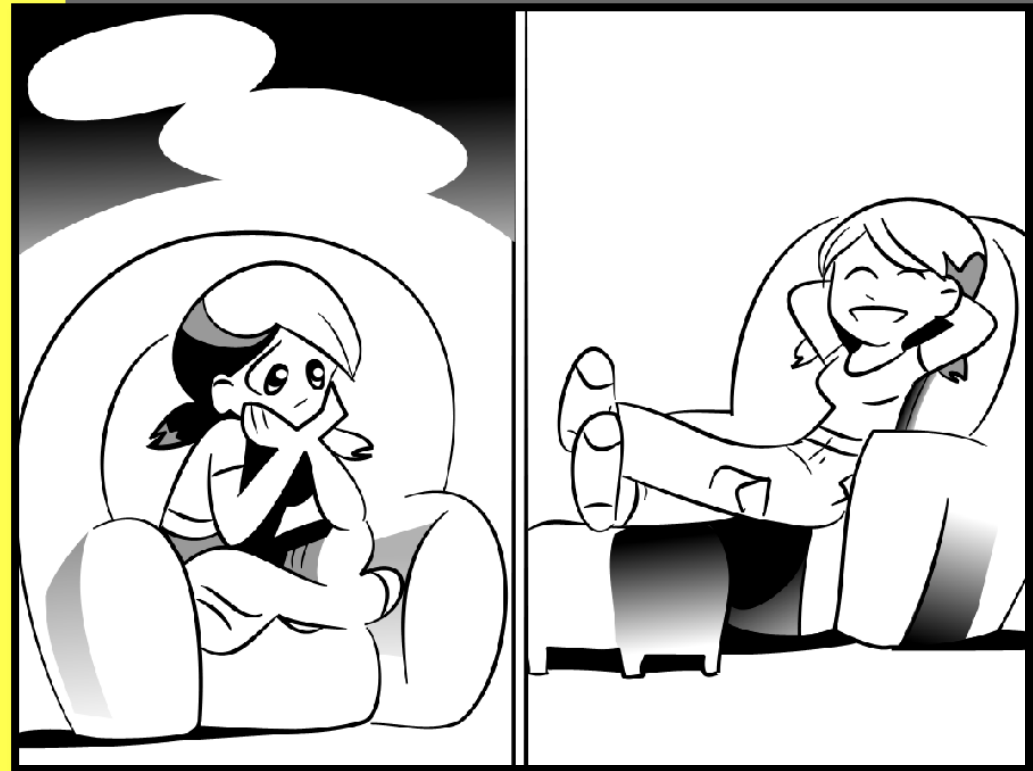


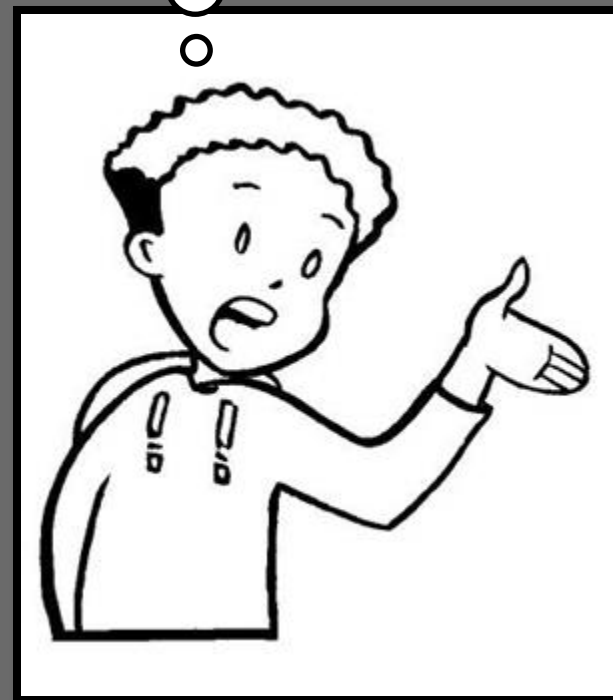
Bitter or Better?

