

---

# 婚前辅导计划

---

因此，人要离开父母，  
与妻子联合，二人成为一体。

《创世记》2章24节

**教师版**

中文 / ENGLISH

# 婚前辅导计划

## PREMARITAL COUNSELING PLAN

教师版 Teacher Version

### 目的 PURPOSE

为已订婚的情侣提供辅导，预备他们能有一个荣耀神的婚姻。

Provide counseling to an engaged couple to prepare them to have a marriage that glorifies God.

### 为何要进行婚前辅导 REASONS FOR PREMARITAL COUNSELING

- 神设立了婚姻，并将其作为地上最重要的关系，而且用它来预表基督和教会（弗 5:23-33）。因此，在教会中敬虔的婚姻能够荣耀神的名。  
God created marriage as the most important earthly relationship and uses it to provide a picture of Christ and the church (Eph. 5:22-33). Therefore, godly marriages in the church bring glory to God.
- 婚前辅导为神对婚姻的计划提供了指导，并为人们进入这一独特的关系做准备。  
It provides instruction on God's design for marriage, preparing for a unique relationship.
- 婚前辅导会暴露出潜在的问题，因此可以预先采取措施防患于未然。  
It will uncover potential issues and deal with them before they become big problems in marriage.
- 婚前辅导为传授处理或避免冲突的技巧提供了机会。  
Premarital counseling provides an opportunity to teach good skills to handle conflict or avoid it.
- 经上说，接受辅导是智慧的表现（箴 15:22）。  
Scripture says that there is wisdom in receiving counsel (Prov.15:22).

### 辅导的主要话题 KEY TOPICS OF COUNSELING

- 讨论福音和他们的关系  
Discuss the gospel and their relationship with God.
- 阐明他们的最终目标是通过在成圣方面的成长来荣耀神  
Clarify that their ultimate goal is glorifying God through growth in sanctification.
- 教导合乎圣经的爱的品格  
Teach the qualities of biblical love
- 教导离开父母、成为一体的圣经原则  
Teach the biblical principles of leaving parents and becoming one flesh.
- 教导圣经对丈夫和妻子的角色定义  
Teach the biblical role of husband and wife.
- 教导如何按照圣经的方式沟通  
Teach how to communicate biblically.

- 教导如何避免和解决冲突  
Teach how to avoid and resolve conflict.
- 教导已婚夫妻如何处理财务问题  
Teach how to handle finances as a married couple.
- 教导关于性关系的圣经原则  
Teach the biblical principles on sex.

## 每次辅导对话的组成部分 ELEMENTS OF EACH COUNSELING SESSION

- 祷告 Prayer
- 检查家庭作业 Review of homework
- 回答问题 Answering questions
- 讨论新的材料 Discussing new material
- 布置家庭作业 Assigning homework

## 有关婚前辅导的书籍 BOOKS FOR PREMARITAL COUNSELING

- 《更深的合一》（美）麦伟恩（Wayne Mack）著  
*Strengthening Your Marriage* by Wayne Mack
- 《敬虔的丈夫》（美）斯图尔特·斯科特（Stuart Scott）著  
*The Exemplary Husband* by Stuart Scott
- 《贤德的妻子》（美）玛莎·佩斯（Martha Peace）著  
*The Excellent Wife* by Martha Peace

## 阅读计划 READING PLAN

在每次辅导对话前，应先读完《敬虔的丈夫》和《贤德的妻子》这两本书。如果时间允许，还可以在辅导会话中阅读《更深的合一》第1章的内容。

Reading from *The Exemplary Husband* and *The Excellent Wife* should be completed before the counseling session. Except for chapter 1, selections from *Strengthening Your Marriage*, will be read during the counseling sessions as time permits.

对话 Session	话题 Topic	敬虔的丈夫	贤德的妻子	更深的合一
1	属灵成长 Spiritual health	1-4	1-4	
2	真正的爱 Real Love	8	8	
3	婚姻关系 The marriage relationship	5	5	1
4	妻子的角色 Role of the wife	6	6	2
5	丈夫的角色 Role of the husband	9, 10	10, 12	3
6	沟通 Communication	16	16	4
7	冲突 Conflict	7, 17	7, 17	

8	财务 Finances	12	13	5
9	性关系 Sex	11	11	6

## 家庭作业 HOMEWORK

对话 Session	话题 Topic	应在辅导对话前完成 Should be completed before the session
1	属灵成长 Spiritual health	恋爱经过 Relationship History 恋情评估 Relationship Evaluation 你的信仰确据 Your Spiritual Convictions
2	真正的爱 Real Love	爱的定义 Love Defined 如何说“我爱你”？ How Do You Say ‘I Love You’? 对婚姻的期待 Marriage Expectation
3	婚姻关系 The marriage relationship	婚姻的创造 The Creation of Marriage 亲家调查 1& 2 In-Law Inventory 1 & 2 信件范例：致父母 Sample Letter: Child to Parents
4	妻子的角色 Role of the wife	妻子的角色 Role of the Wife 理想的妻子 Ideal Wife 未来妻子评分表 Scorecard for Future Wives
5	丈夫的角色 Role of the husband	丈夫的角色 Role of the Husband 理想的丈夫 Ideal Husband 未来丈夫评分表 Scorecard for Future Husbands
6	沟通 Communication	良好沟通的原则 Principles of Good Communication 沟通失败的原因 Causes of Communication Failure 你在倾听吗？ Are You Listening? 良好婚姻沟通的建议 Suggestions for Good Martial Communication 沟通备忘录 Communication Checklist
7	冲突 Conflict	认识你的伴侣 Knowing Your Mate 有效的冲突解决方案 Good Conflict Resolution
8	财政 Finances	管理家庭财务 Managing Family Finances 第一年度财务预算 First-Year Budget
9	性关系 Sex	性关系 The Sexual Relationship

## 给辅导者的注意事项 NOTE TO THE COUNSELOR

辅导那些已经订婚并准备结婚的情侣时，本婚前辅导计划应该只作为一个指导方针。对有些情侣来说，必须要花几周的时间讨论某个话题，这可能是因为这一方面以前曾出过问题，也可能是因为双方需要更深的了解。如果在辅导过程中暴露出了潜在的问题，与其匆忙进入充满冲突的婚姻，不如延后婚期更好。

This Premarital Counseling Plan should serve only as a guideline to counseling a couple that is engaged to be married. For some couples, multiple weeks should be spent on one topic because of past problems in this area or a need for a greater understanding. If potential problems are uncovered, it is better to delay the wedding than to rush the couple into a marriage that will be filled with conflict.

婚前辅导计划的家庭作业是给辅导者的参考建议，他需要决定的是，这对情侣来说多少作业量是合理的，以及哪一项作业最能让他们受益。

The homework in the Premarital Counseling Plan are **suggestions** for the counselor and he should determine how much homework is reasonable and which assignments would be the most beneficial for the couple.

## 第一次会面前 BEFORE FIRST MEETING

- 双方应独立完成“恋爱经过”、“恋情评估”和“信仰的确据”的表格。  
Each should individually complete the forms “Relationship History,” Relationship Evaluation,” and “Your Spiritual Convictions.”
- 他们需要购买以下书籍：
  - 《更深的合一》（美）麦伟恩（Wayne Mack）著
  - 《敬虔的丈夫》（美）斯图尔特·斯科特（Stuart Scott）著
  - 《贤德的妻子》（美）玛莎·佩斯（Martha Peace）著

They should purchase the following books:

- *Strengthening Your Marriage* by Wayne Mack
- *The Exemplary Husband* by Stuart Scott
- *The Excellent Wife* by Martha Peace

# 恋爱经过<sup>1</sup> Relationship History

1. 你们认识多长时间了？  
How long have you known your partner?
2. 你们是怎么认识的？  
How did you come to know your partner?
3. 从你们的约会经历中列举三段最美好的回忆。  
List three of your best memories from your dating experience with you partner.
4. 从你们的约会经历中列举三段最糟糕的回忆。  
List three of your worst memories from your dating experience with your partner.
5. 列出你们喜欢在一起做的事情。  
List some things you like to do together.
6. 如果你们正在认真考虑谈婚论嫁，那么身体接触在你们的关系中起到什么作用？在这方面应该遵循什么原则或标准？  
What place should physical contact and physical involvement play in the relationship of people who are seriously considering marriage? What guidelines or standards should be allowed in this area?

---

<sup>1</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 15-20.

7. 身体接触在你们的关系中起到什么作用？你们俩意见一致吗？这一直是你们争执或分歧的焦点吗？在你们的关系中，除了肉体关系之外还剩下什么？在你们约会时，你是否因身体接触而产生任何罪疚感或挫败感？如果你想用肢体语言来表达爱意，如何保持一种适当的平衡？

What place does physical involvement play in your relationship? Do the two of you agree? Has this been a source of contention or disagreement? If the physical aspect of your relationship was removed, what would be left in your relationship? Is there any guilt or frustration that you have because of your physical involvement during your dating days? How have you maintained a proper balance in reference to expressions of physical expression?

8. 在夫妻关系中，神应该扮演什么角色？具体到你们的关系中，神是什么角色？神是如何影响你们的关系的？你们在一起的时候谈论神吗？你如何使神成为你们关系中至关重要的一部分呢？为此你们做了哪些努力？你能诚实地说，因为你们彼此的关系所以你们都越来越像耶稣吗？你们在信仰上是如何帮助彼此的？又在哪些方面成了对方的拦阻？

What place should the Lord play in a couple's relationship? What place does He play in your relationship? How does the Lord make a difference? Do you talk about the Lord together? How do you make Him a vital part of your relationship? How have you worked together to make Him important? Can you honestly say that both of you are closer to being like Jesus because of your relationship with one another? How have you helped each other spiritually? How have you hindered each other spiritually?

9. 对于你们的婚姻，你的父母是怎么看的？他们对你的伴侣印象如何？你未来的岳父母（或公婆）是怎么看你们的婚姻的？他们对你的看法是什么？你与他们的关系如何？

What do your parents think about your getting married? What is their opinion of your partner? What do your partner's parents think about your getting married? What is their opinion of you? What kind of relationship do you have with them?

# 恋情评估<sup>2</sup> Relationship Evaluation

1. 如果要用一个词来描述你们的关系，你会用什么词？  
If you were asked to describe your relationship in one word, what word would that be?
2. 你觉得你的伴侣会用什么词来描述你们的关系？  
What word do you think your partner would use?
3. 你们的关系中有哪些优点？  
What are some of the strong points of your relationship?
4. 你们的关系中有哪些弱点？  
What are some of the weak points of your relationship?
5. 你们做过什么来强化这些弱点？  
What have you done to strengthen these weak points?
6. 在你看来，幸福婚姻最重要的因素是什么？（回答要具体全面）  
In your opinion, what do you think are the most important factors that will make a marriage a success? (Be specific and thorough.)

---

<sup>2</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 22-26.



7. 为得到幸福的婚姻，你会做哪些努力？

What do you bring to the marriage that will help make it a success?

8. 为得到幸福的婚姻，你认为你的伴侣会做哪些努力？

What do you think your partner brings to the marriage that will help make it a success?

9. 一对情侣在婚前需要如何预备自己？（回答要具体全面。）你们需要做哪些特别的预备来进入基督徒婚姻？还有哪些事情是你们能做或者应该做的？

What can a couple do to prepare themselves for marriage? (Be specific and thorough.) What have you done specifically to prepare yourself for Christian marriage? What else could or should you do?

# 信仰的确据<sup>3</sup> Your Spiritual Convictions

用两三句话回答以下问题。

Finish the following sentences with two or three answers each.

1. 神是：

God is:

2. 耶稣基督是：（描述你认为他是谁，他所做过的事，他现在在做的事，他在你生命中的地位，他对你意味着什么等）

Jesus Christ is: (describe who you think He is, what He has done, what He is doing now, what place He has in your life, what He means to you, etc.)

3. 我与神以及他儿子耶稣基督的关系：（详细描述你跟神的关系是怎样的，以及这种关系的重要性）

My relationship with God and His Son Jesus Christ is: (describe the kind of relationship you have with God and how important that relationship that is—be specific)

4. 基督徒是：

A Christian is:

5. 我知道我是(或不是)一个基督徒，因为：

I know that I am (or am not) a Christian because:

6. 圣经是：（描述你认为圣经是什么，它对你意味着什么，它在你生命中的地位如何，你如何使用圣经，等等）

The Bible is: (describe what you think it is, what it means to you, what place it has in your life, how you use it, etc.)

7. 我人生中的首要目标是：

My chief goals in life are:

8. 我想（或不想）去教会并委身教会：（回答“如何”和“为何”）

I want (or do not want) to attend and be involved in church: (answer the questions “how” and “why”)

---

<sup>3</sup> Selections from *Preparing for Marriage God's Way*, by Wayne Mack, pages 96-105.

9. 我跟我的伴侣在属灵生活上有不同（什么时候、如何做、有什么不同等等。）

My partner and I differ in spiritual matters (when, how, over what, etc.)

10. 在我个人的属灵生活中，我想改变的是：

The changes I would like to make in my own spiritual life are:

检查你的答案，看看有没有需要修改的。如果有，是哪一个？为什么？以上问题中，有没有你不知道如何回答的？如果有，是哪一个？跟你的伴侣比较并讨论你们的答案。写下你对本课题的感想。你对你自己和你的伴侣有什么新的认识？通过本次学习，你需要改变哪些地方？

Review your answers. Are there any that you would like to change? Which ones? Why? Are there any to which you do not know the answer? Which ones? Compare and discuss your answers with your partner. Write down your impressions of this study. What have you learned about yourself and what have you learned about your partner? What changes do you need to make in light of this study?

## 第一次会面：属灵成长

### FIRST MEETING: SPIRITUAL HEALTH

#### 会面目的 Goal of meeting

- 了解这对情侣  
Get to know the couple
- 听听他们对福音的理解  
Hear their understanding of the gospel
- 判断他们是否是真信徒，在成圣方面是否有长进  
Discern whether they truly believers and are growing in sanctification
- 听听他们对婚姻关系的理解  
Listen to their understanding of the marriage relationship

#### 祷告 Prayer

#### 家庭作业回顾及指导 Homework Review and Instruction

- 讨论他们填在“恋爱经过”、“恋情评估”、“信仰的确据”表格上的回答  
Discuss their answers on the worksheets “Relationship History,” “Relationship Evaluation,” and “Your Spiritual Convictions”

#### 讨论问题 Discussion Questions

- 你们是怎么信主的？ How did you come to know Christ?
- 你们参与了哪些教会生活？ What is your involvement in church?
- 你们是怎么认识的？ How did you meet each other?
- 你们的关系是怎样建立起来的？ How did your relationship develop?

#### 家庭作业 Homework

- 一起阅读《哥林多前书》13章  
Together read 1 Corinthians 13
  - 完成“爱的定义”表格上的填空  
Fill in blanks from the worksheet “Love Defined”
- 双方应独立完成“如何说：‘我爱你’”表格  
Each should individually complete the worksheets “How Do You Say ‘I Love You’”
- 双方应独立完成“对婚姻的期待”的表格  
Each should individually complete the worksheets “Marriage Expectations”
- 弟兄应该阅读《敬虔的丈夫》第8章  
The man should read *The Exemplary Husband* chapter 8
- 姊妹应该阅读《贤德的妻子》第8章  
The woman should read *The Excellent Wife* chapter 8

# 爱的定义<sup>4</sup> Love Defined

《哥林多前书》13章4节至7节给出圣经对于爱的定义。这些经文说明爱包括许多因素——反面的和正面的。思考一下这些爱的元素，并说明你会怎样将每一元素应用在婚姻生活中。请解释得明确具体一点。

1 Corinthians 13:4-7 gives the Bible's definition of love. These verses tell us that love consists of many elements – negative and positive. Consider the elements of love. Give an illustration of how each will be applied in your marriage. Be specific.

1. 恒久忍耐——忍受顶撞，不急躁，等候主去纠正一切错误。

Suffers long – endures offenses, is not hasty, waits for the Lord to right all wrong.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

2. 恩慈——不会不替人着想，主动施以援手，具建设性，受咒诅仍为人祝福，受伤害仍然肯帮助人，显出温柔。

Is kind – not inconsiderate, seeks to help, is constructive, blesses when cursed, helps when hurt, demonstrates tenderness.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

3. 不嫉妒，时常觉得满足——不嫉妒别人的成功或干劲。

Is not envious, but content – is not jealous of another person's success or competitive.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

4. 不自夸，而是谦卑——不是高傲的，而是谦逊平和的。

Is not arrogant, but humble – is not haughty, but lowly and gracious.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

<sup>4</sup> 《更深的合一》3章G：页65-68 *Strengthening Your Marriage*, chapter 3, G, pages 65-68.

