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# 按照圣经 教养儿童

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“你们作父亲的，不要惹儿女的气，  
只要照着主的教训和警戒养育他们。”

《以弗所书》6章4节



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# 前言

## Introduction

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教养子女的工作可能会令人生畏。事实上，这是我所知道的全世界最重要的责任。我们养育和教导孩子的方式到老都会影响他们（箴言 22:6）。我们在孩子性格形成期间的教养方式将在他们的一生中留下难以磨灭的印记。难怪很多基督徒父母对于神所给予的这份工作感到诚惶诚恐。

The task of parenting can be intimidating. In fact, I know of no more weighty responsibility in all the world. How we nurture and teach our children will continue to influence them even when they are old (Proverbs 22:6). How we raise them in their formative years places our imprint on them for life. No wonder so many Christian parents are daunted by the task God has given them.

然而，教养子女应该是一件喜乐的事，而不是一个重担。圣经（不像大多数现代儿童心理学家）从未贬低父母作用的重要性，也从来不曾将养育孩子描绘成一片雷区，布满各种心理危险和情绪障碍。相反，圣经告诉人们，伴随孩子而来的是极大喜乐和丰富祝福的应许。“儿女是耶和华所赐的产业，所怀的胎是他所给的赏赐”（诗篇 127:3）。神心目中的亲子关系是丰满祝福的泉源，而不是基督徒夫妇内心的恐怖。

Yet parenting is meant to be a joy, not a burden. While never downplaying the profound importance of the parents' role, Scripture (unlike most modern child psychologists) never portrays child rearing as a minefield strewn with psychological dangers and emotional hazards. Instead, with children comes the promise of great joy and rich blessing. "Behold, children are a gift of the Lord; the fruit of the womb is a reward" (Psalm 127:3, cf. vv. 4-5). God's design is that parenthood be a rich source of blessing, not something that should strike terror into the hearts of Christian couples.

圣经中关于父母的各项原则非常简单明确，并且适用于任何文化。神对教养子女的指导方法从来不隐晦、神秘，也决不复杂或者难以执行。

The principles set forth for parents in Scripture are surprisingly straightforward, and are transferable to any culture. God's guidelines for parenting are never cryptic or mysterious and by no means complex or cumbersome.

因此，我们确信符合圣经的子女教养方式，优于当今所有心理学或注重实用的教养模式。我们相信回归按照简朴的圣经真理来教养子女，必定能够在教会中带来一场家庭的革命。此外，我们相信将自己置于神话语的权柄之下，并在家庭中效法神的原则，是所有基督徒父母应尽的义务。

We are therefore convinced that the biblical pattern for parenting is superior to all the psychological and pragmatic models available today. And we believe a return to the simple scriptural truths about parenting would revolutionize families in our churches. Moreover, we believe it is the duty of all Christian parents to place themselves under the authority of God's Word and to model God's principles in their families.

神的话语显明生活中每件事情都可以成为教导的机会，圣经清楚地命令父母要充分利用这些机会（申 6:7）。没有一门课程能够提出一个如此全面的“程序”，确保父母总是照此而行。我们只有建立这样的思维方式，才能为了成为神所悦纳的父母。本课程仅仅集合了各种适用于父母的圣经原则，提供给他们一种尽可能清楚易行的模式。

God's Word presents every detail of life as a teaching opportunity, and Scripture expressly commands parents to make the most of those opportunities (Deut. 6:7). No curriculum can set forth a comprehensive "program" to insure that parents always do that. It is a mindset they must develop in order to be the kind of parents God approves. This curriculum simply brings together the various biblical principles that apply to parents, and presents them in a format that is as clear and easy to apply as possible.

在编写本教材的过程中，我们的目标始终是忠于神的真道，不偏左也不偏右。我们坚决不加添，也不减少圣书所列的各项原则。因此，我们祷告主将使用这本书，来帮助父母教养下一代，使他们定睛于神的话语，并且单单委身于神话语的权威，并忠心地把神的话语世代相传。

It has been our goal throughout the development of this material not to deviate to the right or to the left of the pathway laid out in God's Word. We have been determined neither to add to nor diminish from the principles set forth in the inspired text. Parenting for Life is therefore offered with a prayer that the Lord will use it to raise up a generation of families where the Word of God is the focus, and where a single-minded commitment to the authority of God's Word is passed on faithfully from generation to generation.