怨恨或获益



South African statesman Nelson Mandela described his thoughts when he was released after 27 years of imprisonment for opposing apartheid: “As I walked out the door toward the gate that would lead to my freedom, I knew if I didn’t leave my bitterness and hatred behind, I’d still be in prison.”

南非政治领袖尼尔森·曼德拉因反对种族隔离政策而被囚27年。在他刑满释放时，他如此描述他的想法：“当我走向那通往自由的大门时，我知道，如果我不放下苦毒和憎恨，我就仍然被囚。”

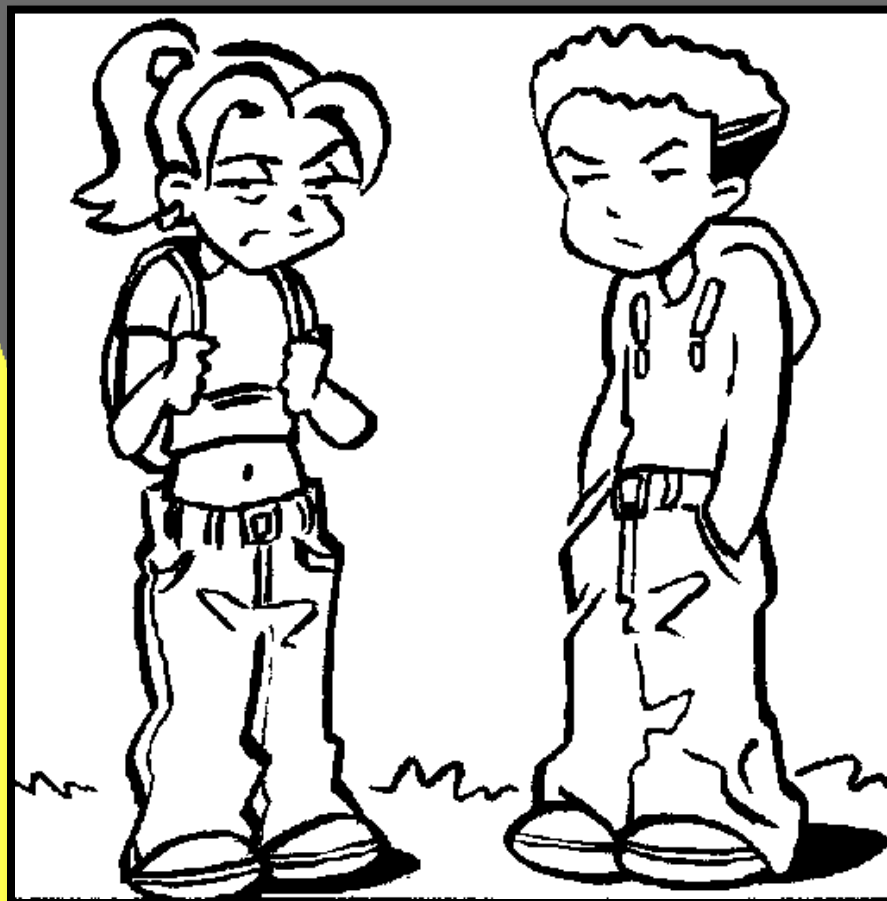


We've all experienced the feeling of being rejected or hurt by someone's words or actions. It's natural to become hardened or bitter or resentful, or to be overwhelmingly discouraged or despondent, or to get angry with the person, or to retaliate. The problem is, because you're hurt, you often don't have a very clear perspective on the situation.

When someone wrongs us, we must learn to forgive. It's the only way to keep from being hurt by bitterness, wrath, and anger.