5. 不张狂，而是沉静的——不炫耀自己，不故意引人注目，要人人都留意自己。

Is not boastful, but reserved – does not show off, try to impress, want to be the center of attention.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

6. 不做害羞的事，不粗鲁，有礼貌。

Is not rude, but courteous.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

7. 不求自己的益处，不自私，忘我。

Is not selfish, but self-forgetful.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

8. 不轻易发怒，脾气温和。

Is not irritable, but good tempered.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

9. 不计算人的恶，慷慨待人。

Is not vindictive or wrathful, but generous.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

10. 不喜欢揭发别人的过失，又因别人遵行真道而欢喜。

Does not delight in bringing another person's sins to light, but will rejoice when another person obeys the truth.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

11. 不叛逆，而是勇敢，包容别人的过失，不向第三者张扬。

Is not rebellious, but brave, conceals rather than exposes another person's wrongdoing to others.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

12. 不存猜疑之心，对人有信心，不愤世嫉俗，并且尽量宽容别人，事事从好的方面想，尽量看重别人的长处。

Is not suspicious, but trustful, not cynical, makes every allowance, looks for an explanation that will show the best in others.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

13. 不是沮丧无望的，而是满怀希望的；不因为自己付出了爱却受欺骗或拒绝而放弃。

Is not despondent, but hopeful, does not give up because it has been deceived or denied.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

14. 不会被征服，从不气馁——可以胜过一切试炼、谴责和困难。

Is not conquerable, but invincible – can outlast any trial, reproof, and problem.

我会爱我的伴侣，以\_\_\_\_\_

\_\_\_\_\_作表示。

I will love my mate by \_\_\_\_\_

# 如何说“我爱你”？<sup>5</sup> How Do You Say “I Love You”?

从一个方面或多个方面回答以下的问题：

Complete each of the following sentences in one or more ways:

1. 在幼年时代，我知道我的父母爱我，因为他们：  
During childhood, I knew my parents loved me because they:
  
2. 心情不好的时候，我希望我的伴侣：  
When down, I like my partner to:
  
3. 吵架以后，我希望我的伴侣：  
After an argument, I want my partner to:
  
4. 当我的伴侣\_\_\_\_\_我的内心最能得着安慰。  
I gain a strong sense of inner comfort when my partner:
  
5. 当我的伴侣\_\_\_\_\_我能强烈感受他（或她）的深情厚意。  
I have strong affectionate feelings when my partner:
  
6. 我希望我的伴侣能够经常做\_\_\_\_\_。  
I wish my partner would more frequently:
  
7. 你想要你的伴侣为你做\_\_\_\_\_，这样你能感觉到被爱。  
If I wanted to feel loved, I would ask my partner to:
  
8. 你从你的伴侣收到过的最好的礼物是：\_\_\_\_\_。  
The nicest gift I ever received from my partner was when:
  
9. 当你想向你的伴侣表达爱意时，你会：  
When I really want to show my love to my partner, I:
  
10. 一个人能为他（或她）的伴侣做的最有意义的事情是：  
The most meaningful thing a person could ever do for his or her partner is:
  
11. 当我的伴侣\_\_\_\_\_，我能感到被接纳，且觉得自己有价值。  
I feel acceptance and worth when my partner:

<sup>5</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 44-48.



12. 我最喜欢自己的是：

What I like best about myself is:

13. 我最喜欢我伴侣的是：

What I like best about my partner is:

14. 我最不喜欢自己的地方是：

What I like least about myself is:

15. 我最不喜欢我的伴侣的地方是：

What I like least about my partner is:

16. 发生在我身上最开心的两件事是：

Two of the happiest things that ever happened to me are:

17. 发生在我的伴侣身上最开心的两件事是：

Two of the happiest things that ever happened to my partner are:

18. 我曾经历过的最艰难的经历是：

The hardest experience I have ever had is:

19. 我的伴侣曾经历过的最艰难的经历是：

The hardest experience my partner has ever had is:

20. 如果我可以做任何想做的事，而且知道神会提供所有的资源，并应许能成功，我最想做：

If I could do anything I wanted and knew that God would provide all the resources and guarantee success, I would:

21. 如果我的伴侣可以做任何他（或她）想做的事情，而且知道神会提供所有的资源，并应许能成功，他（或她）会想做：

If my partner could do anything he or she wanted and knew that God would provide all the resources and guarantee success, he or she would:

22. 我最大的恐惧是：

My greatest fear is:

23. 我的伴侣最大的恐惧是：

My partner's greatest fear is:

24. 我真正喜欢做的五件事是：

Five things I really enjoy doing are:

25. 我的伴侣真正喜欢做的五件事是：

Five things my partner really enjoys doing are:

# 对婚姻的期待<sup>6</sup> Marriage Expectations

1. “婚姻”这个词让你想起什么？  
What thoughts does the word “marriage” bring to you?
  
2. 圣经上有哪些关于结婚的理由？你为什么想要结婚？  
What are biblical reasons for marriage? Why do you want to get married?
  
3. 一对情侣对婚姻可能会有哪些目标？你对婚姻的目标是什么？你认为你的伴侣对婚姻有哪些目标？  
What are some goals a couple might have for their marriage? What goals do you have for your marriage?  
What goals does your partner have for your marriage?
  
4. 在婚姻中，一个人对他（或她）的配偶应该有什么样的期待？清楚知道你们二人对婚姻的一般期待以及你们对彼此的具体期待，为什么如此重要？在婚姻中，你对伴侣的期待是什么？  
What expectations should a person have for his or her spouse in marriage? Why is it important to know specifically what each of you expects from marriage in general, and from each other in particular? What are your expectations for your partner in marriage?

---

<sup>6</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 27-30.

5. 之前你对你的伴侣有过什么期待？他（或她）满足了哪些期待？没有满足哪些期待？  
What expectations have you had for your partner? How has he or she fulfilled or not fulfilled them?
  
6. 结婚以后你的伴侣对你有什么期待？  
What expectations does your partner have for you in marriage?
  
7. 在恋爱过程中，你的伴侣对你曾有过什么样的期待？有哪些期待你满足了？有哪些你没有满足？  
What expectations has your partner had for you in your relationship? Which ones have you fulfilled or not fulfilled?

## 第二次会面：真正的爱

### SECOND MEETING: REAL LOVE

#### 教师的准备工作 Teacher Preparation

- 研读《哥林多前书》13 章  
Study 1 Corinthians 13
- 阅读《敬虔的丈夫》第 8 章；《贤德的妻子》第 8 章  
Read *The Exemplary Husband* chapter 8; *The Excellent Wife* chapter 8

#### 会面目的 Goal of meeting

- 进一步了解他们目前的关系 Learn more about their current relationship
- 教导他们需要合乎圣经的爱 Instruction on their need for biblical love

#### 祷告 Prayer

#### 家庭作业回顾及指导 Homework Review and Instruction

- 一起阅读并讨论《哥林多前书》13 章 4 节至 7 节  
Read together and discuss 1 Corinthians 13:4-7
  - 回顾他们填在“爱的定义”表格上面的回答  
Review their answers from the worksheet “Love Defined”
- 回顾“如何说：‘我爱你’”表格  
Review the worksheet “How Do You Say ‘I Love You’”
  - 通过完成这个表格，你对对方有什么样的了解？  
What did you learn about your partner from doing this worksheet?
  - 你会如何应用从这个表格中学到的？  
How will you apply what you learned from this worksheet?
- 回顾“对婚姻的期待”表格  
Review the worksheet “Marriage Expectations”
  - 通过完成这个表格，你对对方有什么了解？  
What did you learn about your partner from doing this worksheet?
  - 你会如何应用从这个表格中学到的？  
How will you apply what you learned from this worksheet?

#### 讨论问题 Discussion Questions

- 为了更好地爱你的伴侣，你认为自己在哪些方面最需要改善？  
In what areas do you think you need the most improvement in loving your partner?
- 你想要鼓励你的配偶在哪些方面变得更好？  
In what areas do you want to encourage your partner improve?
- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?

- 选取《敬虔的丈夫》和《贤德的妻子》最后的问题进行讨论。

Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.

## 家庭作业 Homework

- 一起阅读《更深的合一》第 1 章

Together read *Strengthening Your Marriage* chapter 1

- 一起讨论并回答“婚姻的目的”

Working together, answer the questions from “The Creation of Marriage”

- 各自独立完成“亲家调查 1 & 2”的表格

Each should individually complete the worksheet “In-Law Inventory 1 & 2”

- 一起看“信件范例：致父母”，然后各人写一封信给自己的父母。

Look together at “Sample Letter: Child to Parents”, each one should write out a letter to his / her parents.

- 弟兄需要阅读《敬虔的丈夫》第 5 章

The man should read *The Exemplary Husband* chapter 5

- 姊妹需要阅读《贤德的妻子》第 5 章

The woman should read *The Excellent Wife* chapter 5

# 婚姻的设立<sup>7</sup> The Creation of Marriage

1. 是谁创立了婚姻制度？  
Who originated the marriage institution?
  
2. 婚姻的目的是什么？神为什么要设立婚姻？（参创 1:28； 2:18； 弗 5:22-32）  
What are the purposes of marriage? Why did God originate marriage? (Compare Gen. 1:28; 2:18; Eph. 5:22-32)
  
3. 婚姻有什么益处？（创 2:18； 来 13:4）  
In what ways is marriage good? (Gen. 2:18; Heb. 13:4)
  
4. 什么是配偶？  
What is a help-meet?
  
5. “配偶”一词对男人和女人有什么样的启示？  
What does the word “help-meet” suggest about the man and the woman?
  - a. 男人\_\_\_\_\_  
The man
  
  - b. 女人\_\_\_\_\_  
The woman
  
6. 根据《创世记》2章24节的内容，人一生中最重要的人际关系是什么？  
According to Genesis 2:24, what is the primary human relationship in life?
  
7. “离开父母”是什么意思？  
What does leaving mother and father involve?
  
8. “连合”一词意味着什么？  
What do the words “shall cleave” suggest?

<sup>7</sup> 《更深的合一》1章 A.1-11, B.1-3, 页 13-14, 17-18 *Strengthening Your Marriage*, chapter 1, G, pages 9-11, 13.

9. “二人成为一体”这句话是什么意思？

What do the words “they shall be one flesh” signify?

10. 列出夫妻二人为促进和显明这种合一所当做的一些事情。

List some of the things that married people must do to promote and manifest this oneness.

11. 什么是夫妻更深合一的障碍？

What are some of the barriers to deep oneness?

**研读《马太福音》5章31节至32节以及19章1节至9节，找出关于婚姻关系永久性的说法。**

Study Matthew 5:31-32 and 19:1-9 to discover how permanent the marriage relationship is.

12. 《马太福音》19章6节对于婚姻关系的永久性有什么教导？

What does Matthew 19:6 indicate about the permanency of the marriage relationship?

13. 除了死亡（罗7:1-4），以上两段经文还提出哪两条离婚的理由呢？

Apart from death (Rom. 7:1-4), what do the aforementioned passages state as the only two grounds for divorce?

14. 婚姻是一种永久的关系，这一事实包含了哪几层意思？

List several implications that emerge from the fact that marriage is a permanent relationship.



# 亲家调查 1<sup>8</sup> In-Law Inventory 1

评估你和你的伴侣。

Rate yourself and your partner.

评分标准	Rating scale
2 = 常常	2=Very much
1 = 偶尔	1=Some
0 = 从不	0=Not at all

	你 You	你的伴侣 Your partner
过度依赖父母 Excessive dependence upon parents	_____	_____
嫉妒伴侣与父母的关系 Jealous of partner's relationship with parents	_____	_____
批评伴侣的父母和（或）亲戚 Critical of partner's parents and/or relatives	_____	_____
跟父母八卦伴侣的私事 Gossips to parents about partner	_____	_____
跟父母批评伴侣 Critical of partner to parents	_____	_____
站在父母一边反对伴侣 Takes sides with parents against partner	_____	_____
过多地谈论父母 Excessive talking about parents	_____	_____
把伴侣跟父母相比 Compares partner to parents	_____	_____
偏袒自己的父母 Is partial to own parents	_____	_____
看重父母过于看重伴侣 Puts parents above partner	_____	_____
很容易将自己的父母与伴侣的父母进行比较 Favorably compares own parents to partner's parents	_____	_____
在没有征求伴侣意见的情况下跟父母做计划 Makes plans with parents without seeking partner's counsel of advice	_____	_____
允许父母处于支配地位 Allows parents to dominate	_____	_____
过于渴望取悦父母 Excessive desire to please parents	_____	_____

现在总结一下，你或你的伴侣与各自父母的关系中有哪些地方令你印象深刻。

Now summarize what impressed you about yourself and your partner in relationship to your parents.

<sup>8</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 86.

# 亲家调查 2<sup>9</sup> In-Law Inventory 2

评估你的父母和你伴侣的父母。

Rate your parents and your partner's parents:

评分标准	Rating scale
2 = 常常	2=Very much
1 = 偶尔	1=Some
0 = 从不	0=Not at all

	我的父母 My parents	我伴侣的父母 My partner's parents
挑剔 Find fault	_____	_____
干涉我们的家事 Meddle in our affairs	_____	_____
对我们的关系有不切实际的期待 Have unrealistic expectations of our relationship	_____	_____
对我们的关系有过度的占有欲和保护欲 Are overly possessive and protective in our relationship	_____	_____
对我们漠不关心 Are indifferent and aloof toward us	_____	_____
过度依赖孩子 Are overly dependent upon child	_____	_____
说关于我们的闲话 Gossip about us	_____	_____
固执己见 Insist on having their own way	_____	_____
说得太多 Talk too much	_____	_____
不愿倾听 Won't listen	_____	_____
不懂得欣赏 Are unappreciative	_____	_____
嫉妒对方的父母 Are jealous of other set of parents	_____	_____
嫉妒我们跟其他人的关系 Are jealous of our relationship with other people	_____	_____

现在总结一下，通过本次学习你父母或未来的亲家有哪些方面令你印象深刻。

Now summarize what impressed you about your parents and prospective in-laws through this study.

<sup>9</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 87.

# 信件范例：致父母<sup>10</sup>

## Sample Letter: Child to Parents

给你的父母写一封信，以表达你对婚后如何与他们相处以及他们如何对待你和你的配偶的看法。下面有一个信件范例。请仔细阅读，之后自己写一封信。下次对话时将你的信带来。

Write a letter to your parents expressing your views on how you should relate to them, and they to you and your spouse after marriage. A sample is shown below. Read this carefully and then develop a letter of your own. Bring your letter with you to the next session.

亲爱的爸爸妈妈，

我要感谢你们在我成长的过程中所付出的爱心和奉献。你们是属神的父母，按照神的劝诫和管教把我带大。神使用你们把我养大成人。从你们身上以及你们的言语、行为、反应和态度中，我学到了很多。对此我不胜感激，并将永远如此。

这是我们每个人一生中最重要时刻，我们的关系将要发生改变——不是恶化，也不是消失，而是改变。圣经上说，为了婚姻的缘故人要离开父母。我想我离开你们的时候到了。作为一名基督徒，我会永远孝敬你们，感谢你们，尊重你们，为你们祷告，赞扬你们，并希望帮助你们，但神还是说我必须离开父母，因此我要照着神的吩咐去行。

神说，结婚后我与丈夫（或妻子）的关系必须成为我生命中的优先关系，它仅次于我与神的关系，或者我应该说，它是我跟神的关系中的一部分。我相信你们也会同意这个观点。

从我们结婚的那一刻开始，\_\_\_\_\_和我将成为一体。

我们盼望拥有合神心意的关系，而且盼望凡事都照着神的命令而行。请你们把\_\_\_\_当作家里的一份子，像对待我一样对待他（或她），因为圣经说夫妻二人要成为一体，丈夫爱妻子便是爱自己。请你们帮助我们学习，在现实生活中如何将两个独立的个体融合成一体的关系。

你们从神那里得着智慧，因此我们会常常向你们寻求忠告。我们认真听取你们建议的同时，也会在圣灵的光照中思想、查考经文、祷告并明确神对我们的心意。我们需要你们继续爱我们，帮助我们，然而神又呼召我们在基督里建立一个新的家庭，并照着圣经的教导建立我们自己的生活方式。我们是你们的孩子，也希望成为你们的朋友。我们盼望你们能自由表达同意或反对我们的意见，而且无论赞同与否都一直深爱着我们。如今我们也希望你们给我们同样的自由。这对我你们来说可能很困难。毕竟，在此之前你们一直是我生命中最大的权柄。过去我依赖你们，总是第一时间到你们那里寻求建议、支持和帮助。但现在这一切都将要改变，而且这改变对我对你们都会十分困难。

请你们理解我所说的——我（或我们）想要成为合神心意的人。我（或我们）想跟你们保持很好的关系。我（或我们）深爱着你们，也非常尊重你们。我们期待在未来我们和你们之间的关系是崭新的、令人愉快的。再次感谢你们所做的一切，以及你们曾给予我们的。我们爱你们。

儿子/女儿

Dear Mom and Dad,

I want to thank you for your love and devotion to me as I was growing up. You have been god parents, bringing me up in the counsel and discipline of the Lord. You have been used by God to make me what I am. Through you, your words, your actions, reactions, and attitudes, I have learned. To you I am deeply indebted and grateful and will always be.

