

第 5 课
Lesson 5

大纲
Outline

IV. 父母的角色

A. 父母是管教者

1. 不合乎圣经的管教
2. 合乎圣经的管教
 - a. 是有爱心的
 - b. 有智慧的
智慧的规则是:
 - i. 合理的
 - ii. 可确定的
 - iii. 有用的
 - (a) 奖赏
 - (b) 后果

IV. The Parent's Roles

A. The Parent as a Disciplinarian

1. Unbiblical discipline
2. Biblical discipline
 - a. It is loving
 - b. It is wise
Wise rules are:
 - i. Reasonable
 - ii. Definable
 - iii. Useful
 - (a) Rewards
 - (b) Consequences

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第 5 课 Lesson 5

父母是管教者 The Parent as a Disciplinarian

选择部分家庭作业，回顾上次所学课程。
Select a portion of the homework to review.

回顾第 4 课 “父母的角色” *Review Pt. 4 “The Parent’s Roles”*

I. 父母的优先次序 The Parent’s Priorities

II. 父母的目标 The Parent’s Goal

III. 父母的挑战 The Parent’s Challenges

IV. 父母的角色 The Parent’s Roles

A. 父母是管教者 The Parent as a Disciplinarian

1. 不合乎圣经的管教 Unbiblical discipline
 - a. 过分地控制孩子
Depends excessively on controlling the child
 - b. 带着怒气的管教
Disciplines in uncontrolled anger
 - c. 只是因为孩子带来麻烦而管教
Disciplines just because the child is an inconvenience
 - d. 缺乏鼓励的管教
Disciplines without a balance of encouragement
 - e. 认为管教会阻碍创造力和潜能
Thinks discipline will hinder creativity and potential
 - f. 认为管教会扭曲孩子的性格
Thinks discipline will warp the child
 - g. 没有及时纠正孩子的错误

- Neglects timely correction
- h. 不忍用杖
Withholds the use of the rod
2. 合乎圣经的管教 Biblical discipline
效仿神的榜样：It follows God's example:
- a. 是有爱心的.....为孩子设定有益的限制：
It is loving...providing beneficial limits which:
- (i) 提供良好的学习环境 Provide a good setting for learning
 - (ii) 建立秩序 Establish order
 - (iii) 保护孩子 Protect the child
 - (iv) 帮助孩子准备面对人生的局限 Prepare the child for the limits of life
 - (v) 显示孩子需要教导 Reveal the need for teaching
 - (vi) 表明孩子没有能力保持标准，因此他需要一位救主
Expose the child's inability to keep the standard and thus his need for a Savior

本课我们继续讨论父母作为管教者的角色，看看合乎圣经的管教的另一个方面。它同样效仿神的榜样：

In this additional look at the Role of the Parent as a Disciplinarian, we'll view another aspect of biblical discipline. It also follows God's example in that...

b. 是智慧的 It is wise

智慧的规则是 Wise rules are::

(i) 合理的（不是负担）Reasonable (Not Burdensome)

人们很容易消极（就像一个活的负号），常常没有道理地说“不”。

It is easy to be negative (a "walking minus sign"), frequently saying "no" without good reason.

- 考虑一下孩子的能力和理解力：他们与你是不同的。你能做到的他不一定能做到。

Consider the child's ability and understanding: they are not the same as yours. He can't always do what you can.

- 给孩子足够的时间去做你所要求的事（根据年龄和成熟度）。一个3岁孩子整理床铺所花的时间肯定要比12岁孩子所花的时间长。

Allow a fair amount of time to do what you have asked (depends on age and maturity). It takes a 3 yr. old longer to straighten a bed than a 12 yr. old.

只给予孩子能够明白的指导……比如“请自己叠被，穿鞋，梳头，吃早餐。”这对一个 8 岁的孩子来说没有问题，但对于一个 3 岁的孩子来说就太难了。

Only give as much instruction as the child can digest...i.e. “Please make your bed, put your shoes on, comb your hair, and come to breakfast.” This might be fine for a 8 yr. old, but possibly too much for a 3 yr. old.