我们都曾经历过被人拒绝，或为他人的言行伤害。也会自然地变得心硬、苦毒或怨恨，或灰心、沮丧之极，或向对方发怒，或加以报复。问题在于，你受到伤害时，常常你无法清晰地来看事情。

当有人错待我们时，我们必须学习去宽恕。这是避免遭受苦毒、愤怒和怨恨伤害的唯一办法。



No matter how hard it may be to forgive, your situation can't improve until you take that all-important step.

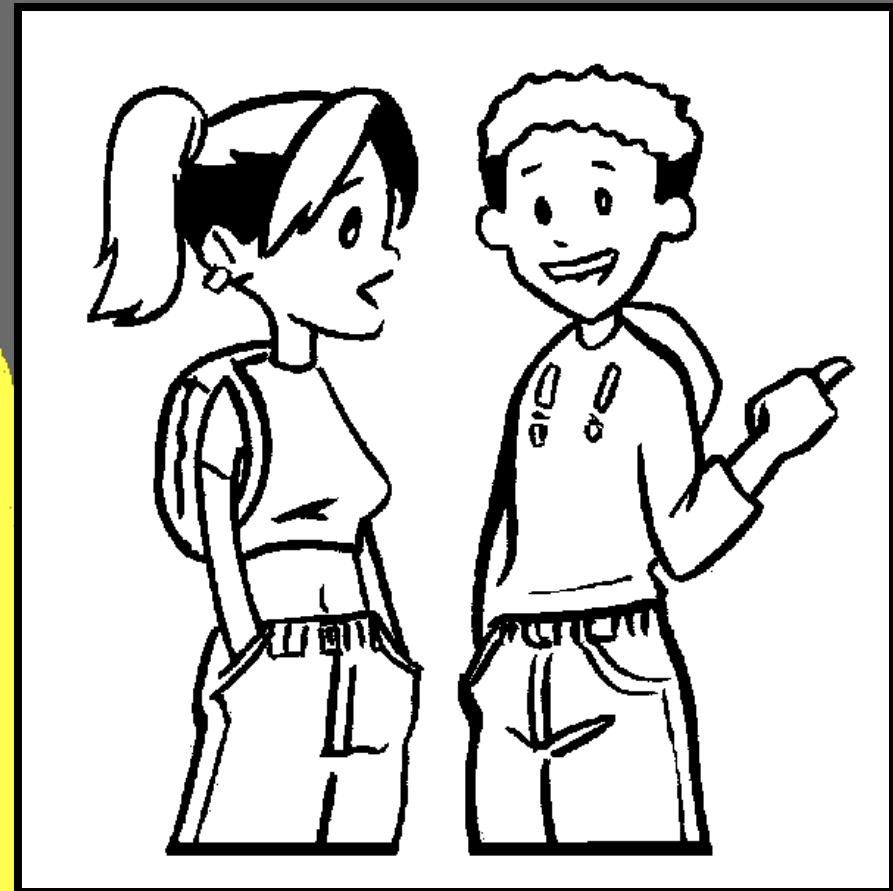
Forgiveness is letting go of resentment and ridding yourself of negative thoughts. All they do is make you miserable.

The path of forgiveness seems difficult and bumpy at first, but the longer we travel it, the smoother it gets.

无论宽恕有多难，若不迈出这首要的一步，你的状况就永远无法得到改善。

宽恕是放下怨恨，排除消极想法。它们只会让你变得自觉悲惨与不幸。

饶恕的路，起初看起来似乎艰难曲折，但我们走得越远，它就越平坦。



What greater triumph is there than to bring good out of bad? That's the ultimate way to conquer our hurts—not by bitterness and thoughts of getting even, but by allowing God to set us free from that bitterness or other ill feelings and bring about beautiful victories.

从坏事中带来好处，还有什么胜利比这个更大呢？这是克服我们过去所受伤害的终极方式。不是通过怨恨和报复的思想，而是让上帝使我们因它们从中获益，而变得更好。

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Image of Nelson Mandela courtesy of [royblumenthal](https://www.flickr.com/photos/royblumenthal/) via Flickr.