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## 给老师的提示

### Tips for Teachers

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1. 准时开始。  
Be prompt and start on time.
2. 提前备课。  
Come prepared to teach.
3. 紧扣教材。  
Adhere to the material.
4. 分配好时间，按时完成课程。  
Work to complete each lesson in a timely manner.
5. 运用恰当的例子说明教导的内容。  
Use appropriate examples to illustrate what is being taught.
6. 鼓励团契互动，但是注意保持进度。  
Encourage group interaction, but keep moving ahead.
7. 尽量将提问安排在课程的最后环节。  
Try to limit questions until the end of each lesson.
8. 确保提出的问题与所学课程直接相关。  
Make sure questions are directly related to the lesson.
9. 鼓励并感谢积极参与的人。  
Be encouraging and thank those who contribute.
10. 按时结束每一节课！（即使你还未完成）  
End each session on time! (even if you are not finished with the lesson).
11. 争取最多在 10-12 周之内完成所有课程。  
As much as possible, try to finish all lessons in ten to twelve weeks.
12. 每晚评估你的教学，根据需要做出调整。  
Evaluate your teaching after each night and adjust as necessary.

教师用书里的下划线表示该处内容在学生用书里是空格，楷体字表示该处内容没有出现在学生用书中。

**Underlines in teacher's notes indicate a blank in the student notes. The use of KaiTi font indicates this material is not included in the student notes.**

第 1 课  
Lesson 1

大纲  
Outline

I. 父母的优先次序

A. 委身于主耶稣基督

1. 神的话语
2. 话语中的神

B. 委身于配偶

1. 委身婚姻关系的独一性
2. 委身圣经赋予你的角色

C. 委身于家庭

1. 我们是独一真神和他作为的真理的管家。
2. 我们也是祝福的管家

D. 委身于其他方面

1. 教会
2. 世界

I. The Parent's Priorities

A. Commitment to the Lord Jesus Christ

1. The Word of God
2. The God of the Word

B. Commitment to Your Spouse

1. Committed to the uniqueness of the marriage relationship
2. Committed to your biblical roles

C. Commitment to Your Family

1. We are stewards of the truth about the one true God and His works
2. We are also stewards of blessings

D. Commitment to Others

1. The Church
2. The World



# 1

## 第 1 课 Lesson 1

# 父母的优先次序 The Parent's Priorities

## I. 父母的优先次序 The Parent's Priorities

当我们一起开始学习之前，请谨记以下两点：

As we begin our study together, remember these two introductory points:

- 圣经提供了综合全面的教导。

The Bible provides teaching that is comprehensive.

教养子女不能与神完整的教训分开，不能只说实际技巧，而不论及神的属性、人的本性、罪、救赎、成圣，以及父母的责任等，否则就是不完全的。

Parenting cannot be separated from any aspect of the whole counsel of God. It is incomplete to talk about the “practical how to’s” of parenting apart from the character of God, the nature of man, sin-salvation- sanctification, the duties of parents, etc.

- 父母必须在生活的方方面面注目于神的真理和他的作为；教养子女不是自成一统的事情。

Parents must look at God’s truth and His work in their entire lives; parenting is not an entity unto itself.

本课阐述的关于父母的优先次序是委身。第一项委身表明，成为属神的父母必须——

The parent’s priorities are presented in this lesson as commitments. The first commitment which must be made in order to be a biblical parent is a...

### A. 委身于主耶稣基督 Commitment to the Lord Jesus Christ

- 出 20:1-6（十诫）

Ex. 20:1-6 (10 Commandments)

- 没有任何事物能够辖制信徒，比如，不拜偶像。  
Nothing else can have jurisdiction over the believer, i.e. no idols
- 委身必须涵盖你生命中的各个方面，没有例外。  
Commitment must include all areas of your life, without exception.
- 太 22:37-40 强调“尽心，尽性，尽意……”完全地舍弃自己。  
Matt. 22:37-40 The issue is intensity: “all your heart, all your soul, all your mind...” total abandonment.  
  