At this time, a very important time in each of our lives, our relationship will change—not deteriorate but change, not disappear but be altered. Scripture asserts that for the cause of marriage shall a man leave his mother and father.

<sup>10</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 84-85.

Well, that time has arrived in my life. As a Christian I will always honor you, appreciate you, respect you, pray for you, commend you, and seek to help you, but still God says I must leave. And in obedience to the God I love I will do that.

God says that next to my relationship to Him—or perhaps I should say as part of my relationship to him—my relationship with my wife/husband must become the priority relationship in my life. I am sure you will agree.

From the time of our wedding onward \_\_\_\_\_ and I will become one flesh.

We want to have the relationship God intends and to be everything God wants us to be. I ask you to regard \_\_\_\_\_ as a part of the family in the same way you regard me. After all, the Bible says we have become one flesh and he who loves his wife loves himself. I ask you to help us to learn how to merge our two independent lives into a one-flesh relationship practically.

You have been given wisdom from God and from time to time we will be turning to you for counsel. When we do we will take your counsel seriously, but under God we will think, search the Scriptures, pray, and determine God's will for ourselves. We want, we need your continued love and assistance, but God has called us to establish a new family for Christ, developing our own unique lifestyle within the framework of the Scriptures. We want to be your friends as well as your children. We want you to be free to agree or disagree with us and love us regardless. We want the same freedom. This will be hard for us and for you. After all, until this point under God you have been my number one authority in life. I have come to depend upon you, to look first to you for counsel and support and assistance. Now that changes, and change is hard, for me and for you.

Please understand what I am saying—I/we want to be what God wants. I/We want our relationship with you to be a good one. I/We love you deeply, respect you greatly, and are expecting that the future will bring new and enjoyable aspects to our relationship. Thanks again for all you are and have been to us. We love you.

Son/Daughter

## 第三次会面：婚姻关系

### THIRD MEETING: THE MARRIAGE RELATIONSHIP

#### 教师的准备工作 Teacher Preparation

- 阅读《更深的合一》第1章，《敬虔的丈夫》第5章，《贤德的妻子》第5章  
Read *Strengthening Your Marriage* chapter 1; *The Exemplary Husband* chapter 5; *The Excellent Wife* chapter 5

#### 会面目的 Goal of meeting

- 开始教导神对婚姻的计划  
Begin teaching about God's design of marriage
- 将亲子关系和夫妻关系区别对待  
Recognize the difference in the parent-child relationship and husband-wife relationship

#### 祷告 Prayer

#### 家庭作业回顾和指导 Homework Review and Instruction

- 回顾他们在“婚姻的设立”表格中的回答  
Review their answers from “The Creation of Marriage”
  - 通过回答这些问题，你学到了什么？  
What did you learn from answering these questions?
  - 神对婚姻的永久性是怎么看的？  
What is God's view on the permanency of marriage?
- 讨论他们写在“亲家调查 1 & 2”表格上的回答  
Discuss their answers on the worksheet “In-Law Inventory 1 & 2”
  - 你看到的最大的不同点有哪些？  
Which ones do you see the biggest difference?
  - 哪些方面的问题最突出（得分是“2”）？  
Which ones are the biggest problem areas (scores that are a “2”)?
- 在你看来，你们的家庭经历是否存在一些不同，日后可能会成为潜在的矛盾根源？  
Are there any differences in your family experience that you can see as potential sources of conflict?
- 你认为你们跟对方的父母相处时会存在哪些潜在的问题？  
What potential issues do you see in how you both relate to each set of parents?
- 一起来看看他们给各自父母写的信，类似于“信件范例：致父母”  
Look together at their letter to their parents that is similar to “Sample Letter: Child to Parents”
  - 你认为你会给自己的父母写这样一封信，或是跟他们讨论这些原则吗？  
Do you think you will give a letter like this your parents or discuss these principles with them?
  - 在组建新家庭后你怎样继续孝敬你的父母？  
How can you still honor your parents even when you start a new family?

## 讨论问题 Discussion Questions

- 你如何描述你自己跟父母之间的关系？  
How would you describe your relationship with your parents?
- 你认为你的父母会多大程度地参与到你们的婚姻关系中？  
What involvement do you anticipate that your parents will have in your marriage relationship?
- 在你结婚之后，你认为你跟父母的相处会出现哪些潜在的问题？你当如何避免这些问题？  
What potential problems do you see in how you relate to your parents after you are married? How can you avoid these problems?
- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?
- 选择《敬虔的丈夫》和《贤德的妻子》书后的问题进行讨论。  
Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.

## 家庭作业 Homework

- 一起完成“理想的妻子”的作业  
Together complete the assignment “Ideal Wife”
- 各自独立完成“未来妻子评分表”  
Each should individually complete the worksheet “Scorecard for Future Wives”
- 弟兄需要阅读《敬虔的丈夫》第 6 章  
The man should read *The Exemplary Husband* chapter 6
- 姊妹需要阅读《贤德的妻子》第 6 章  
The woman should read *The Excellent Wife* chapter 6
- 一起讨论，回答“妻子的角色”的问题  
Working together, answer the questions from “Role of the Wife”

# 妻子的角色<sup>11</sup>

Role of the Wife

需由夫妻二人共同完成。

To be completed by husband and wife together.

研读《以弗所书》5章22节至23节，并回答以下问题。

Study Ephesians 5:22-33 and answer the following questions.

1. 可以用哪一个词来概括妻子对丈夫的责任呢？比较《彼得前书》3章1节和《提摩太前书》2章9节至12节。

What is the one word that summarizes the wife's responsibility to the husband? Compare also 1 Peter 3:1 and I Timothy 2:9-12.

2. “如同顺服主”（22节）这句话对于妻子的顺服有什么建议？

What do the words "as unto the Lord" (vs.22) suggest about the wife's submission?

3. 据第24节所说，女人应该顺服到什么程度？

According to verse 24, how extensive should a woman's submission be?

4. 《歌罗西书》3章18节以及《使徒行传》5章29节对妻子的顺服有什么限制？

What limit is put upon the wife's submission by Colossians 3:18 and Acts 5:29?

5. 据第24节所说，妻子与丈夫的关系包含什么？

According to verse 24, what does the wife's relationship to her husband involve?

6. 据第33节所说，妻子对丈夫应该是什么态度？这是什么意思？详细举几个例子来说明，这句经文在实际生活中意味着什么。

According to verse 33, what should the wife's attitude be toward her husband? What does this mean? Give several specific examples of what this would mean in practice.

<sup>11</sup> 《更深的合一》2章A.1-9, 页32-34, *Strengthening Your Marriage*, chapter 2, A.1-9., pages 25-27.

7. 妻子的顺服包括什么？这是说妻子的地位比丈夫低下么？顺服是否会扼杀她的主动性，并令她忽略自己的能力？研读《箴言》31章10节至31节后回答这些问题。列出《箴言》31章所记载的那位才德的妇人运用自己才干的途径：

a. What does the wife's submission involve? Does it mean that she is inferior to her husband? Does it stifle her initiative and cause her to neglect her abilities? Study Proverbs 31:10-31 to answer these questions. Make a list of the ways that the virtuous woman of Proverbs 31 does use her abilities.

8. 根据圣经给妻子的顺服下个定义。

Formulate a biblical definition of what the wife's submission means.

9. 在下列事情上，你怎样表达你对丈夫的顺服？

How can you express submission to your husband in the following areas?

- 家务 Housework
- 性关系 Sexual relations
- 社交关系 Social relations
- 管教孩子 Child discipline
- 丈夫的工作 Husband's work
- 膳食的准备 Meal preparation
- 家庭敬拜 Family devotions
- 教会生活 Church life



# 理想的妻子<sup>12</sup> Ideal Wife

你跟你的伴侣分别根据下面的短语写篇短文。

“理想的妻子是……”

“我认为在婚姻里，妻子应当……”

短文应尽量具体明确，切合实际，且越全面越好。写短文时，可以参考《创世记》2章18节至25节、《箴言》18章22节及31章10节至31节、《以弗所书》5章22节至33节、《提多书》2章4节至5节和《彼得前书》3章1节至8节的经文。现在彼此分享你们所写的“理想的妻子”的作业，比较你们缩写的文章，并讨论所有的相同点和不同点。为使短文的观点更符合圣经的教导且让双方都能受益，你会如何添加删减、修改或纠正？

Each one of you writes a brief article built on the phrases:

“An ideal wife is. . .” and

“In marriage, I think the wife should. . .”

In the article, be specific, practical, clear, concrete, and as thorough as possible. Study Genesis 2:18-25; Proverbs 18:22; 31:10-31; Ephesians 5:22-23; Titus 2:4-5 and 1 Peter 3:1-8 as you write your article. Now share your ideal wife assignments with each other. Compare what each of you wrote, and discuss all similarities and differences. What would you add, subtract, change, expand, or correct to make what you wrote more biblical and useful?

<sup>12</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 199.

# 未来妻子评分表(她的)<sup>13</sup>

## Scorecard for Future Wives (Hers)

**她的：**用以下清单来评估自己作为一位未来的妻子。这个清单所罗列的问题都是良好夫妻关系的决定因素。如果你想要成为一个合神心意的妻子，那么这些因素现在就应该体现在你的生活中。在那些得分高（4 或 3）的项目上，感谢主并继续保持。在得分是 2 或以下的项目上，要接受挑战并努力改进。

**Hers:** Use this inventory to evaluate yourself as a potential wife. This inventory enumerates issues that are important factors in a good husband/wife relationship. If you are going to be the kind of wife God wants you to be, the factors that will make you that kind of wife will be evident in your life right now. On those statements where you score high (4 or 3), praise God and make sure you keep doing these things. On those items where your score is 2 or lower, accept the challenge and work on improving.

评估标准	Rating Scale:
4 = 总是	4 = Regularly
3 = 时常	3 = Frequently
2 = 偶尔	2 = Sometimes
1 = 很少	1 = Rarely
0 = 从不	0 = Never

- 我把我的卧室、公寓或家整理得温馨舒适，并以此为荣。  
I take pride in my bedroom, apartment, or home by making it attractive and cheerful. \_\_\_\_\_
- 我很会理财。  
I handle my finances responsibly \_\_\_\_\_
- 我总是让自己魅力十足，因此我的伴侣很高兴让大家知道我就是他要娶的女人。  
I keep myself attractive in appearance so that my partner is glad to have everyone know I am the woman he plans to marry. \_\_\_\_\_
- 我开朗大方，不抱怨，有品位，不爱唠叨。  
I am a good sport, cheerful, uncomplaining, appreciative, and not a nag. \_\_\_\_\_
- 当我们意见不合时，我情愿让我的伴侣做主并做最后的决定。  
I am willing to let my partner have his own way and the last word when we disagree. \_\_\_\_\_
- 对于我自己能解决的小问题，我不会小题大做。  
I avoid making a fuss over minor problems that I should handle alone. \_\_\_\_\_
- 我向我的伴侣表示出尊重和欣赏，不把他与其他男人不适宜地相比较，而是让他明白我尊重他胜过尊重其他男人。  
I show respect and admiration for my partner, not comparing him unfavorably with other men, but making him know that I esteem him above all other men. \_\_\_\_\_
- 我对他的父母和他的其他亲戚都谦恭有礼，体贴入微。  
I show courtesy and consideration to his parents and to his other relatives. \_\_\_\_\_

<sup>13</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 201-202.

9. 我对他的工作表现出极大的兴趣，心有共鸣且充满智慧，但我会放手让他干，我理解他有时必须牺牲我们在一起的时间去工作。  
I take a sympathetic and intelligent interest in his work, yet leave him a free hand, realizing that he must sometimes give time to his work that we would rather have together.
10. 我乐于结识他的朋友，对他的娱乐活动产生兴趣，这样在他的空闲时间里我能成为令他满意的好伙伴。  
I cultivate an interest in his friends and recreations so that I can make a satisfactory partner of his leisure hours.
11. 我定期为我的伴侣祷告，也经常跟他一起祷告。我保持很好的灵修生活。  
I pray regularly with and for my partner and maintain a good devotional life.
12. 我在重要的决定上征求他的意见。  
I seek his counsel on important decisions.
13. 我支持他的一切决定，并且乐意协助他贯彻执行。  
I support his decisions and cheerfully assist him in fulfilling them.
14. 在别人面前，我很尊重他。  
I show respect and esteem for him around other people.
15. 我经常亲昵地跟他分享我的想法、问题、喜乐、兴趣和爱慕之情。  
I lovingly share my ideas, problems, joys, interests, and affection with him on a regular basis.
16. 我避免对他大喊大叫或尖叫嘶吼。  
I avoid shouting and screaming at him.
17. 我尽量不使用暴力、威胁或处罚的方式得到我想要的。  
I refrain from using force or threats or punishment to get my own way.
18. 我不让我的朋友或活动占用他需要我陪伴的时间。  
I avoid allowing my friends or activities to interfere with time to fulfill his desires.
19. 我尽量不在人前令他难堪或贬低他。  
I refrain from embarrassing him or putting him down.
20. 我使自己的内心和外表一样充满魅力。  
I keep my self internally as well as externally attractive.
21. 我是一个很幽默的人。  
I am a fun person to be with.
22. 我遵守承诺，约会准时，如计划有变会提前打电话通知对方。  
I keep appointments, am on time for dates, call if my plans are changed.
23. 我乐于承担责任，并忠于职守。  
I accept responsibilities and faithfully fulfill them.
24. 我对他的问题和困难很敏感，并试着鼓励他。  
I am sensitive to his problems and difficulties and try to be an encouragement to him.
25. 我试图改变一些他不喜欢的习惯。  
I try to change habits that are annoying to him.

# 未来妻子评分表(他的)<sup>14</sup>

Scorecard for Future Wives (His)

## 他的：用以下清单来评估你的未婚妻。

His: Use this inventory to evaluate your future wife.

评估标准	Rating Scale:
4 = 总是	4 = Regularly
3 = 时常	3 = Frequently
2 = 偶尔	2 = Sometimes
1 = 不常	1 = Rarely
0 = 从不	0 = Never

- 她尽量把自己的房间（或家）整理得温馨舒适、其乐融融，她在这事上所投入的精力不亚于她在工作上投入的精力。  
She tries to make her apartment or home interesting, attractive, and cheerful, devoting as much thought and study to it as she would to a job downtown. \_\_\_\_\_
- 她持家有道，在财务问题上井井有条。  
She handles the finances that are her responsibility in a businesslike fashion. \_\_\_\_\_
- 她很妩媚动人（但并不令人讨厌），因此我很高兴让大家知道她就是我要娶的女人。  
She keeps herself attractive (though not offensively so) so that I am glad to have everyone know that she is to be my wife. \_\_\_\_\_
- 她开朗大方，不抱怨，有品位，不爱唠叨。  
She is a good sport, cheerful, uncomplaining, appreciative and not a nag. \_\_\_\_\_
- 当我们意见不合的时候，她愿意让我做主并做最后的决定。  
She is willing to let me have my own way and the last word when we disagree. \_\_\_\_\_
- 对于她自己能够解决的小问题，她不会小题大做。  
She avoids making a fuss over trifles and solves minor problems that she should handle alone. \_\_\_\_\_
- 她向我表达她的尊重和欣赏，不把我跟其他男人进行不适宜地比较，而是让我感到她尊重我胜过尊重其他男人。  
She shows respect and admiration for me, not comparing me unfavorably with other men, but making me think that she esteems me above all other men. \_\_\_\_\_
- 她不会允许她母亲或其他亲戚过度干涉我们的生活，她对我的亲戚谦恭有礼，温柔体贴。  
She prevents her mother and other relatives from intruding unduly, and shows courtesy and consideration to my relatives. \_\_\_\_\_
- 她对我的工作表现出极大的兴趣，心有共鸣且充满智慧，但她会放手让我做。她理解我有时必须牺牲我们在一起的时间去工作。  
She takes a sympathetic and intelligent interest in my work, yet leaves me a free hand, realizing that I must sometimes give time to my work that I would rather have with her. \_\_\_\_\_

<sup>14</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 203-204.

