



有人说话或做事伤害你了吗?我 们都有这样的经历,觉得自己受 到了不公正的待遇或被冤枉了, 而且几乎可以肯定,我们还会有 这样的经历。

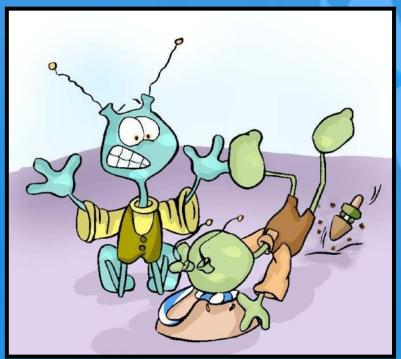
Has someone said or done something that has hurt you? We've all been in situations where we feel we've been unfairly treated, and we almost certainly will be again.



像这样的时候,应该记住,我们自己也并不总是很好或很高尚。这应该使我们在对待他人的态度上更加小心,尤其是那些曾错待过我们的人,因为我们给什么,也必得到什么。

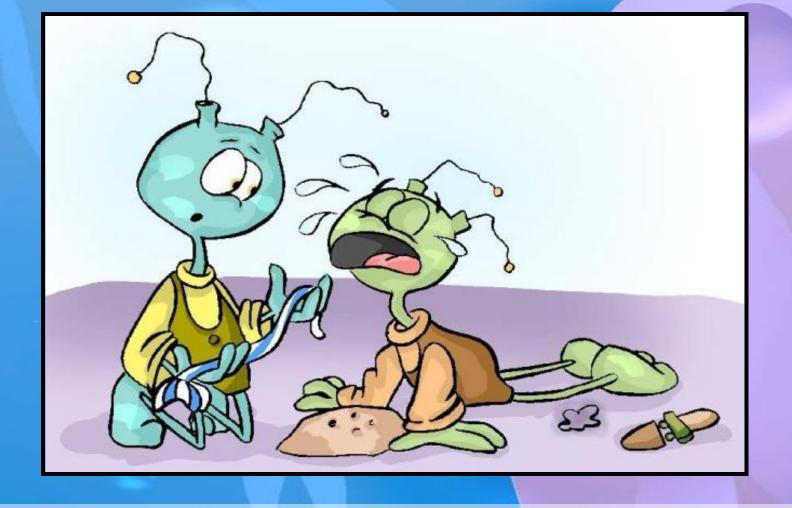
At times like that, it's good to remember that we, too, haven't always been good or nice. That should make us a little more thoughtful about our attitudes toward others, especially those who have wronged us, for exactly what we give will be exactly what we receive.





选择原谅是大多数人所能做的最困难的事之一,特别是当对方不值得原谅时。它之所以难,是因为这不是人的本性。人的本性大喊着要报复和惩罚。但为何要使自己受限于人的本性呢?

Choosing to forgive another is one of the hardest things most people ever do, especially if it's undeserved. It's hard because it's not human nature. Human nature cries out for revenge and retribution. But why get stuck in human nature?



错待你的人是否应当得到宽恕,不是关键。关键是你去做正确 的事。

Whether that person who wronged you deserves forgiveness or not is not the central issue. The central issue is you doing the right thing.



宽恕的力量是人类 的最大力量之一。它 是上帝的天性及本质 的一部分,当你运用 它时,你就呈现了上 帝的神性。

The power to forgive is one of the greatest powers given to man. It's part of the nature and essence of God, and when you exercise it you assume godlike stature.



种瓜得瓜,种豆得豆。种爱得爱。种仁慈,得仁慈。种宽恕,得宽恕。

You reap what you sow. If you sow love, you'll reap love. If you sow kindness, you'll reap kindness. If you sow forgiveness, you'll reap forgiveness.



双语儿童的故事: www.freekidstories.org