要耐心地激发孩子的勤奋精神和责任感。与要完成的任务相比，要更多地注重孩子的努力和态度（西 3:23；传 9:10）。这有助于你对孩子有合理的期望。

Be patient as you challenge your child toward diligence and responsibility. Focus more on the hard work and attitude (Col. 3:23; 1 Sam. 16:7) than the task needing to be accomplished. This will help you be reasonable in your expectations.

智慧的规则是合理的，也是……

Wise rules are reasonable and they are also...

(ii) 明确的 Definable

给予清楚的指示。父母和孩子都必须清楚地明白要求（以及后果）。

Clear instructions are given. Both the parent and child must clearly understand the requirements (as well as consequences).

- 你是在下达命令，还是在提出建议？这一点要搞清楚。你必须有效地与孩子沟通各项要求。你的孩子必须学会如何留心听你的指示（箴 4:20-22）。（下一课会涉及沟通技巧。）

Are you giving a command or making a suggestion? Make this clear. You must effectively communicate the requirements to your child. Your child must learn how to pay careful attention to your instruction (Prov. 4:20-22). (Communication skills are covered in the next lesson.)

- 比如，“收拾你的房间。”（你需要根据孩子的年龄，更加具体地定义这个命令）是除尘，整理床铺，用吸尘器吸尘，还是整理抽屉？

e.g. “Clean up your room.” (You may need to define it more specifically, depending on age.) Dust? Straighten? Vacuum? Rearrange dresser drawers?

规则明确的一个好处是，它们是可以衡量的。

One benefit of having clearly defined rules is that they are measurable.

这有助于让孩子重复你所给出的指示，避免产生误解。

It may be helpful to ask the child to repeat the instruction you have given. This can prevent misunderstandings.

合乎圣经的管教是智慧的。智慧的规则是合理的，明确的，也是……

Biblical discipline is wise. Rules are established that are reasonable, definable and...

(iii) 有用的 Useful

我们作为管教者，必须像孩子证明顺服的福分和悖逆的严重后果。爱是顺服的最高动机（林后 5:9），但是圣经并没有忽视或否定因果原则，以它为工具来激励顺服和阻止悖逆。

In our role as the disciplinarian, we must demonstrate the blessings of obedience and the disastrous results of disobedience. Pleasing God is the highest motivation for obedience (2 Cor. 5:9), but the Bible doesn't ignore or negate cause and effect as a tool in stimulating obedience and deterring disobedience.

你可以在圣经中发现因果原则（比如，种什么就收什么）。

Throughout the Bible you find the principle of cause and effect (i.e. sowing and reaping).

- **因果原则强调我们选择的 结果**（林前 9:24-27；加 6:7）。
Cause and effect emphasizes the results of our choices (1Cor. 9:24-27; Gal. 6:7).

- ...奸诈人的道路，崎岖难行。（箴 13:13-15）
...the way of the treacherous is hard (Prov. 13:13-15).
- ...正直人的路，是平坦的大道。（箴 15:19）在平坦的大道上更容易行驶。
...the path of the upright is a highway (Prov. 15:19). It's easier to travel on a smooth highway.

所以我们要问孩子：“你想要选择哪条路？”

So we ask our children: "Which way will you choose?"

- **因果原则 说明了离弃愚妄的生活、追求巧妙生活和智慧生活的益处**（箴 15:5；箴 10:8）。
Cause and effect illustrates the benefits of leaving foolish living and pursuing skillful, wise living (Prov. 15:5, Prov.10:8).

但愿我们的孩子有朝一日离开家后，不会面对那么痛苦的教训。在他们年幼时，我们必须要用爱心教育他们，又要严格要求他们。

Prayerfully, our children will not have to learn difficult lessons once they leave home. We must deal with them lovingly, yet firmly, while they are young.

- **因果原则能够使人 悔改**。
Cause and effect can lead to repentance.