“继续教育”是必要的。你必须继续不断地学习关于神的事，以及关于他对你、你的生命和你的家庭的所有教训。  
“Continuing Education” is required. You must be continually learning about God and what He says about you, your life, and your family.
- 圣经示例  
Illustrations from Scripture
  - 诗 42 说：如鹿切慕溪水……  
Ps. 42 ...as the deer pants for the water...
  - 诗 73:25-26 说：除你以外，在天上我有谁呢？  
Ps. 73:25-26 ... Whom have I in heaven but Thee? ...
  - 耶 9:23-24 说：夸口的却因他有聪明，认识我是耶和华……  
Jer. 9:23-24 ... but let him who boasts boast of this, that he understands and knows Me...
  - 路 10:38-42 举例说明专注委身与分心（马利亚和马大）。  
Luke 10:38-42 illustrates devotion vs. being distracted (Mary & Martha)
  - 路 14:25-35 阐明做门徒的代价。  
Luke 14:25-35 explains the cost of discipleship
  - 加 2:20 说：我已经与基督同钉十字架……  
Gal. 2:20 ...I have been crucified with Christ...
  - 腓 1:21, 3:8 说：因我活着就是基督，我死了就有益处……我也将万事当作有损的……  
Phil. 1:21; 3:8 ...to live is Christ, to die is gain...I count all things but loss...
  - 西 1:10 说：好叫你们行事为人对得起主……  
Col. 1:10 ...walk in a manner worthy of the Lord...

综上所述，我们必须委身于：

We could summarize this by saying we must be committed to:

### 1. 神的 话语（提后 3:16-17；彼后 1:3-4）

**The Word of God** (2 Tim. 3:16-17; 2 Pet. 1:3-4)

如此我们才能知道神是谁，他的想法和他对我们的要求。

This is how we come to know who God is, how He thinks, and what He requires of us.

## 2. 话语中的神（林后 5:9；腓 1:21）

**The God of the Word (2 Cor. 5:9; Phil 1:21)**

我们必须在以下方面成长，才能增进与他的关系：

We must grow in our relationship with Him by growing in our:

- |                            |  |
|----------------------------|--|
| ○ 对神的爱：                    | 路 10:27；罗 8:7                            |
| Love for God:              | Luke 10:27; Romans 8:7                   |
| ○ 从罪中悔改                    | 诗 32:5；箴 28:13；罗 7:14                    |
| Repentance from Sin:       | Ps. 32:5; Prov. 28:13; Rom. 7:14ff       |
| ○ 真正的谦卑                    | 诗 51:17；太 5:1-12；雅 4:6,9                 |
| Genuine Humility:          | Ps. 51:17; Matt. 5:1-12; James 4:6,9ff   |
| ○ 为了神的荣耀                   | 诗 105:3；115:1；赛 43:7；48:10               |
| Devotion to God's Glory:   | Ps. 105:3; 115:1; Is. 43:7; 48:10ff      |
| ○ 恒切祷告                     | 路 18:1；弗 6:18；腓 4:6                      |
| Continual Prayer:          | Luke 18:1; Eph. 6:18ff; Phil. 4:6ff      |
| ○ 无私的爱                     | 约一 2:9；3:14；4:7                          |
| Selfless Love:             | 1 John 2:9ff, 3:14; 4:7ff                |
| ○ 与世界分离                    | 林前 2:12；雅 4:4；约一 2:15-17                 |
| Separation from the World: | 1 Cor. 2:12; James 4:4ff; 1 John 2:15-17 |
| ○ 灵命的成长                    | 路 8:15；约 15:1-6；弗 4:12-16                |
| Spiritual Growth:          | Luke 8:15; John 15:1-6; Eph. 4:12-16     |
| ○ 顺服的生活                    | 太 7:21；约 15:14；罗 16:26                   |
| Obedient Living:           | Matt. 7:21; John 15:14ff; Rom. 16:26     |

(The Character of Genuine Saving Faith, The MacArthur Study Bible)

