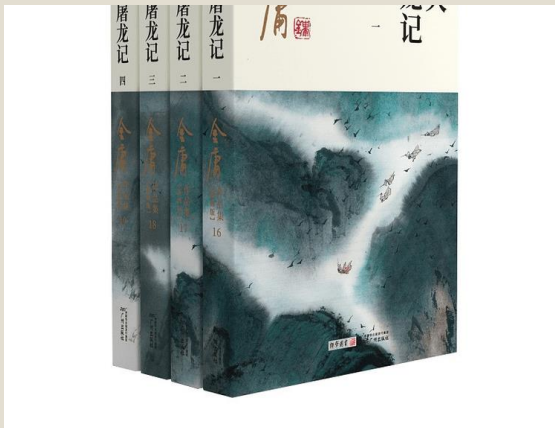
Overcoming Worry 克服憂慮



Overcoming Grumbling 克服抱怨



Overcoming Evil 以善勝惡



- ✓ Love sincerely 愛人
- ✓ Hate evil 惡要厭惡
- ✓ Do good 善要親近
- ✓ Devote to one another 彼此親熱
- ✓ Honor one another 恭敬人
- ✓ Serve zealously 火熱服事主
- ✓ Be joyful 要喜樂
- ✓ Be patient 要忍耐

DO's

- ✓ Pray faithfully 恆切禱告
- ✓ Share with needy 缺乏要幫補
- ✓ Practice hospitality 款待人
- ✓ Live in harmony with one another 與眾人和睦
- ✓ Be sympathetic 同情心

- × Be proud 驕傲
- × Be overcome by evil 為惡所勝

DON'Ts

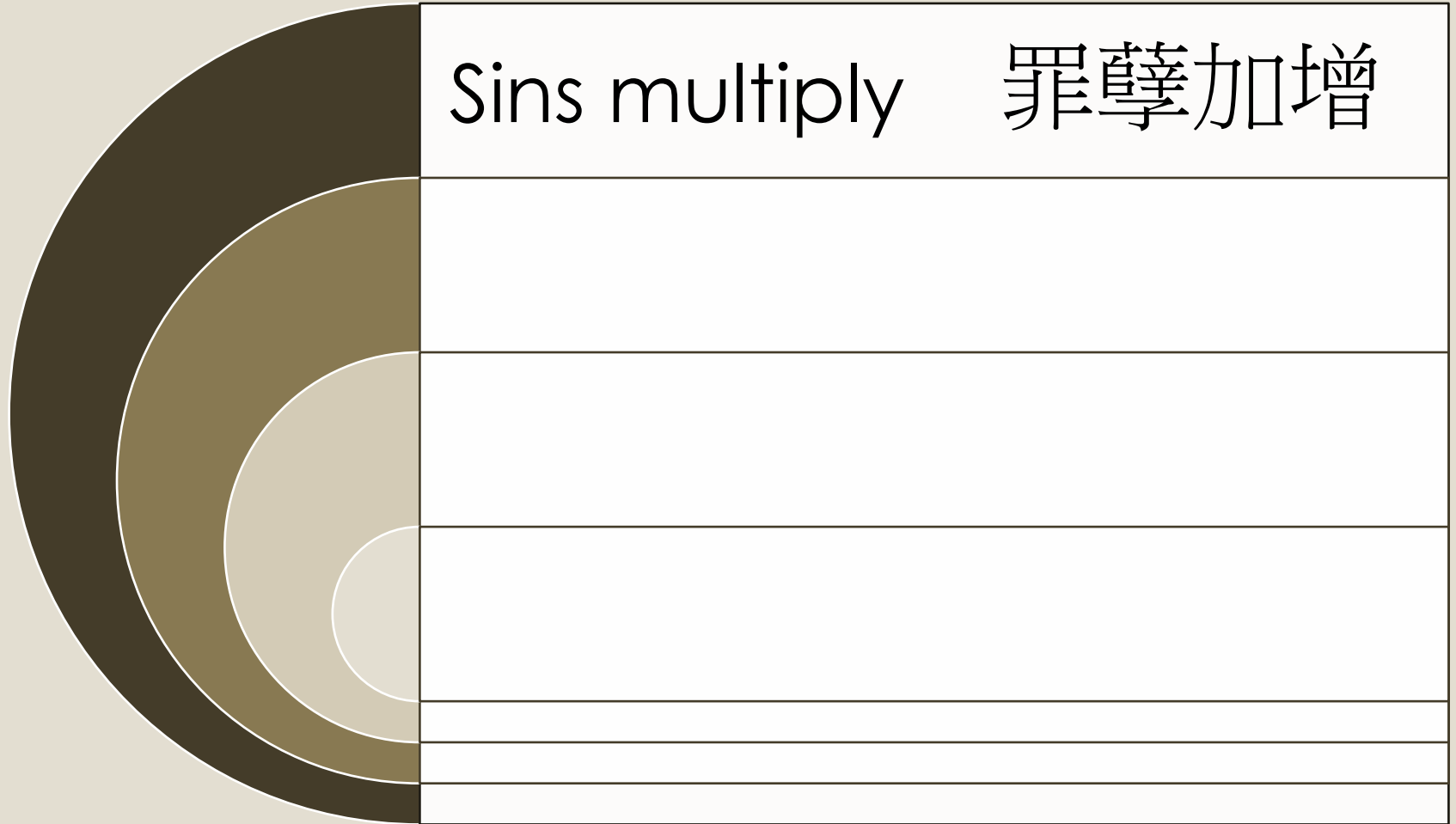
Be Overcome with Evil 為惡所勝

- × Curse 咒詛 (v14)
- × Repay someone with evil 以惡報惡 (v17)
- × Revenge 自己伸冤 (v19)

Overcome Evil with Good 以善勝惡

- Bless those who persecute you 給他們祝福 (v14)
- If your enemy is hungry, feed him 你的仇敵若餓了，就給他吃 (v20a)
- If he is thirsty, give him something to drink 若渴了，就給他喝 (v20b)

Why not repay evil with evil?
為什麼不要以惡報惡？



Conflict Escalation 衝突升級

I'll give in if he does this
如果他這樣做我會
讓步

I bet he is trying to...
我敢打賭他正試著...