10. 她乐于结识我的朋友，对我的娱乐活动有兴趣。这样在我的空闲时间里，她能成为令我满意的好伙伴。  
She cultivates an interest in my friends and recreation, so that she can make a satisfactory partner of my leisure hours. \_\_\_\_\_
11. 她定期为我祷告，还经常跟我一起祷告。她保持良好的灵修生活。  
She prays regularly with and for me and maintains a good devotional life. \_\_\_\_\_
12. 她在重要的决定上征求我的意见。  
She seeks my counsel on important decisions. \_\_\_\_\_
13. 她支持我的一切决定，并乐意帮助我贯彻执行。  
She supports my decisions and cheerfully assists me in fulfilling them. \_\_\_\_\_
14. 在别人面前，她很尊重我。  
She shows respect and esteem for me around other people. \_\_\_\_\_
15. 她经常充满爱意地跟我分享她的想法、问题、喜乐、兴趣和爱慕之情。  
She lovingly shares her ideas, problems, joys, interests, and affections on a regular basis. \_\_\_\_\_
16. 她避免对我大喊大叫或尖声嘶吼。  
She avoids shouting and screaming at me. \_\_\_\_\_
17. 她尽量不使用暴力、威胁或处罚的方式来得到她想要的。  
She refrains from using force or threats or punishment to get her own way. \_\_\_\_\_
18. 她不让她的朋友或活动占用我需要她的时间。  
She avoids allowing my friends or activities to interfere with time to fulfill my desires. \_\_\_\_\_
19. 她尽量不在别人面前令我难堪或贬低我。  
She refrains from embarrassing me or putting him down. \_\_\_\_\_
20. 她使自己的心灵和外表一样有魅力。  
She keeps herself internally as well as externally attractive. \_\_\_\_\_
21. 她是一个有幽默感的人。  
She is a fun person to be with. \_\_\_\_\_
22. 她遵守承诺，约会准时，如计划有变总会提前打电话通知我。  
She keeps appointments, is on time for dates, call if plans are changed. \_\_\_\_\_
23. 她乐于承担责任，并尽忠职守。  
She accepts responsibilities and faithfully fulfill them. \_\_\_\_\_
24. 她对我的问题和困难很敏感，并试着鼓励我。  
She is sensitive to my problems and difficulties and tries to be an encouragement to me. \_\_\_\_\_
25. 她试图改变所有我不喜欢的习惯。  
She tries to change any habits that are annoying to me. \_\_\_\_\_

列出你希望看到你的伴侣有所改善的项目。

List items on which you would like to see improvement.

## 第四次会面：妻子

### FOURTH MEETING: THE WIFE

#### 教师的准备工作 Teacher Preparation

- 阅读《敬虔的丈夫》第6章以及《贤德的妻子》第6章  
Read *The Exemplary Husband* chapter 6 and *The Excellent Wife* chapter 6

#### 会面目的 Goal of meeting

- 查考圣经对妻子角色的定义  
Look at the biblically-defined role of wife
- 确保双方理解并赞同妻子的角色定义  
Make sure there is understanding and acceptance of the wife's role

#### 祷告 Prayer

#### 家庭作业回顾及指导 Homework Review and Instruction

- 讨论“理想的妻子”表格上的回答  
Discuss their answers on the worksheet “Ideal Wife”
  - 通过这个作业你学到了什么？  
What did you learn from this assignment?
  - 通过这个表格，你对妻子责任的看法有哪些改变？  
How will this change how you view your responsibility as a wife?
- 讨论他们写在“未来妻子评分表”上的回答？  
Discuss their answers on the worksheet “Scorecard for Future Wives”?
  - 你们讨论评分结果了吗？你们讨论了哪些问题？  
Did you discuss the results? What issues were discussed?
- 回顾他们写在“妻子的角色”的回答  
Review their answers from “Role of the Wife”
- 讨论丈夫当如何做头并且爱妻子，而妻子当如何顺服并且尊重丈夫（弗 5:22-33）。  
Discuss how the husband must be the leader and lover, the wife must submit and respect (Ephesians 5:22-33).

#### 讨论问题 Discussion Questions

- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?
- 选取《敬虔的丈夫》和《贤德的妻子》书后的问题进行讨论。  
Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.

- 如果时间允许，可以一起阅读并讨论《更深的合一》第 2 章中的内容  
If time, read together and discuss sections from *Strengthening Your Marriage* **chapter 2**

		中文版 Chinese version	英文版 English version
解释顺服的意思 Submission Explained	引言和第 1 章 Introduction, 1	第 20-26 页 pages 20-26	<b>第 15-21 页</b> <b>ENG 15-21</b>
对顺服的描述 Submission Described	C	第 28-29 页 pages 28-29	<b>第 22-24 页</b> <b>ENG 22-24</b>

## 家庭作业 Homework

- 一起完成“理想的丈夫”的作业  
Together complete the assignment “Ideal Husband”
- 各自独立完成“未来丈夫评分表”  
Each should individually complete the worksheet “Scorecard for Future Husbands”
- 弟兄需要阅读《敬虔的丈夫》第 9、10 章  
The man should read *The Exemplary Husband* chapter 9, 10
- 姊妹需要阅读《贤德的妻子》第 10、12 章  
The woman should read *The Excellent Wife* chapter 10, 12
- 一起讨论，回答“丈夫的角色”的问题  
Working together, answer the questions from “Role of the Husband”

# 丈夫的角色<sup>15</sup>

## Role of the Husband

需由夫妻二人共同完成。

To be completed by husband and wife together.

**研读《以弗所书》五章 22 节至 23 节并回答以下问题。**

Study Ephesians 5:22-33 and answer the following questions.

1. 在《以弗所书》5 章 22 节至 33 节中，有哪两个词语概括出了丈夫对妻子当尽的责任？将第 23 节与 25 节进行比较。

What two words in Ephesians 5:22-33 summarize the husband's responsibility to his wife? Compare verse 23 with verse 25.

2. 当丈夫履行带领妻子的职责时，他必须牢记要以谁为榜样？对比《以弗所书》5 章 23 节和《以弗所书》1 章 22 节。就妻子的自由、责任和主动性而言，上述经文意味着什么？基督是否将责任托付给了我们？是否容许我们有过失？是否允许我们运用自己的才能和发挥主动性？

What example or model must the husband keep in mind as he exercises the headship over the wife?

Compare Ephesians 5:23 and Ephesians 1:22. What does this mean as far as the wife's freedom, responsibilities, and initiative are concerned? Does Christ delegate responsibility to us? Allow us to make mistakes? To use abilities and exert initiative?

3. 常常在生活中操练基督是主是为了谁的益处？比较《以弗所书》1 章 22 节以及 5 章 25 节至 27 节。丈夫作为一家之主应该也是为了谁的益处？注意《以弗所书》5 章 28 节。

For whose benefit is the headship of Christ always exercised? Compare Ephesians 1:22; 5:25-27. For whose benefit should the headship of the husband be exercised? Note Ephesians 5:28.

4. 根据以下的经文，丈夫可以用什么方法来操练爱的领导力呢？

What ways can the husband exercise loving leadership according to the following verses?

《以弗所书》5 章 29 节 Ephesians 5:29

---

<sup>15</sup> 《更深的合一》3 章 A1-3, C, D, E: 页 60, 62-64, *Strengthening Your Marriage*, chapter 3: A 1-3, C, D, E, pages 47-50.



《提摩太前书》5章8节 | Timothy 5:8

---

《彼得前书》3章7节 | Peter 3:7

---

《以弗所书》6章4节 Ephesians 6:4

---

《歌罗西书》3章19节 Colossians 3:19

---

《箴言》22章6节 Proverbs 22:6

---

《以弗所书》5章25节至27节 Ephesians 5:25-27

---

《哥林多前书》7章3节至5节 | Corinthians 7:3-5

---

5. 《箴言》31章10节至31节指出，一个好丈夫不仅会对妻子委以重任，而且还会尽其所长。你妻子有哪些才能和恩赐是你没有的呢？你会分派她负责哪方面的事物呢？比较《箴言》31章10节至31节；《提摩太前书》5章14节；《提多书》2章4节至5节；《诗篇》128篇3节。（警告：不要强迫她承担她没能力承担的责任）

Proverbs 31:10-31 indicates that a good husband gives his wife great responsibilities and uses her gifts to the full. What gifts or abilities does your wife have that you do not have? What areas of responsibility will you delegate to her? Compare Proverbs 31:10-31; I Timothy 5:14; Titus 2:4-5; Psalm 128:3. (Warning: Do not force her to take responsibilities for which she is not equipped.)

6. 《箴言》31章28节说到，丈夫应该常常向妻子表达称赞和欣赏之意。列出清单说明你欣赏对方之处以及你表达欣赏的方式。（建议：请你妻子列举你欣赏她的地方，这可能会令你脑洞大开。倘若她不知道你到底欣赏她什么地方，那可能是因为你从未向她表达过你的称赞。挑战自己，效法亚当用言语来称赞夏娃的例子。阅读《创世记》2章23节。）

Proverbs 31:28 says that a husband ought to praise and express appreciation to his wife. Make a list of things which you appreciate about your partner. Make a list of ways you can express appreciation to her. (Suggestion: Ask your wife to enumerate the things you appreciate about her. This may be an eye opener to you. If she does not know what you appreciate about her, it is because you have not been expressing your appreciation. Let Adam's example of verbalizing his appreciation for Eve challenge you. Read Genesis 2:23)



# 理想的丈夫<sup>16</sup> Ideal Husband

你跟你的伴侣分别根据下面的短语写篇短文。

“理想的丈夫是……”

“我认为在婚姻里，丈夫应当……”

短文应尽量具体明确，切合实际，且越全面越好。写短文时可以参考《创世记》2章18节至25节、《箴言》18章22节及31章10节至31节、《以弗所书》5章22节至33节、《提多书》2章4节至5节和《彼得前书》3章1节至8节的经文。现在彼此分享你们所写的“理想妻子”的作业，比较你们的文章，并讨论所有的相同点和不同点。为使短文的观点更符合圣经的教导且让双方受益，你会如何添加删减、修改或纠正？

You and your partner each write a brief article built on the phrases:

“An ideal husband is. . .” and

“In marriage, I think the husband should. . .”

In the article, be specific, practical, clear, concrete, and as thorough as possible. Study Genesis 2:18; Proverbs 31:10-31; Ephesians 5:25-33; 1 Timothy 3:4-5; 5:8, and 1 Peter 3:7-8 as you write your article. Now share your ideal husband assignments with each other. Compare what each of you wrote, and discuss all similarities and differences. What would you add, subtract, change, expand, or correct to make what you wrote more biblical and useful?

<sup>16</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 192.

# 未来丈夫评分表(他的)<sup>17</sup>

## Scorecard for Future Husbands (His)

**他的：**用以下清单来评估自己作为一位未来的丈夫。这个清单所罗列的问题都是良好夫妻关系的决定因素。如果你想要成为一个合神心意的丈夫，那么这些因素现在就应该体现在你的生活中。在那些得分高（4 或 3）的项目上，感谢主并继续保持。在得分是 2 或以下的项目上，要接受挑战并努力改进。

**His:** Use this inventory to evaluate yourself as a potential husband. This inventory enumerates issues that are important factors in a good husband/wife relationship. If you are going to be the kind of husband God wants you to be, the factors that will make you that kind of husband will be evident in your life right now. On those statements where you score high (4 or 3), praise God and make sure you keep doing these things. On those items where your score is 2 or lower, accept the challenge and work on improving.

评估标准	Rating Scale:
4 = 总是	4 = Regularly
3 = 时常	3 = Frequently
2 = 偶尔	2 = Sometimes
1 = 不常	1 = Rarely
0 = 从不	0 = Never

- 我专门安排出时间陪伴我的伴侣。  
I plan my time so that I can spend time with my partner. \_\_\_\_\_
- 我尊重她，对她彬彬有礼。  
I am courteous to her and treat her with respect. \_\_\_\_\_
- 我听取她的建议、劝告甚至是抱怨，并不置之不理，也不觉得受威胁，对她的做法不心怀怨恨。  
I listen to her suggestions, advice, and even complaints without ignoring them, being threatened, or resenting the fact that she gave them. \_\_\_\_\_
- 我常常跟她沟通，告诉她我正在做的事，我要去的地方，以及我每天的行程安排。  
I communicate with her, telling her what I am doing, where I am going, what my daily schedule involves. \_\_\_\_\_
- 我约会从不迟到。如果有紧急情况发生会导致我迟到，我会打电话告诉她。  
I am on time for dates and call her if an emergency arises that will make me late. \_\_\_\_\_
- 我帮助她承担她的责任。  
I help my partner with her responsibilities. \_\_\_\_\_
- 我腾出时间跟她单独相处。  
I make time for the two of us to be alone together. \_\_\_\_\_
- 我尽量不向她大喊大叫、辱骂她，不说难听或刻薄的话，不对她提出无理要求。  
I refrain from shouting at her, abusing her, talking harshly or unkindly to her, or making unreasonable demands on her. \_\_\_\_\_

<sup>17</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 194-195.

9. 我不使用暴力手段(身体上或精神上), 只为得到我想要的。  
I refrain from using force (physical or psychological) to get my own way.
10. 我避免用一种贬低女人的方式跟她谈论女人。  
I avoid talking to her about women in a way that implies she is inferior.
11. 我愿意努力工作, 为家庭和个人的开支提供足够的保障。  
I am willing to work hard enough to adequately provide for household and personal expenses.
12. 我尽力保持我的外表有吸引力。  
I work on keeping my physical appearance attractive.
13. 我征求她的意见和建议。  
I seek her counsel and advice.
14. 我找出她身上的优良品质和行为, 并大加赞扬。  
I look for positive qualities and behavior and enthusiastically commend her.
15. 在别人面前, 我尊重她, 对她彬彬有礼。  
I show respect and esteem for her when around people; I am courteous and mannerly with her.
16. 我避免吹毛求疵, 小题大做。  
I avoid being a nitpicker, making mountains out of molehills.
17. 我喜欢跟她分享我的想法、兴趣和生活会。  
I love sharing my ideas, interests and life with her.
18. 哪怕她在跟我讲我特别不感兴趣的话题, 我也会认真倾听。  
I listen to her even when she is telling me something in which I am not particularly interested.
19. 我是一个很幽默的人。我认真对待生活和自己, 但不会太叫真。  
I am a fun person to be with; I take life and myself seriously, but not too seriously.
20. 我努力去改变所有她不喜欢的习惯。  
I try to change any habits that are annoying to her.
21. 我试着从她的角度看问题, 我关心她的看法。  
I try to see things from her perspective and am interested in her viewpoints.
22. 我试着以她希望被爱的方式爱她。  
I try to love her in the way she wants to be loved.
23. 我操练自己在属灵上做带领人, 树立一个仆人的榜样, 带领家人灵修, 定期为她祷告并和她一同祷告。  
I exercise spiritual leadership, setting an example of servanthood, leading in devotions, praying regularly for and with her.
24. 我对她的问题和困难很敏感, 并试着去鼓励她。  
I am sensitive to her problems and differences and try to be an encouragement to her.
25. 我的行为举止表现出她在我生命中的地位十分重要, 仅次于神。我很珍惜她, 我经常不遗余力地赞美她。  
I act like she is the most important person in my life next to the Lord; I treat her like she is really valuable; I communicate appreciation.