（真正得救信心的特征，麦克阿瑟研读版圣经，第 2120 页）

## B. 委身于配偶 **Commitment to Your Spouse**

### 1. 委身婚姻关系的 独一性

**Committed to the uniqueness of the marriage relationship**

- 创 2:24 独一的离开与连合的关系  
Gen. 2:24 An exclusive leaving and cleaving relationship
- 玛 2:13-16 盟约关系  
Mal. 2:13-16 Covenant relationship

- 箴 5:15-19 亲密的性关系  
Prov. 5:15-19 Intimate physical relationship
- 弗 5:23-33 形象化的基督与教会的关系  
Eph. 5:23-33 Picturesque relationship, illustrating Christ's relationship with the Church
- 其他包括朋友关系或者亲子关系都不具备以上这些特点。  
NO other friendship or parent-child relationship shares any of these characteristics.

推荐阅读：麦伟恩《更深的合一》。

Recommended reading: *Strengthening Your Marriage* by Wayne Mack

## 2. 委身圣经赋予你的 角色（林前 11:3；弗 5:22-33；彼前 3:1-7） **Committed to your biblical roles (1 Cor. 11:3; Eph. 5:22-33; 1 Pet. 3:1-7)**

- 丈夫：仆人式领袖，爱人，学习者  
**The husband: servant leader, lover, learner**
  - 彼前 3:7 教导说，如果丈夫没有按情理与妻子同住，他的祷告将会受到阻碍。  
1 Pet.3:7 teaches that a husband's prayers will be hindered if he does not dwell with his wife according to knowledge.
  - 男人，如果你不了解妻子，就不知道如何带领她或者爱她。  
Men, if you don't learn about your wife, you won't know how to lead her or love her.
  - 如果你不带领家庭，你的妻子或者孩子将会带领。  
If you don't lead the family, your wife or your child will.
  - 如果你不爱妻子，她的顺服就可能是被迫的，并且毫无喜乐而言。  
If you don't love your wife, her submission may be forced and joyless.
  - 如果你遵行这些事，你将因为顺服而得福（雅 1:25）。  
If you are abiding in these things, you will be blessed in your obedience (James 1:25).

推荐阅读：小约翰·麦克阿瑟所著《圓滿的家庭--神為家庭所繪的藍圖》；约翰·麦克阿瑟《一些关键性的家庭问题解答》(www.chinamuzhe.com)

Recommended reading: *The Fulfilled Family* by John MacArthur, Jr.; *Answering Key Questions About the Family* by John MacArthur

- 妻子：“尊重者”，帮助者，主妇  
**The wife: "honorer", helper, homemaker**
  - 箴 14:1 教导说，妻子如果行事愚妄，将亲手拆毁她的家。  
Prov. 14:1 teaches that a wife is tearing down her house if she acts foolishly.

- 妇人，如果你不跟随你的丈夫，从而尊重他，那么你的孩子可能学不会如何跟随你或其他人。  
Ladies, if you don't honor your husband by following him, your children may not learn how to follow you or others.
- 给丈夫智慧的建议并仍然按照他的方法做，如果不这样帮助他，就是“亲手拆毁家室”（箴 14:1）。  
If you don't help him by giving wise input and then carrying out the course he has set, you are “tearing down your house with your own hands” ( Prov. 14:1).
- 如果你不按着神和丈夫喜悦的方式料理家务（多 2:5），“你正在拆毁家室”。  
If you don't keep your home (Titus 2:5) in a way that pleases the Lord and your husband, “you are tearing down your house.”
- 如果你遵行这些事，你将必然得福（雅 1:25）。  
If you are abiding in these things, you will be blessed (James 1:25).
- 你的婚姻提供给你最好的机会来教导孩子，什么是你真正相信的顺服（权柄）、友谊、感情和爱。  
Your marriage is the greatest opportunity you will have to teach your children what you really believe about submission/authority, friendship, affection, and love.