神能够使用一个孩子愚蠢的选择所产生的后果，使他悔改。

God can use the consequences of a child's foolish choices to bring him to repentance.

- **因果原则展示了一个 对比**（申 27，28）。
Cause and effect demonstrates a contrast (Dt. 27, 28).

以色列百姓过了约旦河以后，六个支派的人站在基利心山上宣布顺服所带来的祝福。在山谷对面，其他六个支派的人站在以巴路山上宣布悖逆所带来的咒诅。这是神给以色列民上的非常形象的一课，说明他们不同的选择会产生截然不同的结果。同样地，在家里对孩子也要赏罚分明，使他们谨慎考虑他们的选择。父母要让孩子知道他们的行为所产生的“祝福”或与之相对的“咒诅”。

After they crossed the Jordan, the tribes from Mt. Ebal shouted the curses for disobedience across the valley to the tribes on Mt. Gerazim who were shouting the blessings of obedience. This was a tangible object lesson given by God to demonstrate the dramatic difference between their choices. Likewise, rewards and consequences in the home should depict a contrast that will cause our children to carefully consider their choices. Parents should present “blessings” as the opposite end of the spectrum from “cursings.”

- “你想要这个，还是……这个？”
“Do you want God’s blessing, or God’s cursing?”
- “你是想要我表扬你，还是……管教你？”
“Do you want my praise, or my correction?”

如你所见，教导因果原则的管教包括这两个基本的要素：奖励和惩罚。
As you can see, discipline that teaches cause and effect consists of these two basic elements: rewards and consequences.

(a) 奖励 REWARDS

无愧的良心、父母的称赞和特权，都是孩子因为顺服而得到的奖励。然而，有时父母想要更具体地奖励孩子（比如增加一项特权，授予新的特权，购买孩子早已中意的东西）。比如，父母可能会：

A clear conscience, parental praise, and privileges are the child’s reward for his obedience. On occasion, however, a parent may want to more tangibly reward the child (e.g. increase a privilege, grant a new privilege, purchase something the child has been interested in). For example, a parent may consider giving:

- 因为孩子完成一项挑战（家庭作业等）而给予一个特别的奖励
A special reward for meeting a challenge (schoolwork, etc.)
- 因为孩子额外的努力而给予一个奖励
A reward for extra effort
- 因为孩子在艰难的争战中得胜而给予一个奖励
A reward for success in a difficult struggle

(b) 惩罚 CONSEQUENCES

惩罚包含着痛苦.....要么是身体的不适(打屁股),要么是特权被剥夺。失去的特权可能包括:

Consequences involve pain...either physical discomfort (spanking) or pain from privileges that are removed. Lost privileges could involve:

正常的上床时间(被要求提前上床睡觉),特别的零食或点心,与家人在一起的时间,或者娱乐消遣(骑自行车,玩玩具,体育运动,电脑时间,看望朋友等)。特权的剥夺要因人而异,因为孩子的喜好是不一样的。当惩罚让孩子付出代价的时候,是最有效的。

Earlier than normal bedtime, special snacks/dessert, time with family, or recreation (bike-riding, toys, sports practice, computer time, visiting friends, etc.). The loss of privileges will differ between children, since they value things differently. Consequences are most effective when they cost the child something.

记住,神是生活中所有特权的来源。我们要教导孩子为一切感谢神。如此,失去某种特权就可以帮助孩子理解播种与收获的道理。一个对生活的任何特权都怀着朴素的感恩之情的孩子,是容易明白这些道理的,而不知感恩的孩子却难以从中得到教训。

Remember, God is the source of all of the privileges in life. We need to teach our children to be grateful to God for everything. Then the loss of any privilege will help the child understand sowing and reaping. An ungrateful child finds these lessons more difficult to grasp than a child who has a simple gratitude for any of the privileges of life.

为了更有果效,惩罚.....

To be most effective, consequences...