回顾这份清单, 选出所有得分是 2、1 或 0 的项目。祷告、思考、讨论并计划如何针对这些项目做出改善。

Go back over this list and make a list of all items that were scored 2, 1, or 0. Pray, think about, discuss, and plan how to make improvements on these items.

# 未来丈夫评分表(她的)<sup>18</sup>

Scorecard for Future Husbands (Hers)

**她的：**用以下清单来评估你未来的丈夫。本清单罗列出的问题都是建立良好夫妻关系的重要因素。你的诚实评估可以帮助你为合神心意的婚姻做预备。

**Hers:** Use this inventory to evaluate your future husband. This inventory enumerates issues that are important factors in a good husband/wife relationship. Your honest assessment can be a helpful tool in preparing for marriage God's way.

评估标准	Rating Scale:
4 = 总是	4 = Regularly
3 = 时常	3 = Frequently
2 = 偶尔	2 = Sometimes
1 = 不常	1 = Rarely
0 = 从不	0 = Never

1. 他专门安排出时间陪我。

He plans his time so that he can spend time with me.

\_\_\_\_\_

2. 他尊重我，对我彬彬有礼。

He is courteous to me and treats me with respect.

\_\_\_\_\_

3. 他听取我的建议、劝告甚至是抱怨，并不置之不理，也不觉得受威胁，对我的做法不心怀怨恨。

He listens to my suggestions, advice, and even complaints without ignoring them, being threatened, or resenting the fact that I gave them.

\_\_\_\_\_

4. 他常常跟我沟通，告诉我他正在做的事，他要去的方，以及他每天的行程安排。

He communicates with me, telling me what he is doing, where he is going, what his daily schedule involves.

\_\_\_\_\_

5. 他约会从不迟到。如果有任何紧急情况发生会导致迟到，他会打电话告诉我。

He is on time for dates and calls me if an emergency arises that will make him late.

\_\_\_\_\_

6. 他帮助我承担我的责任。

He helps me with my responsibilities.

\_\_\_\_\_

7. 他安排出时间跟我单独相处。

He makes time for the two of us to be alone together.

\_\_\_\_\_

8. 他尽量不向我大喊大叫、辱骂我，不说难听或刻薄的言语，不对我提出无理的要求。

He refrains from shouting at me, abusing me, talking harshly or unkindly to me, or making unreasonable demands on me.

\_\_\_\_\_

9. 他不使用暴力手段(身体上或精神上)，只为了得到他想要的。

He refrains from using force (physical or psychological) to get his own way.

\_\_\_\_\_

<sup>18</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 196-197.

10. 他避免用一种贬低女人的方式跟我谈论女人。  
He avoids talking to me about women in a way that implies I am inferior. \_\_\_\_\_
11. 他愿意努力工作，为家庭和个人的开支提供足够的保障。  
He is willing to work hard enough to adequately provide for household and personal expenses. \_\_\_\_\_
12. 他尽力保持自己的外表有吸引力。  
He works on keeping his physical appearance attractive. \_\_\_\_\_
13. 他征求我的意见和建议。  
He seeks my counsel and advice. \_\_\_\_\_
14. 他找出我身上的优良品质和行为，并大加称赞。  
He looks for positive qualities and behavior and enthusiastically commends me. \_\_\_\_\_
15. 在别人面前他会尊重我，对我彬彬有礼。  
He shows respect and esteem for me when around people; He is courteous and mannerly with me. \_\_\_\_\_
16. 他不吹毛求疵，不小题大做。  
He avoids being a nitpicker, making mountains out of molehills. \_\_\_\_\_
17. 他喜欢跟我分享他的想法、兴趣和生活。  
He loves sharing his ideas, interests and life with me. \_\_\_\_\_
18. 哪怕我在跟他讲他特别不感兴趣的话题，他也会认真倾听。  
He listens to me even when I am telling him something in which he is not particularly interested. \_\_\_\_\_
19. 他是一个很幽默的人。他认真对待生活和自己，但不会过于叫真。  
He is a fun person to be with; he takes life and himself seriously, but not too seriously. \_\_\_\_\_
20. 他努力去改变任何我讨厌的习惯。  
He tries to change any habits that are annoying to me. \_\_\_\_\_
21. 他试着从我的角度看问题，他关心我的观点。  
He tries to see things from my perspective and is interested in my viewpoints. \_\_\_\_\_
22. 他试着按照我希望被爱的方式爱我。  
He tries to love me in the way I want to be loved. \_\_\_\_\_
23. 他操练自己在属灵上做带领人，树立一个仆人的榜样，带领家人的灵修生活，常常为我祷告或跟我一起祷告。  
He exercises spiritual leadership, setting an example of servanthood, leading in devotions, praying regularly for and with me. \_\_\_\_\_
24. 他对我的问题和困难很敏感，会试着鼓励我。  
He is sensitive to my problems and differences and tries to be an encouragement to me. \_\_\_\_\_
25. 他的举止表现出我在他生命中的地位十分重要，仅次于神。他很珍惜我，他经常不遗余力地赞美我。  
He acts like I am the most important person in his life next to the Lord; he treats me like I am really valuable; he communicates appreciation. \_\_\_\_\_

列出你希望看到你的伴侣有所改善的项目。

List items on which you would like to see improvement.

## 第五次会面：丈夫

### FIFTH MEETING: THE HUSBAND

#### 教师的准备工作 Teacher Preparation

- 阅读《敬虔的丈夫》第 9、10 章及《贤德的妻子》第 10、12 章  
Read *The Exemplary Husband* chapter 9, 10 and *The Excellent Wife* chapter 10, 12

#### 会面的目的 Goal of meeting

- 查考圣经对妻子角色的定义  
Look at the biblically-defined role of husband
- 确保双方理解并接受这一角色的定义  
Make sure there is understanding and acceptance of this role

#### 祷告 Prayer

#### 家庭作业回顾及指导 Homework Review and Instruction

- 讨论他们写在“理想的丈夫”表格上的回答  
Discuss their answers on the worksheet: “Ideal Husband”
  - 通过这个作业，你学到了什么？  
What did you learn from this assignment?
  - 你对丈夫责任的看法发生了哪些改变？  
How will this change how you view your responsibility as a husband?
- 讨论他们写在“未来丈夫评分表”上面的回答  
Discuss their answers on the worksheet: “Scorecard for Future Husbands”
  - 你们讨论评分结果了吗？你们讨论了哪些问题？  
Did you discuss the results? What issues were discussed?
- 回顾他们对“丈夫的角色”问题的回答  
Review their answers from “Role of the Husband”

#### 讨论问题 Discussion Questions

- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?
- 选取《敬虔的丈夫》和《贤德的妻子》后面的问题进行讨论。  
Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.



- 如果时间允许，可以一起阅读并讨论《更深的合一》第3章的内容  
If time, read together and discuss sections from *Strengthening Your Marriage* **chapter 3**

		中文版 Chinese version	英文版 English version
丈夫是头 The Husband as Leader	A	第 42-43 页 pages 42-43	<b>第 33-34 页</b> <b>ENG 33-34</b>
丈夫应当爱妻子 The Husband as Lover	A, B 1-3	第 48-52 页 pages 48-52	<b>第 38-41 页</b> <b>ENG 38-41</b>
爱的表现 Love Demonstrated	C	第 52-57 页 pages 52-57	<b>第 42-46 页</b> <b>ENG 42-46</b>

## 家庭作业 Homework

- 各自独立完成“你在聆听吗？”、“夫妻良好沟通的建议”、“沟通备忘录”的表格  
Each should individually complete the worksheets “Are You Listening?”, “Suggestions for Good Martial Communication” and “Communication Checklist”
- 弟兄需要阅读《敬虔的丈夫》第16章  
The man should read *The Exemplary Husband* chapter 16
- 姊妹需要阅读《贤德的妻子》第16章  
The woman should read *The Excellent Wife* chapter 16
- 一起讨论，回答“良好沟通的原则”和“沟通失败的原因”的问题  
Working together, answer the questions from “Principles of Good Communication” and “Causes of Communication Failure”

# 你在倾听吗？<sup>19</sup> Are You Listening?

良好的倾听是有效沟通的重要组成部分，也是建立更深入更敬虔之关系的必要因素。为了检验你的“听商”（即：作为倾听者，你的表现如何？），请完成以下调查，然后请一位密友也完成下面的调查并将结果反馈给你。根据下面的每一句话写下适当的数字来代表你的倾听行为。

Listening well is a very important part of effective communication and an essential element in developing deep, godly relationships. To discover your “listening quotient” (i.e. how well you are doing as a listener), complete the following inventory and then ask a close friend who will give you honest feedback to do the same. Write down the appropriate number representing your listening behavior for each statement.

评估标准	Rating Scale:
3 = 经常	3 = Usually
2 = 有时	2 = Sometimes
1 = 很少	1 = Rarely
0 = 从不	0 = Never

- 我认识到倾听是服侍其他人的一个重要方面。  
I realize that listening is an important aspect of ministering to another person. \_\_\_\_\_
- 当有人跟我说话时，我洗耳恭听，不会心不在焉。  
When someone else is speaking to me, I pay close attention to that person and don't allow my mind to wander. \_\_\_\_\_
- 我不会拒绝倾听别人所说的话，哪怕对方的意见跟我的想法不同。我愿意学习我所听到的一切并对其进行判断。我只说合乎圣经的言语。  
I don't close my mind to what the other person is saying even if it differs with my own ideas; I am willing to learn and evaluate what I hear; and I speak biblically. \_\_\_\_\_
- 我不会拒绝倾听别人的话，哪怕对方所说的我并不想听。  
I don't stop listening to the other person even if he or she is saying something I don't want to hear. \_\_\_\_\_
- 认识我的人都会说我是个很好的倾听者。  
People who know me would say I am a good listener. \_\_\_\_\_
- 我尽量不评判别人所说的，除非我确定自己已经明白了对方的意思。我不匆忙地下结论。  
I refrain from judging what the other person has said until I am sure I have understood what he or she means; I do not jump to conclusions. \_\_\_\_\_
- 我认识到别人比我更了解自己想要表达的意思。  
I realize the other person knows what he or she meant better than I do. \_\_\_\_\_
- 我尽量不去预测别人将要说的内容。  
I refrain from predicting what the other person is going to say. \_\_\_\_\_
- 我不会一边听对方说话，一边准备反驳他（或她）。我聚精会神试着去理解对方所说的内容、感受和想法，而不会总想着怎么回应对方所说的。  
I refuse to use the time when the other person is speaking to prepare my rebuttal; I concentrate on trying to understand what the other person is saying, feeling, and thinking rather than on my response to what is being said. \_\_\_\_\_
- 我情愿被指责、被批评、被质疑，不明哲保身，不强词夺理，也不做过多解释。  
I'm willing to be rebuked, criticized, or challenge without defending myself or \_\_\_\_\_

<sup>19</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 158-159, 166-167.

- immediately and excessively explaining myself.
11. 我提出建议时，不油嘴滑舌，不草率行事。  
I withhold glib and hasty advice.
12. 我不会为了让对方住嘴而迅速道歉，因为这样做可能令他（或她）觉得我不够真诚，没有真正明白他（或她）的感受。  
I refrain from apologizing too quickly to get the other person to stop talking, resulting in his or her thinking I am not sincere and I really do not understand his or her feelings.
13. 我不轻易更正别人对一个问题的判断。  
I'm slow to correct the other person's evaluation of an issue.
14. 我不好为人师，不轻易指教别人当如何看待问题。  
I hesitate to tell the other person how he or she should feel about a matter.
15. 当别人说完以后，我能准确总结出对方所说的，并认真思考。  
When someone else has spoken, I can accurately summarize and reflect on what has been said.
16. 当别人说话时，我不随意打断。我是一个很有耐心的倾听者。  
When another person is speaking, I refuse to interrupt; I am a patient listener.
17. 当别人说话的时候，我会全神贯注地倾听（眼、心、耳、手、脚、身体、姿态、思想、里面的人和外面的人）。  
When someone else is speaking, I listen with my whole being (eyes, mind, ears, hands, feet, body, posture, thoughts, inner man, and outer man).

阅读以下经文，在每句经文下面，用一句话总结出这句经文关于倾听、聆听、专心或保持安静的教导。

Read the following verses and write down a one sentence summary underneath each verse of what each of them has to say about listening, hearing, paying attention, or being quiet.

箴 9:9 Prov. 9:9	教导智慧人，他就越发有智慧； 指示义人，他就增长学问。	Give instruction to a wise man and he will be still wiser, Teach a righteous man and he will increase his learning.
箴 10:8 Prov.10:8	心中智慧的，必受命令； 口里愚妄的，必致倾覆。	The wise of heart will receive commands, And a babbling fool will be ruined.
箴 10:17 Prov.10:17	谨守训诲的，乃在生命的道上； 违弃责备的，便失迷了路。	He who is on the path of life who heeds instruction, But he who ignores reproof goes astray.
箴 12:15 Prov.12:15	愚妄人所行的，在自己眼中看为正直； 惟智慧人，肯听人的劝教。	The way of a fool is right in his own eyes, But a wise man is he who listens to counsel.
箴 13:10 Prov.13:10	骄傲只启争竞， 听劝言的却有智慧。	Through insolence comes nothing but strife, But wisdom is with those who receive counsel.

箴 15:1-2 Prov.15:1-2	回答柔和，使怒消退；言语暴戾，触动怒气。智慧人的舌，善发知识；愚昧人的口，吐出愚昧。	A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise commends knowledge, but the mouths of fools pour out folly.
箴 15:12 Prov.15:12	褻慢人不爱受责备，他也不就近智慧人。	A scoffer does not love one who reproves him, He will not go to the wise.
箴 15:22 Prov.15:22	不先商议，所谋无效；谋士众多，所谋乃成。	Without consultation, plans are frustrated, But with many counselors they succeed.
箴 15:31-33 Prov.15:31-33	听从生命责备的，必常在智慧人中。弃绝管教的，轻看自己的生命；听从责备的，却得智慧。敬畏耶和华，是智慧的训诲，尊荣以前，必有谦卑。	He whose ear listens to the life-giving reproof Will dwell among the wise. He who neglects discipline despises himself, But he who listens to reproof acquires understanding. The fear of the Lord is the instruction for wisdom, And before honor comes humility.
箴 16:21 Prov.16:21	心中有智慧，必称为通达人；嘴中的甜言，加增人的学问。	The wise of heart is called discerning, and sweetness of speech increases persuasiveness.
箴 17:10 Prov.17:10	一句责备话，深入聪明人的心，强如责打愚昧人一百下。	A rebuke goes deeper into one who has understanding Than a hundred blows into a fool.
箴 17:27-28 Prov.17:27-28	寡少言语的有知识；性情温良的有聪明。愚昧人若静默不言，也可算为智慧；闭口不说，也可算为聪明。	Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding. Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.
箴 18:13 Prov.18:13	未曾听完先回答的，便是他的愚昧和羞辱。	If one gives an answer before he hears, it is his folly and shame.
箴 20:18 Prov.20:18	计谋都凭筹算立定，打仗要凭智谋。	Prepare plans by consultation And make war by wise guidance.
箴 21:23 Prov.21:23	谨守口与舌的，就保守自己免受灾难。	Whoever keeps his mouth and his tongue keeps himself out of trouble.

箴 23:12 Prov.23:12	你要留心领受训诲， 侧耳听从知识的言语。	Apply your heart to discipline And your ears to words of knowledge.
箴 25:12 Prov.25:12	智慧人的劝诫，在顺从的人耳中， 好像金耳环和精金的妆饰。	Like an earring of gold and an ornament of fine gold Is a wise reprover to a listening ear.
箴 26:12 Prov.26:12	你见自以为有智慧的人吗？ 愚昧人比他更有指望。	Do you see a man wise in his own eyes? There is more hope for a fool than for him.
箴 27:2 Prov.27:2	要别人夸奖你，不可用口自夸； 等外人称赞你，不可用嘴自称。	Let another praise you, and not your own mouth; a stranger, and not your own lips.
箴 27:14 Prov.27:14	清晨起来，大声给朋友祝福的， 就算是咒诅他。	Whoever blesses his neighbor with a loud voice, rising early in the morning, will be counted as cursing.
箴 29:20 Prov.29:20	你见言语急躁的人吗？ 愚昧人比他更有指望。	Do you see a man who is hasty in his words? There is more hope for a fool than for him.