推荐阅读：玛莎·佩斯所著《贤德的妻子》，斯图尔特·斯科特《敬虔的丈夫》；及亚当斯博士所著《信徒之家》([http://www.chinesebiblicalcounseling.net/BC\\_books/S\\_Home\\_Adams.htm](http://www.chinesebiblicalcounseling.net/BC_books/S_Home_Adams.htm))  
Recommended reading: *The Excellent Wife* by Martha Peace; *The Exemplary Husband* by Stuart Scott; *Christian Living in the Home* by Jay Adams

### C. 委身于家庭 Commitment to Your Family

- 委身于管家和门徒训练  
Committed to stewardship and discipleship

#### 1. 我们是独一真神和他作为的 真理 的管家。（申 6:1-9）

**We are stewards of the truth about the one true God and His works (Dt. 6:1-9)**

- 按照神的设计：藉着家庭，信心、公义和真理得以世代相传。  
God's design for passing faith, righteousness, and truth from one generation to the next is through the family.
  - 我们应使自己的家人成为门徒。  
We are to make disciples in our own families.
- ➔ 你是什么样的管家？你是一位有果效的门徒训练者吗？  
What kind of steward of the truth are you? Have you been an effective discipler?

- ➔ 你的信仰是真实、诚挚的，还是虚假、假冒为善的？你的孩子会知道，而且这一定会影响他们。你在他们身上的影响力是巨大的：这是生命对生命的影响，并且是一生之久。

Is your faith real and sincere, or fake and hypocritical? Your children will know, and it will affect them one way or another. Your impact on them is tremendous: it is a life on a life, for a lifetime.

## 2. 我们也是 祝福 的管家

### We are also stewards of blessings

- 不仅我们委身基督的人，蒙福成为“神的儿女”（罗 8:16），而且我们的配偶也“一同承受生命之恩”（彼前 3:7）。这似乎还不够，他还赐给我们为他养育儿女的福分。Not only are we who are committed to Christ blessed to be “children of God” (Rom. 8:16), but those of us who are married are additionally “heirs together of the grace of life” (1 Peter 3:7). As if this were not enough, He may give us children to raise for Him.
  - “儿女是耶和华所赐的产业……箭袋充满的人，便为有福。”（诗 127:3 上、5 上）“Children are a gift of the Lord...how blessed is the man whose quiver is full of them” (Ps. 127:3a,5a)
  - 基督徒应该顺服神的命令，使人“做门徒”（太 28:19）。这必须从家庭开始。父母应该从培养门徒的角度出发，忠心地向孩子传讲并效法神的真理，其中包括向孩子传福音，然后教导，教诲，劝诫，鼓励他们成为敬虔的人，然而要借着祷告将结果交在神的手中。  
Christians are to be obedient to the Lord's command to “make disciples” (Matt. 28:19). This must begin in the home. Parents are to faithfully deliver and model God's truth to their children, with a view towards making disciples. This includes evangelizing their children, and then teaching, admonishing, exhorting, and encouraging them toward godliness, yet prayerfully leaving the results in God's hands.
- ➔ 你的家是一个适宜灵命成长的地方吗？你是否在一个温暖，贴心的环境里，预备好土壤，培育和修剪植物，等待有一天植物被移植到其他地方？  
Is your home like a greenhouse, a place for spiritual growth? Are you preparing the soil, nurturing and pruning the plants in a warm, caring environment to one day be replanted somewhere else?
- ➔ 这个蒙福的环境正是神为以色列人所预备的。那么，以色列人发生了什么事呢？我们可以从中学到什么教训？  
This blessed environment is what God intended for Israel. What happened to Israel, and what can we learn from it?