• **必须要 实施 Must be enforced**

不要自欺,神是轻慢不得的。人种的是什么,收的也是什么。顺着情欲撒种的,必从情欲收败坏;顺着圣灵撒种的,必从圣灵收永生。(加 6:7, 8)

Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh shall from the flesh reap corruption, but the one who sows to the Spirit shall from the Spirit reap eternal life (Gal. 6:7,8).

神是轻慢不得的,因为他所说的,他必定成就。孩子必须明白,神希望他们顺服父母(弗 6:1; 西 3:20)。不顺服必定会遭受后果。

God is not to be mocked because He does what He says He will do. Children must understand that God expects them to obey their parents (Eph. 6:1; Col. 3:20). Disobedience must therefore reap consequences.

- 必须不允许孩子 延迟顺服 **Must not allow lingering disobedience**

当父母给孩子指令时，要求孩子立即服从。如果孩子总是要等父母叫两遍、提高音量或数到 3 才能服从的话，这就会成为你将来一贯的模式。只说一遍，需要很强的原则性。设立“只说一遍就听”的规则真的不比“数到 3”困难多少，但能节约时间，省却麻烦。（The Things You'll See: Notes to My Children on How They Were Raised by Lawrence R. Lucas, page 28.）

Immediate obedience should be required with any instruction given by the parent. If obedience is only required after asking a second time, raising the voice or counting to three, then this will be the pattern for future responses. It takes great discipline to only ask once. Setting the bar as “first-time obedience” is really no more difficult that setting it at “after a three-count” and saves time and frustration. (The Things You'll See: Notes to My Children on How They Were Raised by Lawrence R. Lucas, page 28.)

当父母允许孩子不顺服的行为时，其实是在破坏神的期待。

Parents undermine God's expectations when they allow children to linger in disobedience.

- 例如，父母也许会对孩子说：“请到这里来”，然后就开始慢慢地数数“1……2……3……”。

e.g. A parent may say, “Come here please” to their child and then begin to slowly count “1...2...3”.

- 父母这样做是在教导一种错误的、难以实施的标准，而且在容忍孩子天生的叛逆倾向。父母不应这么做，而是要向孩子说明当你叫他们的时候，他们应该马上过来……并且不能一边数数一边等他们过来。如果他们不听话，要实施一贯的惩罚。延迟的顺服、部分的顺服和外表顺服而内心不服，其实都是不顺服。神要求的是完全的、毫无怨言的顺服。

This parent is teaching a wrong standard that is difficult to enforce, and is tolerating the child's natural tendency to disobey. Instead, explain that you expect them to come when you call...and call without counting. Consistently chastise if they don't obey. Delayed obedience, partial obedience, and external obedience without the right attitude are all examples of disobedience. God requires that obedience be complete and without complaint.

例如，在创 22:1-15 中，亚伯拉罕表现出了这种讨神喜悦的顺服。

e.g. Abraham demonstrated the kind of obedience that pleases God in Gen. 22:1-15.

父母不要接受孩子这样的回答：“我必须得做吗？”，“马上吗？”，或者“凭什么要我做？”这些都是不顺服的表达。

Parents, don't accept responses from your children like, "Do I have to?"; or "Right now?"; or "Why should I do that?" These are expressions of disobedience.

给孩子讲解规则很重要，而且要经常讲解。多数规则设立的理由是，孩子没有智慧在无规则的情况下做出正确的决定。如果我们给孩子讲解规则设立的原因，孩子就会渐渐有智慧和鉴察力，为他以后离开家或不再生活在规则之下做准备。同时，不论父母每次是否给出理由，孩子都要服从父母的指示。如果孩子要求父母给出理由，你首先要做的是，帮助他建立服从的意愿。

"Explanations for rules are important, and they should frequently be taught by the parent. Most rules are in place because the child does not yet have the wisdom to make the right decision without rule being in place. If the reason for the rules are explained, the child will grow in wisdom and discernment, preparing him for the day when he is out of the house and no longer under the house rules. At the same time, a child should obey the parent's instruction whether or not an explanation is given each time. If a child asks for an explanation, first establish his willingness to obey.