应用你在这个清单中所学到的完成以下论述：

Apply what you have learned in this inventory by completing the following statements:

1. 靠着神的恩典，我使用这些方法成为了一个很好的倾听者：

By God's grace I am a good listener in these ways:

2. 在神的帮助下，我需要在以下方面努力改善我的倾听能力：

With God's help I need to work on improving my listening skills in these ways and areas:

3. 为了提高我的倾听技能，我会：

To improve my listening skills I will:

# 良好沟通的原则 Principles of Good Communication

简要概括出经文中的原则，然后根据你对这些圣经原则的遵守程度给自己打分。

Briefly summarize the principle from the passage, and then give yourself a score on how well you obey the biblical principle.

评分标准	Rating Scale:
4 = 我总是这样做	4 = I always do this
3 = 我经常这样做	3 = I frequently do this
2 = 我偶尔会这样做	2 = I sometimes do this
1 = 我很少这样做	1 = I seldom do this
0 = 我从不这样做	0 = I never do this

	原则 Principle	你 You
箴 12:17：说出真话的，显明公义；作假见证的，显出诡诈。 Proverbs 12:17: Whoever speaks the truth gives honest evidence, but a false witness utters deceit.	_____	_____
箴 12:19：口吐真言，永远坚立；舌说谎话，只存片时。 Proverbs 12:19: Truthful lips endure forever, but a lying tongue is but for a moment.	_____	_____
箴 15:2：智慧人的舌，善发知识；愚昧人的口，吐出愚昧。 Proverbs 15:2: The tongue of the wise commends knowledge, but the mouths of fools pour out folly.	_____	_____
箴 15:4：温良的舌，是生命树；乖谬的嘴，使人心碎。 Proverbs 15:4: A gentle tongue is a tree of life, but perverseness in it breaks the spirit.	_____	_____
箴 16:21：心中有智慧，必称为通达人；嘴中的甜言，加增人的学问。 Proverbs 16:21: The wise of heart is called discerning, and sweetness of speech increases persuasiveness.	_____	_____
箴 17:27：寡少言语的有知识；性情温良的有聪明。愚昧人若静默不言，也可算为智慧；闭口不说，也可算为聪明。 Proverbs 17:27: Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.	_____	_____
箴 18:20-21：人口中所结的果子，必充满肚腹；他嘴所出的，必使他充足。生死在舌头的权下，喜爱它的，必吃它所结的果子。 Proverbs 18:20-21: From the fruit of a man's mouth his stomach is satisfied; he is satisfied by the yield of his lips. Death and life are in the power of the tongue, and those who love it will eat its fruits.	_____	_____
箴 26:20：火缺了柴，就必熄灭；无人传舌，争竞便止息。 Proverbs 26:20: For lack of wood the fire goes out, and where there is no whisperer, quarreling ceases.	_____	_____
箴 27:5：当面的责备，强如背地的爱情。 Proverbs 27:5: Better is open rebuke than hidden love.	_____	_____
弗 4:15：惟用爱心说诚实话，凡事长进，连于元首基督。 Ephesians 4:15: but speaking the truth in love, we are to grow up in all <i>aspects</i> into Him who is the head, <i>even</i> Christ,	_____	_____

原则  
Principle

你  
You

弗 4:25：所以你们要弃绝谎言，各人与邻舍说实话，因为我们是互相为肢体。

Ephesians 4:25: Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE *of you* WITH HIS NEIGHBOR, for we are members of one another.

弗 4:29：污秽的言语，一句不可出口，只要随事说造就人的好话，叫听见的人得益处。

Ephesians 4:29: Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*; so that it will give grace to those who hear.

弗 4:32：并要以恩慈相待，存怜悯的心，彼此饶恕，正如神在基督里饶恕了你们一样。

Ephesians 4:32: Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

弗 5:33：然而你们各人都当爱妻子，如同爱自己一样；妻子也当敬重她的丈夫。

Ephesians 5:33: Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must *see to it* that she respects her husband.

彼前 3:1-2：你们做妻子的，要顺服自己的丈夫；这样，若有不信从道理的丈夫，他们虽然不听道，也可以因妻子的品行被感化过来；这正是因看见你们有贞洁的品行和敬畏的心。

1 Peter 3:1-2: In the same way, you wives, be submissive to your own husbands so that even if any *of them* are disobedient to the word, they may be won without a word by the behavior of their wives,<sup>2</sup> as they observe your chaste and respectful behavior.

彼前 3:7：你们做丈夫的，也要按情理和妻子同住；因她比你软弱，与你一同承受生命之恩的，所以要敬重她，这样便叫你们的祷告没有阻碍。

1 Peter 3:7: You husbands in the same way, live with *your wives* in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.

# 沟通失败的原因

## Causes of Communication Failure

简要概括出经文中的原则，然后根据你对这些圣经原则的遵守程度给自己打分。

Briefly summarize the principle from the passage, and then give yourself a score on how well you avoid this type of communication.

评分标准	Rating Scale:
4 = 我总是这样做	4 = I always do this
3 = 我经常这样做	3 = I frequently do this
2 = 我偶尔会这样做	2 = I sometimes do this
1 = 我很少这样做	1 = I seldom do this
0 = 我从不这样做	0 = I never do this

	问题 Problem	你 You
箴 11:12：藐视邻舍的，毫无智慧；明哲人却静默不言。 Proverbs 11:12 Whoever belittles his neighbor lacks sense, but a man of understanding remains silent.	_____	_____
箴 11:13：往来传舌的，泄漏密事；心中诚实的，遮隐事情。 Proverbs 11:13 Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered.	_____	_____
箴 12:16：愚妄人的恼怒，立时显露；通达人能忍辱藏羞。 Proverbs 12:16 The vexation of a fool is known at once, but the prudent ignores an insult.	_____	_____
箴 12:18：说话浮躁的，如刀刺人；智慧人的舌头，却为医人的良药。 Proverbs 12:18 There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.	_____	_____
箴 15:1：回答柔和，使怒消退；言语暴戾，触动怒气。 Proverbs 15:1 A soft answer turns away wrath, but a harsh word stirs up anger.	_____	_____
箴 17:9：遮掩人过的，寻求人爱；屡次挑错的，离间密友。 Proverbs 17:9 Whoever covers an offense seeks love, but he who repeats a matter separates close friends.	_____	_____
箴 18:2：愚昧人不喜爱明哲，只喜爱显露心意。 Proverbs 18:2 A fool takes no pleasure in understanding, but only in expressing his opinion.	_____	_____
箴 18:8：传舌人的言语，如同美食，深入人的心腹。 Proverbs 18:8 The words of a whisperer are like delicious morsels; they go down into the inner parts of the body.	_____	_____
箴 18:13：未曾听完先回答的，便是他的愚昧和羞辱。 Proverbs 18:13 If one gives an answer before he hears, it is his folly and shame.	_____	_____
箴 19:5：作假见证的，必不免受罚；吐出谎言的，终不能逃脱。 Proverbs 19:5 A false witness will not go unpunished, and he who breathes out lies will not escape.	_____	_____



	问题 Problem	你 You
箴 20:19：往来传舌的，泄漏密事；大张嘴的不可与他结交。 Proverbs 20:19 Whoever goes about slandering reveals secrets; therefore do not associate with a simple babblers.		
箴 20:25：人冒失说，这是圣物，许愿之后才查问，就是自陷网罗。 Proverbs 20:25 It is a snare to say rashly, "It is holy," and to reflect only after making vows.		
箴 25:24：宁可住在房顶的角上，不在宽阔的房屋与争吵的妇人同住。 Proverbs 25:24 It is better to live in a corner of the housetop than in a house shared with a quarrelsome wife.		
箴 26:18-19：人欺凌邻舍，却说：“我岂不是戏耍吗？”他就像疯狂的人，抛掷火把、利箭，与杀人的兵器。 Proverbs 26:18-19 Like a madman who throws firebrands, arrows, and death is the man who deceives his neighbor and says, "I am only joking!"		
箴 26:20：火缺了柴，就必熄灭；无人传舌，争竞便止息。 Proverbs 26:20 For lack of wood the fire goes out, and where there is no whisperer, quarreling ceases.		
箴 26:21：好争竞的人煽惑争端，就如余火加炭，火上加柴一样。 Proverbs 26:21 As charcoal to hot embers and wood to fire, so is a quarrelsome man for kindling strife.		
箴 27:2：要别人夸奖你，不可用口自夸；等外人称赞你，不可用嘴自称。 Proverbs 27:2 Let another praise you, and not your own mouth; a stranger, and not your own lips.		
箴 29:20：你见言语急躁的人吗？愚昧人比他更有指望。 Proverbs 29:20 Do you see a man who is hasty in his words? There is more hope for a fool than for him.		
弗 4:25：所以你们要弃绝谎言，各人与邻舍说实话，因为我们是互相为肢体。 Ephesians 4:25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.		
弗 4:29：污秽的言语，一句不可出口，只要随事说造就人的好话，叫听见的人得益处。 Ephesians 4:29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.		
弗 4:31：一切苦毒、恼恨、愤怒、嚷闹、毁谤，并一切的恶毒，都当从你们中间除掉； Ephesians 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.		
西 3:8：但现在你们要弃绝这一切的事，以及恼恨、愤怒、恶毒、毁谤并口中污秽的言语。 Colossians 3:8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.		

# 良好婚姻沟通的建议<sup>20</sup>

Suggestions for Good Marital Communication

评估你和你的伴侣。

Rate yourself and your partner.

评估标准

Rating Scale:

5 = 一直

5 = I always do this

4 = 经常

4 = I often do this

3 = 偶尔

3 = I sometimes do this

2 = 很少

2 = I seldom do this

1 = 从不

1 = I never do this

	你 You	你的伴侣 Your partner
1. 当问题发生时，双方都必须愿意承认自己是问题的一部分。(创 3:8-19；箴 20:6) When there are problems each must be willing to admit that he or she is part of the problem. (Gen 3:8-19; Prov. 20:6)	_____	_____
2. 双方都必须愿意改变。(太 5:23-26；约 5:6) Each person must be willing to change. (Matt. 5:23-26; John 5:6)	_____	_____
3. 避免说情绪过激的话，例如：“你并不是真的爱我”“你总是……”“你就没做对过一件事。”“我不在乎。” Avoid the use of emotionally charged words. “You don’t really love me.” “You always do…” “You never do anything right.” “I don’t care.”	_____	_____
4. 自己对自己的情绪、言语、行为和反应负责。坦承是自己在生气、怒斥、沮丧等，不归咎于对方。(加 6:5，雅 1:13-15) Be responsible for your own emotions, words, actions and reactions. Don’t blame them on the other person. You got angry, lashed out, became depressed, etc. (Gal. 6:5; James 1:13-15)	_____	_____
5. 尽量不翻旧账。(弗 4:26) Refrain from having reruns of old arguments. (Eph. 4:26)	_____	_____
6. 一次解决一个问题。解决一个问题之后再面对下一个问题。(太 6:34 中的原则) Deal with one problem at a time. Solve one problem and then move on to the next. (Matt. 6:34 principle)	_____	_____
7. 活在当下，而不要纠缠过去。除非过去的经历能帮助你们解决现在的问题，否则就当绝口不提。(赛 43:25；耶 31:34；腓 3:12-14) Deal in the present and not in the past. Hang a “no fishing” sign over the past unless it will help you to solve your present problems. (Isa. 43:25; Jer. 31:34; Phil. 3:12-14)	_____	_____
8. 主要看积极的一面，而不是消极的一面。(腓 4:8) Major on the positive instead of majoring on the negative. (Phil. 4:8)	_____	_____

<sup>20</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 156-157.

你  
You

你的伴侣  
Your  
partner

9. 学会非言语沟通的方式。(诗 32:8 ; 太 8:1-2, 14-15)

Learn to communicate in nonverbal ways.

10. 相互表达自己的想法和关注点，分享各自的生活。倾听、理解对方话语背后的意图，并做出适当回应。当他对你大发雷霆时，他可能是在说：“我今天过得很糟糕，没有人尊重我。”当她说：“你不爱我。”她的真实意图可能是“我非常需要你的爱，我渴望你爱我”。(参考可 5:1-15 ; 约 1:45-47 ; 11:20-35 中耶稣给出的例子)

Express your thoughts and concerns to each other. Relate your activities. Listen, understand and respond to the meaning behind what a person is saying. When he flies off the handle at you, he may be saying, "I've had a terrible day at the job. Nobody respects me." When she says, "You don't love me," she may really be saying, "I desperately need some affection. I'm starved for love."

11. 实践这条黄金法则(太 7:12)。你希望你的配偶对你做些什么？你希望你的配偶告诉你真相，征求你的意见，必要时出手相助，在你面前自然不做作，对你的帮助和服侍表示感谢吗？如果答案是是，那么你也要这样待他（或她）。

Practice the golden rule (Matt. 7:12). What would you like your spouse to do to you? Would you like your spouse to tell you the truth? Ask your opinion? Help in time of need? Be natural around you? Thank you for your help or services? Well, then do the same for him or her.

12. 操练《路加福音》6 章 35 节中的原则。“也要善待他们，并要借给人不指望偿还。”

Practice the principle laid down in Luke 6:35: "Do good, and lend, expecting nothing in return."

# 沟通清单 <sup>21</sup> Communication Checklist

根据下面每个圣经的沟通原则，用 1-5 分评估你跟你的伴侣的沟通质量。

Rate both yourself and your partner on a scale of 1-5 on each of the following qualities of biblical communication.

## 评估标准 Rating Scale:

5 = 非常好	5=Excellent
4 = 好	4=Good
3 = 一般	3=Fair
2 = 差	2=Weak
1 = 非常差	1=Very Weak

	你 You	你的伴侣 Your partner
1. 不说谎。(箴 12:19 ; 弗 4:25) Does not lie. (Prov. 12:19; Eph. 4:25)	_____	_____
2. 不隐瞒，愿意分享所有事情。(弗 4:25) Is not evasive, but willing to share everything. (Eph. 4:25)	_____	_____
3. 不奉承。 Never flatters.	_____	_____
4. 面临压力或抨击时不会拒不开口，该说就说。(弗 4:25) Speaks and does not clam up when under pressure or attack. (Eph. 4:25)	_____	_____
5. 能够很冷静地跟人解释他（或她）对对方发脾气的原因。(弗 4:26) Let someone know in a controlled way why he or she is angry with that person. (Eph. 4:26)	_____	_____
6. 如果有人惹恼了自己，尽早找对方解决问题。 If bothered by someone, immediately finds time to discuss it with the offending party.	_____	_____
7. 能够有建设性地讨论他（或她）生气的原因。 Is able to constructively discuss a problem he or she is angry about.	_____	_____
8. 即使对方错了，也不会说任何刻薄的话。 Does not say anything in an unloving way to someone who may be wrong.	_____	_____
9. 即使对方错了，不会说任何不尊重对方的话。 Does not say anything in a disrespectful way to someone who may be wrong.	_____	_____
10. 不在失望、苦毒、大怒或受刺激时妄称神的名。(弗 4:29) Does not use God's name in frustration, bitterness, rage or irritation. (Eph. 4:29)	_____	_____
11. 不说任何伤人或让人感到不愉快的话。(弗 4:29) Does not say things to hurt others or make another feel bad. (Eph. 4:29)	_____	_____
12. 说话的方式应该是帮助对方明白他（或她）做错了，并盼望对方能够改进。 Says things in a way calculated to help the other person understand that he or she did wrong and gives the person hope for improvement.	_____	_____

<sup>21</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 168-170.