❖ 以色列的历史

**Israel's History**

- 他们国家的力量源于每个家庭与神相连而来的力量。  
Their strength as a nation rested in the strength of families as they related to God.
  - 神应许说，如果他们顺服他，他们必能蒙福，但他们选择忘记他。父母没有尽到信仰传承的责任。  
God made a promise: they would be blessed if they obeyed Him. There was a problem: they chose to forget Him. Parents did not disciple their children.
    - 士 2:7 说：“约书亚在世和约书亚死后，那些见耶和華為以色列人所行大事的长老还在的时候，百姓都侍奉耶和華。”士 2:10 说：“那世代的人也都归了自己的列祖。后来有别的世代兴起，不知道耶和華，也不知道耶和華為以色列人所行的事。”  
Judges 2:7, “and the people served the LORD all the days of Joshua, and all the days of the elders who survived Joshua, who had seen all the great work of the LORD which He had done for Israel.” 2:10, “And all that generation also were gathered to their fathers; and there arose another generation after them who did not know the LORD, nor yet the work which He had done for Israel.”
  - 然后，  
And then,
    - 士 2:11-12 说：“以色列人行耶和華眼中看为恶的事，去侍奉诸巴力，离弃了领他们出埃及地的耶和華、他们列祖的神，去叩拜别神，就是四围列国的神，惹耶和華发怒”。（参诗 78:5-8）  
2:11, “...the sons of Israel did evil in the sight of the LORD, and served the Baals, and they forsook the LORD, the God of their fathers, who had brought them out of the land of Egypt, and followed other gods from among the gods of the peoples who were around them, and bowed themselves down to them; thus they provoked the LORD to anger.” (Also Ps. 78:5-8)
    - 这样的事情是如何发生的？他们忘记了神在申 6:1-9 所说的话。  
How could this happen? They neglected Deut. 6:1-9.
  - 后果：  
The result:
    - 士 21:25 说：“...各人任意而行。”拜偶像、混乱和败坏都是忘记神的后果。（耶 7:18-34；耶 19:13）  
Judges 21:25...“everyone did that which was right in his own eyes.” Idolatry, chaos, and destruction are the result of forgetting God. (Jer.7:18-34 Jer. 19:13)
- ➔ 你的孩子能否纪念神？你正在为你家里的第二代、第三代、甚至第四代基督徒撒种吗？  
Will your children remember or forget God? Are you planting seeds for 2nd, 3rd, and 4th generation Christians to come from your home?



今天的教会也同样如此。地方教会的能力取决于教会中家庭的属灵力量。

The same pattern is true for Christ's church today. The strength of local churches rests upon the spiritual strength of its families.

- 教会需要敬畏神的家庭。  
Local churches need God-fearing families.
- 而且，一个人带领教会的能力，在一定程度上取决于他在带领家庭时所显出的能力。（提前 3:4、12；多 1:6）。  
Moreover, a man's ability to lead in the church is partially determined by his proven ability to lead his family (1 Tim. 3:4,12; Titus 1:6).

推荐阅读：小约翰·麦克阿瑟所著《圓滿的家庭--神為家庭所繪的藍圖》；泰德·特里普《子女心，父母情》

Recommended reading: *The Fulfilled Family* by John MacArthur Jr.; *Shepherding a Child's Heart* by Tedd Tripp.

## D. 委身于其他方面 Commitment to Others

### 1. 教会 The Church

- 委身于教会事工（加 6:10）  
Committed to ministry in the body of Christ (Gal. 6:10)
- 成就“彼此”（见附录 I）  
Fulfilling the “one anothers” See APPENDIX I
- 运用属灵的恩赐（林前 12；弗 4）  
Using spiritual gifts (1 Cor 12; Eph. 4)

### 2. 世界 The World

- 传福音，使人作主门徒（太 28:19-20）  
Evangelism and making disciples (Matt. 28:19-20)
- 在当地（“耶路撒冷”）和世界（“地极”）传福音（徒 1:8）  
Both local (“Jerusalem”) evangelism and world (“the uttermost part”) evangelism (Acts 1:8)
- 我们的家庭氛围和关系，往往是与迷失的人交流的首要机会。我们的家应成为黑暗世界的一盏明灯。  
The atmosphere and relationships within our home are often our first opportunity to communicate with the lost. Our homes should be a light to a dark world.
- ➔ 未信的人将在我们的家中看到灵命成长的印记——合一、拥有真知识，成熟和稳定，还是与他们在家中看到的一样——混乱、无知和动荡不安？  
Will the world see the marks of spiritual growth: unity, true knowledge, maturity, and stability? Or will they see the same discord, lack of knowledge and instability they see in their own homes?



## 总结 Summary

作为父母，我们要遵行如下优先次序：

As parents we have priorities:

- 委身于主耶稣基督  
A commitment to the Lord Jesus Christ
- 委身于配偶  
A commitment to your Spouse
- 委身于家庭  
A commitment to your Family
- 委身于其他方面  
A commitment to Others

**关键：**我们对基督忠心和委身，将决定其他三项委身的果效。

**KEY:** The strength of our devotion and commitment to Christ will determine the effectiveness of the other three commitments.

