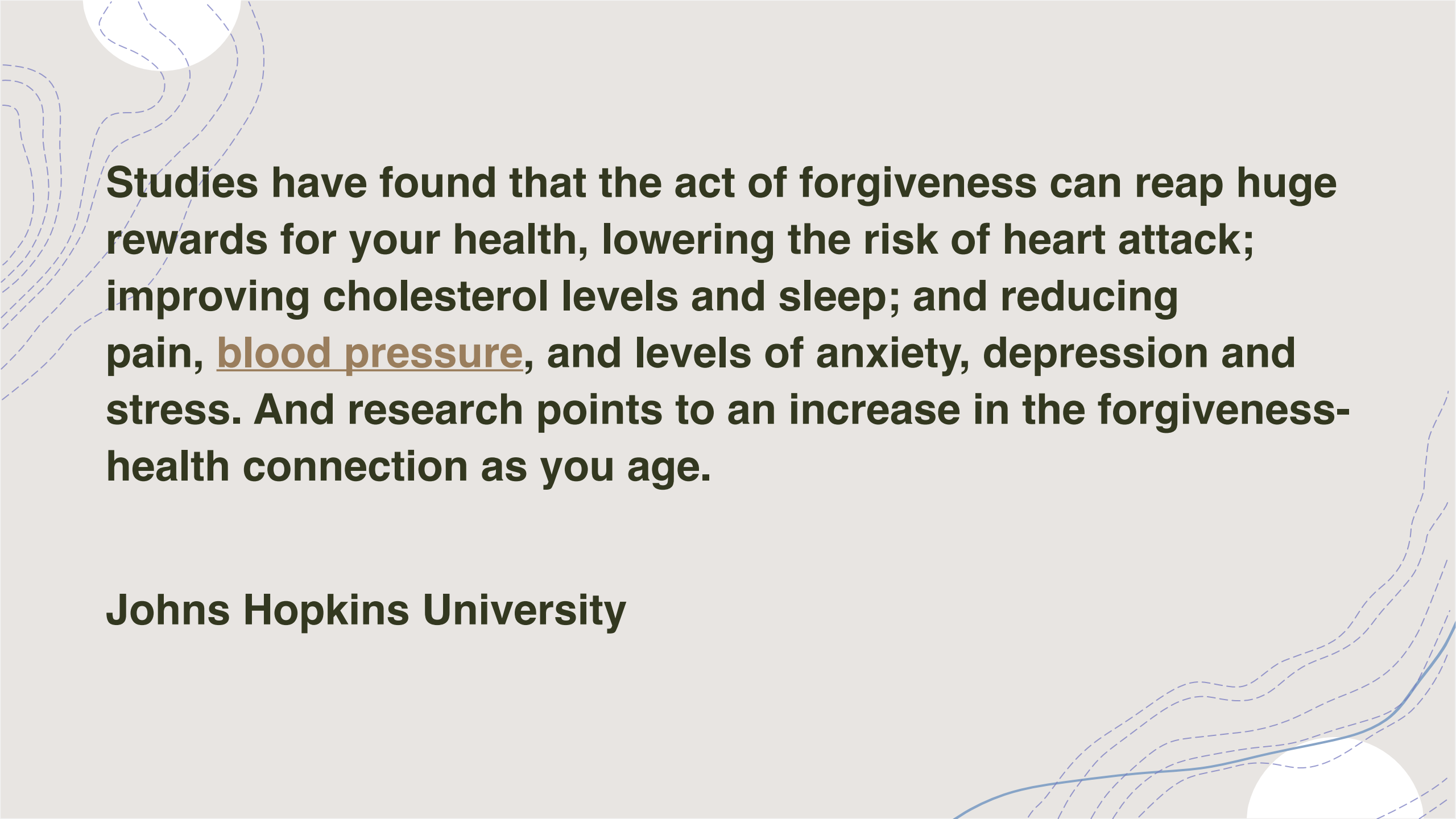


**We can repent because
we have been forgiven**





Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress. And research points to an increase in the forgiveness-health connection as you age.

Johns Hopkins University

Luke 15:11-24

Jesus continued: “There was a man who had two sons. ¹² The younger one said to his father, ‘Father, give me my share of the estate.’ So he divided his property between them. ¹³ “Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living.

¹¹ 耶穌又說：“某人有兩個兒子。¹² 小兒子對父親說：‘爸爸，請把我應得的家業給我。’父親就把財產分給他們兩兄弟。¹³ 過了不多幾天，小兒子收拾一切，到遠方去了，在那裡生活放蕩，浪費錢財。

Luke 15:11-24

14 After he had spent everything, there was a severe famine in that whole country, and he began to be in need. 15 So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs.

14 他花盡了一切所有的，那地方又遇上了嚴重的饑荒，就窮困起來； 15 於是他去投靠當地的一個居民。那人打發他到田裡去放豬，

Luke 15:11-24

16 He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. 17 “When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death!

16 他恨不得吃豬所吃的豆莢，可是沒有人給他。 17 他醒悟過來，說：‘我父親有那麼多雇工，又有豐富的食物，我卻要在這裡餓死嗎？

Luke 15:11-24

18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.' 20 So he got up and went to his father.

18 我要起來，到我父親那裡去，對他說：爸爸，我得罪了天，也得罪了你， 19 不配再稱為你的兒子，把我當作一個雇工吧！’ 20 於是他起來往父親那裡去。他還在遠處時，他父親看見了他，就動了慈心，跑過去抱著他，連連與他親吻。

Luke 15:11-24

“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. ²¹ “The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’”

他父親看見了他，就動了慈心，跑過去抱著他，連連與他親吻。²¹ 兒子說：‘爸爸，我得罪了天，也得罪了你，不配再稱為你的兒子。’

Luke 15:11-24

22 “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. 23 Bring the fattened calf and kill it. Let’s have a feast and celebrate. 24 For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.

22 父親卻吩咐僕人說：‘快把那最好的袍子拿來給他穿，把戒指戴在他手上，把鞋穿在他腳上， 23 把肥牛犢牽來宰了，我們要吃喝快樂， 24 因為我這兒子是死而復活、失而又得的。’他們就歡樂起來。