	你 You	你的伴侣 Your partner
13. 发生冲突时，只说一些有助于解决问题的话，而不是让事情变得更糟糕。 Only says things that help in a conflict situation, not things to make it worse.	_____	_____
14. 批评对方时，总会留意称赞对方的长处。 Always conditions criticism with some note of appreciation for legitimate strengths.	_____	_____
15. 当在言语上被忽视、受攻击或受挫时，避免作出情绪化的回应。(箴 15:1; 弗 4:31-32) Does not react emotionally when verbally ignored, attacked, frustrated, etc. (Prov.15:1; Eph.4:31-32)	_____	_____
16. 本着和解的精神，通过温和的言语或问询来化解冲突。(箴 15:1) Acts to diffuse conflict situations by a kind word or inquiry, in a spirit of reconciliation.	_____	_____
17. 每天通过祷告与神交通。 Communicates with God in prayer every day.	_____	_____
18. 用心灵和诚实来拜神。 Communicates honestly with God.	_____	_____
19. 每天与伴侣分享重要事情和关注点，以至于对方越来越渴望听到这些事。 Shares significant events and concerns each day with partner to the extent he or she desires to hear those things.	_____	_____
20. 渴望每天与伴侣一起为共同关注的问题祷告赞美。 Desires to pray each day with partner about common concerns, praises.	_____	_____
21. 花时间与神独处，专心顺服神在圣经中的教导。 Spends time with God, focusing on listening to God's Word in the Scriptures.	_____	_____
22. 遇事时能够用经文来鼓励对方，使对方得着盼望，在主里更刚强。(箴 12:18, 25; 赛 50:4) Is able to speak God's word in a situation in such a way that it produces encouragement, hope and greater strength. (Prov. 15:28;16:23; Isa.50:4)	_____	_____
23. 局势紧张时，说话前要三思而后行。(箴 15:28 ; 16:23 ; 29:20) Thinks carefully before speaking in tense situations. (Prov. 15:28; 16:23; 29:20)	_____	_____
24. 温和地回避容易引发争吵的话题，可以化解纷争。(箴 17:4) Is able to diffuse an argument by graciously dropping a matter when it is producing a quarrel. (Prov. 17:4)	_____	_____
25. 不会粗暴回应那些有权柄之人。(箴 18:23) Does not answer harshly to those over whom he or she has power. (Prov. 18:23)	_____	_____
26. 能够并愿意看出其他接近他（或她）之人的感受和想法。(箴 20:5 ; 彼前 3:7) Is able and willing to draw out the feelings and thoughts of others close to him or her. (Prov. 20:5; 18:2)	_____	_____
27. 只有对所说的内容了如指掌时才会开口。(箴 20:15 ; 18:2) Only speaks when well informed or knowledgeable about what should be said. (Prov. 20:15 ; 18:2)	_____	_____

你 You	你的伴侣 Your partner
----------	-------------------------

- |   |       |       |
|---|-------|-------|
| <p>28. 守口如瓶，在别人面前不说贬低他人的言语。(箴 25:9; 11:13; 17:9; 18:8; 26:22)<br/>Does not speak about people in a way that betrays confidence or belittles them before others. (Prov. 25:9; 11:13; 17:9 18:8; 26:22)</p> | _____ | _____ |
| <p>29. 必要时能够指出对方的错。(箴 25:12; 罗 15:14)<br/>Is able to rebuke others when needed. (Prov. 25:12; Rom 15:14)</p>  | _____ | _____ |
| <p>30. 根据需要能够并乐意分享福音或其他经文。(箴 31:26)<br/>Is able and willing to communicate the gospel or other Scriptures as needed. (Prov. 31:26)</p>  | _____ | _____ |
| <p>31. 对于那些有权柄的人，无论是谈论他们还是跟他们说话，都谦恭有礼。(罗 13:7)<br/>Speaks respectfully about and to those in authority. (Rom. 13:7)</p>   | _____ | _____ |
| <p>32. 在谈到他（或她）的伴侣时，愉快和欣赏之情溢于言表。<br/>Often includes words of delight and appreciation in conversations concerning his or her partner.</p>   | _____ | _____ |
| <p>33. 受到指责或批判时，会仔细倾听，用心体会。(箴 15:5; 18:13)<br/>Listens carefully and attentively when rebuked or criticized. (Prov. 15:5; 18:3)</p>   | _____ | _____ |
| <p>34. 守信用。(箴 20:25; 26:18-19)<br/>Keeps verbal promises. (prov. 20:25; 26:18-19)</p>   | _____ | _____ |
| <p>35. 明白何时或怎样提出不同意见，为避免发生争执。(箴 25:24; 26:21)<br/>Knows when and how to bring up a disagreement so that a contentious spirit is not projected. (Prov. 25:24; 26:21)</p>                                   | _____ | _____ |
| <p>36. 开玩笑时不会伤到人。<br/>Does not hurt people in jest.</p>   | _____ | _____ |
| <p>37. 通常用他人尊重的方式说话。(箴 28:2)<br/>Usually speaks in a way that others respect. (Prov. 28:2)</p>  | _____ | _____ |
| <p>38. 即使对方不认同也能直言不讳，在危急关头能坚持自己的立场。<br/>Is never afraid to speak up to those who disagree and to take a stand when important issues are at stake.</p>   | _____ | _____ |

## 第六次会面：沟通

### SIXTH MEETING: COMMUNICATION

#### 教师的准备工作 Teacher Preparation

- 阅读《敬虔的丈夫》第16章以及《贤德的妻子》第16章  
Read *The Exemplary Husband* chapter 16 and *The Excellent Wife* chapter 16

#### 会面目的 Goal of meeting

- 查考合乎圣经的沟通方式  
Look biblical communication
- 明白沟通问题的根源在于不爱对方  
Understand that the source of communication problems is failure to love
- 认识有罪的沟通模式  
Recognize the sinful types of communication
- 学习在爱中聆听和沟通的必要性  
Learn the need for listening and communicating in love

#### 祷告 Prayer

#### 家庭作业回顾及指导 Homework Review and Instruction

- 讨论他们写在表格上的回答：“夫妻良好沟通的建议”  
Discuss their answers on the worksheet: “Suggestions for Good Martial Communication”
  - 哪些项目的评分差别最大？  
Which items had the biggest difference in scoring?
  - 回顾评分结果，有只得“1”分或者“2”分的项目吗？为什么？  
Review scoring, any “1’s or 2’s”? questions?
- 讨论他们写在表格上的回答：“你在聆听吗？”  
Discuss their answers on the worksheet: “Are You Listening?”
  - 哪些项目得分最低？讨论最后三个问题。  
Which ones scored the lowest? Discuss the final 3 questions.
- 讨论他们写在表格“沟通清单”上的回答
- Discuss their answers on the worksheet: “Communication Checklist”
  - 回顾评分结果，有只得“1”分、“2”分或“3”分的项目吗？  
Review scoring, any “1’s, 2’s or 3’s”?
  - 哪些项目的评分差别最大？  
Which items had the biggest difference in scoring?
- 回顾他们对“良好沟通的原则”和“沟通失败的原因”问题的回答  
Review their answers from “Principles of Good Communication” and “Causes of Communication Failure”

## 讨论问题 Discussion Questions

- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?
- 选取《敬虔的丈夫》和《贤德的妻子》后面的问题进行讨论。  
Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.
- 如果时间允许，可以一起阅读并讨论《更深的合一》第 4 章的内容  
If time, read together and discuss sections from *Strengthening Your Marriage* **chapter 4**

		中文版 Chinese version	英文版 English version
彼此敞开和坦诚相对 Openness and honesty	I.A-B	第 74-79 页 pages 74-79	<b>第 57-61 页</b> <b>ENG 57-61</b>
自制能力 Self-control	II.C.1 – 2a, D.1-2	第 81-84 页 pages 81-84	<b>第 62-65 页</b> <b>ENG 62-65</b>
聆听 Listening	IV.B	第 89-92 页 pages 89-92	<b>第 69-72 页</b> <b>ENG 69-72</b>
12 实际建议 12 Practical Suggestions		第 94-95 页 pages 94-95	<b>第 73-74 页</b> <b>ENG 73-74</b>

## 家庭作业 Homework

- 各自应该独立完成表格“有效的冲突解决方案”  
Each should individually complete the worksheet: “Good Conflict Resolution”
- 阅读并讨论“认识你的伴侣”第 4 章（中文版 105 页）的问题  
Read and discuss 《更深的合一》 Chapter 4 M Chinese page 105 discussion questions
- 弟兄需要阅读《敬虔的丈夫》第 7、17 章  
The man should read *The Exemplary Husband* chapter 7, 17
- 姊妹需要阅读《贤德的妻子》第 7、17 章  
The woman should read *The Excellent Wife* chapter 7, 17



# 认识你的伴侣<sup>22</sup> Knowing Your Mate

找出以下有关你的伴侣的事情并列举出来。跟他（她）谈论这些事情。关心有关他（她）的事情。

Discover and list the following items about your mate. Talk to him about these things. Become concerned about the things that concern him.

1. 主要的兴趣爱好：  
Chief interests
  
2. 最大的恐惧：  
Greatest fears
  
3. 最喜欢的事：  
Greatest likes
  
4. 最厌恶的事：  
Greatest dislikes
  
5. 最大的愿望：  
Greatest aspirations
  
6. 最失望的事：  
Greatest disappointments
  
7. 最大的快乐：  
Greatest joys

---

<sup>22</sup> 《更深的合一》4章M: 页105-106, *Strengthening Your Marriage*, chapter 4: M, pages 81-82.

# 有效的冲突解决方案 <sup>23</sup> Good Conflict Resolution

这个练习可以帮助你们辨别你们可能会是哪种类型的婚姻伴侣。以下是你和你的伴侣在发生分歧时应该做的事情。

请阅读每一项陈述，然后在空白处根据你和你的伴侣遵守这些原则的频率进行评分。

This exercise will help you discern the kind of marriage partners the two of you may be. It is a list of what you and your partner should be doing when you have disagreements.

Read each statement. Then, on the blank lines, record the number that corresponds to how often you and your partner practice this rule for effective conflict resolution.

评分标准	Rating Scale:
4 = 我总是这样做	4 = I always do this
3 = 我经常这样做	3 = I frequently do this
2 = 我偶尔会这样做	2 = I sometimes do this
1 = 我很少这样做	1 = I seldom do this
0 = 我从不这样做	0 = I never do this

你	你的伴侣
You	Your partner

1. 当意见不一或发生问题时，我关注的是发生了什么事以及我应该做什么来纠正它，而不是关注我的伴侣该做什么事情。

When a disagreement or problem arises, I focus on what is happening and what I should do to correct it instead of trying to understand what my partner does.

2. 发生问题时，我情愿承认我也许是问题的一部分。我关心的不是对方做错的事情，而是我做错的事情。

When a problem arises, I am ready to admit that I may be part of the problem. I focus on what I am doing wrong, rather than on what my partner is doing wrong.

3. 我知道我无法改变我的伴侣；他（或她）必须愿意改变，否则我所有的努力只能使问题变得更加复杂，而不是解决问题。

I realize I cannot change my partner; he or she must want to change or all my efforts will compound the problem rather than solve the problem.

4. 我意识到爱不只是一种感觉，更是打算以荣耀神的方式服侍、取悦和帮助伴侣的行为。

I realize that love is not primarily a feeling, but actions calculated to serve, please, and help my partner in a God-honoring way.

5. 我专注于改变我自己的行为、态度以及对伴侣的回应。我的改变计划具体明确，可以实现和重复。

I focus my attention on changing my own behavior, attitudes, reactions and responses toward my partner. I plan specific, attainable, repeatable, positive changes I can make.

<sup>23</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 178-180

你  
You

你的伴侣  
Your  
partner

6. 我不断努力去建立和维持一个有效的沟通系统。我明白缺乏沟通或错误的沟通方式会妨碍我们的关系。

I am constantly working to develop and maintain a good communication system. I know that relationships are hindered when there is no communication or the wrong kind of communication.

7. 我尽力去发展和维护我们之间的共同点，包括共同的计划，共同的爱好，共同的文体活动。我跟我的伴侣一起参加各种活动。我对他（或她）表达爱意和欣赏时创意十足。

I am working to develop and maintain many commonalities with my partner, including common projects, common interests, and common recreational activities. I do a variety of activities with him or her. I am creative in the expression of my love and appreciation of him or her.

8. 我承认我跟伴侣之间存在差异，并坦然接受这种差异。我知道男人和女人倾向于以不同的方式看待事情。

I recognize and allow for differences between my partner and me. I know men and women tend to view things differently.

9. 我常常实践《马太福音》7章12节中所阐明的黄金法则。我愿意我的伴侣怎样待我，我也会怎样待他（或她）。

I regularly practice the Golden Rule as stated in Matt. 7:12. I treat my partner as I want to be treated.

10. 我关注的是伴侣身上以及我们的关系中积极的一面，而不是消极的一面。我强调的是我们的共同点，而不是不同点。(腓 4:8)

I major on the positive qualities of my partner and our relationship rather than focus on the negative. I emphasize our commonalities rather than our differences.

11. 我实践《路加福音》6章34节至35节所阐明的原则，我给予和服侍，并不指望偿还。

I practice the principle laid down in Luke 6:34-35. I give and serve, expecting nothing in return.

12. 我活在当下，一次只处理一个问题。我不旧事重提。对于过去的事，我会选择原谅并忘记。(太 6:34；弗 4:26)

I keep current. I deal with one problem at a time. I don't continue to have reruns of old arguments from the past. I forgive and forget. (Matt. 6:34; Eph. 4:26)

13. 靠着主耶稣，我尽力与神保持亲近的关系。(太 22:37-39；约 14:6；弗 5:21-33；约一 4:21)。

I try to maintain a close relationship with God through Jesus Christ. (Matt. 22:37-39; John 14:6; Eph. 5:21-33; 1 John 4:21)

完成本次练习之后，统计出得分是 3 分和 4 分的项目，然后统计得分是 0、1、2 分的项目。在对应的空格内记录下题号。

After you finish this exercise, count the number of 3 and 4 answers you gave and mark the number on the appropriate line below. Next, count the number of 0, 1, or 2 answers you gave. Record that number on the appropriate line below.

你	你的伴侣
You	Your partner

**得分为 3、4 分的题号** Number of 3 and 4 answers

_____	_____
-------	-------

**得分为 0、1 和 2 分的题号** Number of 0, 1, and 2 answers

_____	_____
-------	-------

本次练习描述的是，在你与你伴侣的关系中以及对待其他人时 13 项有效的冲突解决原则。其中描述了你如何成为合神心意的婚姻伴侣。如果你在有些项目上评估分数是 0、1、2 分，请做一个改善计划来帮助你达到 3 或 4 分。3 分或 4 分的项目越多，说明你跟你的伴侣或他人的关系越好。但是如果你对待你的伴侣的方式跟对待他人的方式不一致，那么很可能等你结婚以后，你会像对待别人一样对待你的配偶。

This exercise describes 13 principles for good conflict resolution in your relationship with your partner and in dealings with other people. It describes how you can be the kind of marriage partner God wants you to be. If you honestly answered several of the statements with a 0, 1, or 2, plan how you can change in order to answer those statements with a 3 or 4. The more 3s and 4s you have, the better will be your relationship with your partner and others. If you are behaving one way toward your partner and another way with others, chances are that after you are married, you will begin to treat your spouse the same way you treat others.

## 第七次会面：冲突

### SEVENTH MEETING: CONFLICT

#### 教师的准备工作 Teacher Preparation

- 阅读《敬虔的丈夫》第 7、17 章以及《贤德的妻子》第 7、17 章。  
Read *The Exemplary Husband* chapter 7, 17 and *The Excellent Wife* chapter 7, 17

#### 会面目的 Goal of meeting

- 明白冲突的核心是出于私欲 Understand that the heart of conflict is selfish desires
- 思考避免冲突的方式 Consider ways to avoid conflict
- 学习如何解决冲突 Learn how to resolve conflict

#### 祷告 Prayer

#### 家庭作业回顾及指导 Homework Review and Instruction

- 一起讨论“有效的冲突解决方案”表格  
Discuss together the worksheet “Good Conflict Resolution”
  - 从这个表格中你学到了什么？  
What did you learn from this?
  - 有哪些项目你给了自己或对方 2 分，3 分或 4 分（低分）？在这些方面你该如何改善？  
Which items did you give you or your partner a 2, 3 or a 4? (poor ratings) How can you improve in those areas?
  - 冲突的根源是什么？当你将对某事的欲望看得比神还重要时，你是怎么知道的？（如果你得不到你所想要的，你的反应是什么？）  
What is the source of conflict? How do you know when you have put your desire for something as more important than God? (How do you react when you don't get what you want?)
- 通过“认识你的伴侣”表格，他们对对方有了哪些进一步的了解？  
What did they learn about each other from the worksheet “Knowing Your Mate”?

#### 讨论问题 Discussion Questions

- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?
- 选取《敬虔的丈夫》和《贤德的妻子》后面的问题进行讨论。  
Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.