It's time to get tough
是時候用大招了

It's the principles
這是原則問題

She's selfish
她很自私

I have to win
我必須贏

Why not repay evil with evil? 為什麼不要以惡報惡？



Sins multiply	罪孽加增
Usurp God's task	報應是神工作

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聽憑主怒

leave room
(τόπον) for God's
wrath

以弗所書 Ephesians 4:26-27

生氣卻不要犯罪；不可含怒到日落，也不可給魔鬼留地步。


Be angry but do not sin; do not let the sun set on your anger, and do not leave room (τόπον) for the devil.

箴言 Proverbs 24:17-18

你仇敵跌倒，你
不要歡喜；他傾
倒，你心不要快
樂；恐怕耶和華
看見就不喜悅，
將怒氣從仇敵身
上轉過來。

Do not gloat
when your enemy
falls; when they
stumble, do not
let your heart
rejoice, or the
Lord will see and
disapprove and
turn his wrath
away from them.

Why not repay evil with evil? 為什麼不要以惡報惡？



Sins multiply	罪孽加增
Usurp God's task	報應是神工作
Not helping enemy	不能幫助仇敵

羅馬書 Romans 12:20

所以，你的仇敵若餓了，就給他吃，若渴了，就給他喝；因為你這樣行就是把炭火堆在他的頭上。

On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

Why not repay evil with evil? 為什麼不要以惡報惡？



Sins multiply	罪孽加增
Usurp God's task	報應是神工作
Not helping enemy	不能幫助仇敵
Not good for us	自己沒有好處

箴言 Proverbs 25:21-22

你的仇敵若餓了，就給他飯吃；若渴了，就給他水喝；因為，你這樣行就是把炭火堆在他的頭上；**耶和華也必賞賜你。**

If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink. In doing this, you will heap burning coals on his head, **and the Lord will reward you."**

路加福音 Luke 6:35

你們倒要愛仇敵，
也要善待他們，並
要借給人不指望償
還，你們的賞賜就
必大了，你們也必
作至高者的兒子；
因為他恩待那忘恩
的和作惡的。

But love your enemies,
do good to them, and
lend to them without
expecting to get
anything back. Then
your reward will be
great, and you will be
children of the Most
High, because he is
kind to the ungrateful
and wicked.

彼得前書 | Peter 3:9-12

Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.

For, “Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech.

They must turn from evil and do good; they must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.

彼得前書 | Peter 3:9-12

不以惡報惡，以辱罵還辱罵，倒要祝福；
因你們是為此蒙召，好叫你們承受福氣。
因為經上說：人若愛生命，願享美福，須
要禁止舌頭不出惡言，嘴唇不說詭詐的話；
也要離惡行善，尋求和睦，一心追趕。
因為，主的眼看顧義人；主的耳聽他們的
祈禱。惟有行惡的人，主向他們變臉。

Right Response 正確的回應



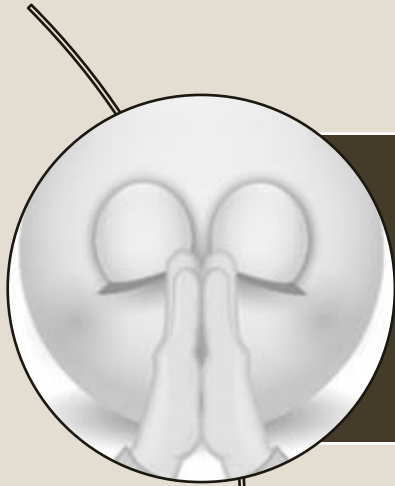
Bless (eulegeo)
your enemies
祝福你的敵人

馬太福音 Matthew 5:44

只是我告訴你們，要愛你們的仇敵，為那逼迫你們的禱告。

But I tell you, love your enemies and pray for those who persecute you.

Right Response 正確的回應



Bless your enemies 祝福
你的敵人



Live at peace with your
enemies 與敵人和睦

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Right Response 正確的回應



Bless your enemies 祝福你的敵人



Live at peace with your enemies
與敵人和睦



Help your enemies 幫助你的敵人

羅馬書 Romans 12:20

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出埃及記 Exodus 23:4-5

若遇見你仇敵的
牛或驢失迷了路，
總要牽回來交給他。
若看見恨你的人的驢壓臥在重馱之下，不可走開，務要和驢主一同抬開重馱。

If you come across your enemy's ox or donkey wandering off, be sure to return it. 5 If you see the donkey of someone who hates you fallen down under its load, do not leave it there; be sure you help them with it.

Conclusion 結論

Why should we not repay anyone evil for evil?

- Sins multiply 罪孽加增
- Usurp God's task 報應是神工作
- Not helping enemy 不能幫助仇敵
- Not good for us 自己沒有好處

How do we overcome evil with good? 如何以善勝惡？

- Bless your enemies 祝福你的敵人
- Live at peace with your enemies 與敵人和睦
- Help your enemies 幫助你的敵人