我们下一节课要讨论“父母的目标”。

Next time, Part II of our outline, The Parent's Goal

默想原则

PONDERING THE PRINCIPLES

问题.....

QUESTIONS...

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# 默想原则

## PONDERING THE PRINCIPLES

1. 请阅读附录二：关于家庭作业的建议  
Please read Appendix II: Suggestions for Using Homework.
2. 重读课程及相关的附录部分。这周找时间学习第一课“父母的优先次序”中涉及到的重要经文。  
Reread the lesson and corresponding appendices. Allow time this week to study the many important Scriptures in this first section, The Parent's Priorities.
3. 评估你自己的委身状况。你渴慕神如同鹿渴慕溪水吗？根据课程中所提到的“真正得救信心的特征”，你需要在哪些方面成长？你从这一周开始，在这些方面可以做些什么？  
Evaluate your own commitments. Do you thirst for God as the deer pants for water? Out of the section The Character of Genuine Saving Faith, where do you need to grow? What could you begin doing in one of those areas this week?

4. 复习婚姻关系的独一性。这种独一性对于你的孩子来说明显吗？他们需要机会观察你与配偶的关系，与他们和你的关系是截然不同的。父母可以一同评估日常是如何向孩子表明这个观念的。

Review the unique characteristics of the marriage relationship. Is this uniqueness apparent to your children? They need opportunities to observe that your relationship with your spouse is distinctly different from their special relationship with you. Evaluate together how you could regularly demonstrate this concept to your children.

5. 回顾你们作为丈夫和妻子的角色。

Review your roles as husband and wife.

- 请丈夫按照课程中简述的三种角色评价自己，比如仆人式领袖、爱人和学习者。你认为自己哪方面最强，哪方面最弱？为什么？从这一周开始你可以如何改进？关于你妻子的三种角色，你最欣赏哪一种？

Husband, evaluate yourself according to the three roles briefly described in the lesson, i.e. servant-leader, lover, and learner. Where do you think you are strongest? Weakest? Why? What improvement could you begin working on this week? Of the three roles described for your wife, where do you most appreciate her ministry to you?

- 请妻子按照课程中所述的角色评价自己，比如“尊重者”、帮助者和主妇。你认为自己哪方面最强，哪方面最弱？为什么？从这一周开始你可以如何改进？关于你丈夫的三种角色，你最欣赏哪一种？

Wife, evaluate yourself according to the roles described for you in the lesson, i.e. "honorer," helper, and homemaker. Where are you strongest? Weakest? Why? Choose something you could begin working on this week to make an improvement. Of the roles described for your husband, where do you most appreciate his ministry to you?

推荐阅读：斯图尔特·斯科特《敬虔的丈夫》12 和 13 章；玛莎·佩斯所著《贤德的妻子》9 和 10 章

Recommended Reading: *The Exemplary Husband* by Stuart Scott, chapters 12 and 13; *The Excellent Wife* by Martha Peace, chapters 9 and 10

6. 做管家和门徒训练者意味着什么？你曾经接受过别人的门徒训练吗？你曾经帮助别人成为门徒吗？讨论你以前在教养过程中是如何对子女进行门徒训练的。

What does it mean to be stewards and disciplers? Have you ever been discipled? Have you discipled someone else? Discuss how your previous discipling relationships relate to your parenting.

7. 回顾你当前参与服事的状况。你在积极地服侍教会吗？养育孩子不是一项排他性的事工。实际上，你的孩子通过观看和帮助你服侍其他人，将从中获益。

Review your present ministry involvements. Are you actively serving the body of Christ? Child raising is not an exclusive ministry. In fact, your children will benefit from watching and helping you serve others.

8. 你如何在所住的地方，为了基督的缘故，向失丧的人传讲福音？

How are you ministering to the lost in your area and for the cause of Christ in the world?

9. 通过调整你的时间安排，以配合你所确信的优先次序，完成对你的四个委身状况的评价（对主耶稣基督、配偶、家庭及其他）。这一周你能够开始做些什么来表明你的改变呢？  
Complete your evaluation of all four of your commitments (to the Lord Jesus Christ, to your spouse, to your family, and to others) by adjusting your schedule to accommodate what you believe about your priorities. What can you begin doing this week that reflects that change?