#### 家庭作业 Homework

- 各自独立完成“管理家庭财务”及“第一年度财务预算”的表格  
Each should individually complete the worksheets “Managing Family Finances” and “First-Year Budget”
- 弟兄需要阅读《敬虔的丈夫》第 12 章  
The man should read *The Exemplary Husband* chapter 12

- 姊妹需要阅读《贤德的妻子》第 13 章  
The woman should read *The Excellent Wife* chapter 13

# 家庭财务管理<sup>24</sup> Managing Family Finances

讨论下列问题并寻求解决方案。

Discuss and seek a solution to the following matters.

1. 你们的生活水平是怎样的？是按照男方父母的标准、女方父母的标准还是邻居的标准？或者以上都不是？  
What will be your living standard? The husband's parents? The wife's parents? The neighbors? None of these?
2. 你们会刷信用卡买东西和赊账么？如果是这样的话，你们能承担的信用卡额度或者赊账金额是多少呢？  
Will you engage in credit buying and charge accounts? If so, how much will you charge or buy on credit?
3. 你们会花多少钱在娱乐、礼物和度假上呢？  
What will you spend for recreation, gifts, and vacations?
4. 你们会奉献多少钱给所在的教会？你们是把全部奉献送到教会，还是送到不同的基督教机构呢？  
What will you give to the local church? Will you give it all to the local church or to different Christian organizations?
5. 你们会为儿女未来的教育做准备么？  
Will you make provision for your children's future education?
6. 你们会购买保险么？如果买，会买哪种类型的保险？人寿保险、医疗保险、房屋保险、汽车保险等等，保额多大？  
Will you purchase insurance? If so, what kind? Life insurance, health insurance, home insurance, automobile insurance, etc.? And how much?
7. 你们会先立遗嘱么？有这样的需要么？  
Will you make out a will? Is it necessary?
8. 你们的储蓄和投资的情况如何？你们有储蓄户口么？你们会投资么？倘若会，你们会在什么地方存钱或者投资呢？投资金额多少？  
What about savings and investments? Will you have a savings account? Will you make investments? If so, where will you save or invest? And how much?
9. 谁负责支付账单和处理日常的财政事务呢？谁是家中的会计呢？  
Who will pay the bills and handle routine financial affairs? Who will be the treasurer of the family?
10. 你们如何决定什么时候需要购置汽车或者新家具一类的大宗商品？  
How will you decide when to make major purchases such as another automobile or new furniture?

<sup>24</sup> 《更深的合一》5章M: 页146-148, *Strengthening Your Marriage*, chapter 5: D, pages 115-117.

11. 你们如何为紧急事件作准备？  
How will you provide for emergencies?
12. 你们会如何养老？  
How will you provide for old age?
13. 太太会找一份有偿工作吗？  
Will the wife ever get a paying job?
14. 你们会借钱吗？什么时候借？在哪里借？借多少？  
Will you borrow money? When? Where? How much?
15. 丈夫会找兼职工作吗？  
Will the husband take a second job?
16. 你们多久会请客人到家里来吃一次晚饭呢？  
How often will you have people into your home for dinner?
17. 当你们在花钱的方式上有分歧时，你们会怎么办？  
What do you do when you have a disagreement over the way the money is to be spent?
18. 你们会到外边吃饭吗？多久一次？  
Will you go out for dinner? How often?
19. 你们的父母对金钱的看法是怎样的？双方父母对于使用金钱的态度又有什么不同呢？  
What attitudes did your parents have toward money? How did your respective parents differ in their attitude toward and use of money?
20. 家中每个人都有零用钱吗？是每人一份吗？如果是，每人多少？你们会用零用钱作什么？  
What about personal allowances? Will each person have one? If so, how much? For what will the allowances be used?
21. 你们会买房子还是继续租房子住呢？倘若是买，会花多少钱？你们在房子上的开销占总收入的比例是多少？  
Will you buy a home or rent for the rest of your lives? If you buy, how much will you spend? What portion of your income will you spend on a home?
22. 你们会购买哪种档次的家用电器、设备和汽车呢？  
What kind of appliances, equipment, and vehicles will you purchase?



# 第一年度财务预算 <sup>25</sup> First-Year Budget

尽可能按照实际情况完成下面的表格。倘若你不知道确切的费用，请根据经验进行推测。

Try to complete this form as realistically as possible. Make an educated guess about the items where you don't know the exact cost.

不固定消费 FLEXIBLE EXPENSES:	
家具/家庭设施/维修 Furniture/household equipment/repairs	\$
医疗和牙科护理 Medical and dental care	\$
度假和旅游(包括婚礼之前未付清的蜜月旅行的费用) Vacation and travel (including honeymoon if not paid before wedding)	\$
圣诞礼物、生日礼物及其他礼物 Christmas, birthdays, and other gifts	\$
教育/学费 Education/schooling	\$
招待费/兴趣爱好/休闲娱乐 Entertainment/hobbies/recreation	\$
零花钱/午餐 Allowances/lunches	\$
与职业/商业有关的费用 Occupational/business expenses	\$

生活开支 Living Expenses:	
食品和家庭用品 Food and household supplies	\$
清洁和清洗衣物 Cleaning and laundry	\$
个人用品(化妆品、剪发、衣服等等) Personal supplies (cosmetics, haircuts, clothes, etc.)	\$
报纸、杂志、书籍、捐献 Newspapers, magazines, books, subscriptions	\$

交通 Transportation:	
买车或/和月供 Automobile purchases and/or monthly payments	\$
汽车运行或维修(天然气、汽油、维修) Automobile operation/maintenance (gas, oil, repairs)	\$

<b>不固定消费总额 Total Flexible Expenses:</b>	<b>\$</b>
---	-----------

固定消费 FIXED EXPENSES:	
给教会的十一奉献和其他奉献 Tithes and offerings to the church	\$
除教会以外的慈善捐款 Charitable contributions other than to the church	\$
房款(租金或贷款) Housing (rent or mortgage)	\$
车辆牌照或驾照 Vehicle license and driver's licenses	\$
职业费用或工会会费 Professional or union dues	\$
机构会员费 Organizational memberships	\$
专业期刊 Professional journals	\$

税 Taxes:	
财产税 Property	\$
学校 School	\$
其他应付金额 Other assessments	\$

<sup>25</sup> From *Preparing for Marriage God's Way*, by Wayne Mack, pages 213-215

所得税 Income tax	\$
地方税 Local taxes	\$

<b>水电费 Utilities:</b>	
暖气费(天然气, 汽油) Heat (gas, oil)	\$
电费 Electric	\$
电话费 Telephone	\$
水费 Water	\$
污水/垃圾处理费 Sewage/garbage	\$

<b>保险 Insurance:</b>	
车险 Automobile	\$
寿险 Life	\$
住院/健康/医疗保险 Hospitalization/health/medical	\$
房产保险 Homeowners/apartment dwellers	\$
其他 Other_____	\$

<b>分期付款 Installment Payments:</b>	
贷款(除了车贷和房贷以外的) Loans (other than automobile or mortgage)	\$
日用百货 Department stores	\$
信用卡 Credit cards	\$
储蓄/投资 Savings/investments	\$
其他债务 Other debt	\$

<b>固定消费总额 Total Fixed Expenses:</b>	\$
-------------------------------------	----

<b>总结 / 表格 SUMMARY/TABULATION</b>		
不固定消费总额	Total flexible expenses	\$
+ 固定消费总额	+ Total fixed expenses	\$
= 总支出	= Total Expenses	\$
丈夫的收入	Income of husband (take home)	\$
+ 妻子的收入	+ Income of wife (take home)	\$
= 总收入	= Total Income	\$
总收入	Total income	\$
- 总支出	- Total expenses	\$
= 相差额	Difference + or -	\$

如果你们的支出大于收入，重新核对一下，确定你们的计算无误。逐条检查每个项目，确定实际的估算费用。如果支出还是大于收入，讨论一下如何减少支出或增加收入。

If your expenses are greater than your income, check your arithmetic to be sure you added correctly. Also, check each item to confirm that you estimated expenses realistically. If your expenses are greater than your income, discuss how and where you can decrease expenses or increase income.

## 第八次会面：财务问题

### EIGHTH MEETING: FINANCES

#### 教师的准备工作 Teacher Preparation

- 阅读《敬虔的丈夫》第 12 章和《贤德的妻子》第 13 章。
- Read *The Exemplary Husband* chapter 12 and *The Excellent Wife* chapter 13

#### 会面的目的 Goal of meeting

- 了解圣经中关于金钱的主要原则  
Recognize biblical principles regarding money
- 思考目前的钱财使用习惯，以及将来可能在钱财方面的冲突  
Consider current money habits and potential future conflicts regarding money
- 开始确定在婚姻关系中如何处理财政问题  
Begin to determine how finances will be handled in the marriage relationship

#### 祷告 Prayer

#### 家庭作业回顾和指导 Homework Review and Instruction

- 一起讨论“第一年度财务预算”的表格  
Discuss together the worksheet “First-Year Budget”
  - 需要重点讨论哪些项目？  
What items required a lot of discussion?
  - 关于如何管理钱财，你有什么疑问吗？  
Do you have any questions on how to manage your finances?
- 通过讨论“管理家庭财务”部分，你学到了什么？  
What did you learn from discussing “Managing Family Finances”?

#### 讨论问题 Discussion Questions

- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?
- 选取《敬虔的丈夫》和《贤德的妻子》后面的问题进行讨论。  
Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.
- 如果时间允许，可以一起阅读并讨论《更深的合一》第 5 章的内容  
If time, read together and discuss sections from *Strengthening Your Marriage* chapter 5

		中文版 Chinese version	英文版 English version
潜在的财政冲突 Potential for conflict over finances	C 1-3	第 121-122 页 pages 121-122	<b>第 93-94 页</b> <b>ENG 93-94</b>
圣经的金钱观 Bible view of money	II.A, B, C.1-4, D, E. 1-9, G. 1-2, H.1-2,	第 123-125、126-128、 129 页 pages 123-125, 126-128, 129	<b>第 94-95、 98-101 页</b> <b>ENG 94-95, 98-101</b>

## 家庭作业 Homework

- 各自独立完成“性关系”的表格  
Each should individually complete the worksheets “The Sexual Relationship”
- 弟兄需要阅读《敬虔的丈夫》第 11 章  
The man should read *The Exemplary Husband* chapter 11
- 姊妹需要阅读《贤德的妻子》第 11 章  
The woman should read *The Excellent Wife* chapter 11

# 性关系<sup>26</sup> The Sexual Relationship

1. 写出你自己对于《希伯来书》13章4节的理解(在此之前,你可能需要将若干种解释加以比较)

Write out your own paraphrase of Hebrews 13:4 (you may want to compare a number of translations before you do).

2. 根据《箴言》5章15节至21节;《雅歌》4章1节至7节;5章10节至16节;7章1节至10节;和《哥林多前书》7章2节至5节,列出其中所阐释的有关性关系的真理。

List a number of truths about sexual relations found in Proverbs 5:15-21; Song of Solomon 4:1-4, 5:10-16, 7:1-10; and 1 Corinthians 7:2-5.

3. 研读《使徒行传》20章35节和《腓立比书》2章3节至4节,确定如何将这些经文中的原则应用到你们的性关系中。

Study Acts 20:35 and Philipians 2:3-4 and determine how the principles of these verses can be applied to sexual relations.

4. 当神看着亚当和夏娃发生性关系时,你认为神的态度是什么?你对未来婚姻里的性关系是什么态度?你害怕吗?在婚姻关系里,两性关系应该处于什么地位?一对夫妻应该多久做爱一次?如果夫妻双方在这方面出了问题该怎么办?

As God looked upon Adam and Eve having sexual relations, what do you think was His attitude? What is your attitude as you anticipate sexual relations in marriage? Do you have any fears? What place should sex relations have in a marriage relationship? How often should a couple have sex relations? What should a couple do if they have problems in this area?

<sup>26</sup> Selections from *Preparing for Marriage God's Way*, by Wayne Mack, pages 219-230.

5. 关于性，你们从父母那里直接或间接地，口头或非口头地学到了什么？

What did you learn from your parents about sex directly or indirectly, verbally or nonverbally?

6. 你父母在你和你的兄弟姐妹面前自由表达身体的爱抚吗？

Was physical affection shown freely by your parents to one another and to you and your brothers and sisters?

7. 当你期待婚姻时，你对性生活有什么看法？你的期待是什么？你有哪些顾虑或恐惧的地方？

As you anticipate marriage, what are your thoughts about sexual intercourse? What are your expectations? What causes some concern or apprehension?

8. 你跟你的伴侣谈论过要孩子吗？关于要几个孩子，你们两个人意见是否一致？你想什么时候开始成家？对于什么时候要孩子，你跟你的伴侣是否有一致的想法？有没有讨论过相隔几年要一个孩子？

Have you and your partner talked about children? Have you agreed upon the number of children you would like to have? When would you like to start a family? Have you agreed on when you want to begin having children? Have you discussed how far apart (time wise) you want to attempt to space your children?

## 第九次会面：性

### NINTH MEETING: SEX

#### 教师的准备工作 Teacher Preparation

- 阅读《敬虔的丈夫》第 11 章及《贤德的妻子》第 11 章  
Read *The Exemplary Husband* chapter 11 and *The Excellent Wife* chapter 11

#### 会面目的 Goal of meeting

- 了解神创造性的原因  
Understand the reason God created sex
- 了解在性关系中不应自私  
Learn about the need for selflessness in sex
- 讨论这方面对婚姻的保护  
Discuss the protection of the marriage in this area

#### 祷告 Prayer

#### 家庭作业回顾指导 Homework Review and Instruction

- 一起讨论并完成“性关系”的表格  
Discuss together the worksheet “The Sexual Relationship”
  - 通过这个表格，你学到了什么？  
What did you learn from this worksheet?
  - 性在婚姻中的作用是什么？  
What role does sex play in a marriage?
  - 回顾问题：“在期待婚姻的同时，你是怎么看待性交的？有哪些期待？有什么地方让你感到有些担心或恐惧”？  
Review question: “As you anticipate marriage, what are your thoughts about sexual intercourse? What are your expectations? What causes some concern or apprehension?”
  - 关于性你有什么疑问吗？  
Do you have any questions regarding sex?
  - 当两个人结婚时，他们会计划对配偶不忠吗？如果没有，为什么还会发生这样的事？婚姻出轨是突然发生的还是逐渐发生的？你如何能保护你们的婚姻避免出现出轨的情况呢？（《箴言》5 章）  
When two people get married, do they plan to be unfaithful to their spouse? If not, then why does this happen? Does unfaithfulness happen suddenly or gradually? How can you protect your marriage from the path toward unfaithfulness? (Proverbs 5)

#### 讨论问题 Discussion Questions

- 通过阅读《敬虔的丈夫》和《贤德的妻子》，你学到了什么？  
What did you learn from your reading of *The Exemplary Husband* and *The Excellent Wife*?
- 选取《敬虔的丈夫》和《贤德的妻子》后面的问题进行讨论。  
Choose questions from the end of *The Exemplary Husband* and *The Excellent Wife* to discuss.

- 如果时间允许，可以一起阅读并讨论《更深的合一》第 6 章的内容  
If time, read together and discuss sections from *Strengthening Your Marriage* **chapter 6**

		中文版 Chinese version	英文版 English version
关系问题引发的性爱问题 Sexual problems arise from relationship problems	II. A, B, C	页数 pages	<b>第 126-128 页</b> <b>ENG 126-128</b>
男人和女人之间的差异 Male and female differences	III. B	页数 pages	<b>第 129-131 页</b> <b>ENG 129-131</b>
圣经关于性的教导 Bible's teaching on sex	III. C. 1-7	页数 pages	<b>第 132-133 页</b> <b>ENG 132-133</b>

- 与配偶有和谐性关系的秘诀是什么？  
What are the secrets to a happy sexual relationship with your spouse?
  - 保护婚姻，避免出轨——你的身体、你的想象和你的欲望应仅限于你的配偶  
Protect your marriage from infidelity – your body, your imagination, and your desires are for your spouse alone.
  - 除了性爱，可以通过其他方式表达你对配偶的爱  
Demonstrate love to your spouse in other ways besides sex.
  - 看重配偶的欲望过于自己的欲望  
Put your spouse's desires above your own.

## 家庭作业 Homework

- 阅读并签署婚前毕业证书 Read and sign pre-marital graduation certificate
- 进入婚姻 Get married!