孩子可能会问起你制定的某个规则的理由。虽然你应当对所制定的每一条规则都有充足的理由（即使某条规则只是你个人的喜好，例如不要在房间里大喊大叫），但孩子的反应必须先是从。

"A child may ask for a reason that a rule is given. While you should have a reason for every rule that you create (even if it is only your preference; e.g. no yelling in the house), the child's response must be obedience before an explanation is given.

在你还不清楚孩子的内心是否顺服时，先不要急于给他们解释理由。只有你清楚孩子愿意服从时，才可以选择给他们解释。没有明确的反应，就没有解释的空间。“讲道理是为了教导孩子，而不是为了换取他们的服从。”

(The Things You'll See: Notes to My Children on How They Were Raised by Lawrence R. Lucas, page 26.)

"Do not be quick to give an explanation before the child's heart of submission is made clear. Once the child's obedient response is clear, then you may choose to explain the reason. Until the response is certain, there is no room for explanation. **"Explanations are to instruct, not to buy obedience."** (The Things You'll See: Notes to My Children on How They Were Raised by Lawrence R. Lucas, page 26.)

- 一定要 前后一致 **Must be consistent**

“如果你再那么做，就要被打屁股了。”为什么不是现在呢？你曾经向孩子说过多少次这样的话，却没有贯彻到底呢？你给孩子的指示是好的吗？孩子听到并且明白了吗？如果是这样，那么就坚持到底。否则你将导致孩子形成断断续续的顺服。

“If you do that again you will get a spanking.” Why not now? How many times has the child heard you say that without following through? Did you give good instruction? Did the child hear and understand it? Then follow through. Otherwise you will be modeling intermittent obedience to your child.

- 一定要 诚实 **Must be honest**

不要使用你不能或者不愿意实施的惩罚来威胁你的孩子。圣经上说，我们的话，是，就说是；不是，就说不是。言行不一，就是假冒伪善。比如，你们正在度假的时候，你对孩子说：“你再不停止，我们就回家了。”你不会真的那么做；如果你真那么做了，就是在惩罚全家人。

Don't threaten your child with consequences you are unable or unwilling to implement. The Bible says to let your “yes” be yes and your “no” be no. Not living by your words is hypocrisy. e.g. You're on vacation and say, “If you don't stop, we're going to turn around and go home.” You won't really do this; and if you did, it punishes the entire family.

- “如果你不上车，我们就扔下你了。”
“If you don't get in the car, we are going to leave you.”
- “如果你再这样，我就让你禁足一年。”
“If you ever do that again, I'm going to ground you for a year.”

有效的惩罚必须实施，而且……

Effective consequences must be enforced and...

- 必须要 立刻执行 **Must be swift**

传 8:11 说：“因为断定罪名，不立刻施刑，所以世人满心作恶。”

Ecc. 8:11 Because the sentence against an evil deed is not executed quickly, therefore the hearts of the sons of men are given fully to evil.

立刻执行的惩罚所带来的不适，非常有助于年幼的孩子将过错与痛苦的后果联系起来。

The discomfort of swift consequences dramatically helps a young child associate the offense and the painful result.

另外，立刻执行的惩罚明确树立了神所赋予你的权柄。让小孩子清楚父母的权柄可以避免日后的许多问题。出于这个原因，孩子越小，被打屁股的次数越多。（同样地，当孩子日渐长大，会有一天打屁股不再管用，而其他的惩罚会变得更加有效。）

In addition, swift consequences clearly establish your God-given authority. Settling the authority issue with the small child can prevent many problems later. For this reason, younger children will be spanked more. (Likewise, as a child matures, a point should come when spanking is no longer necessary and other consequences become more effective.)

当实施惩罚时，不要因为口舌之争（“那不公平”）或互相推诿（“他先做的”）而偏离主题。箴 26:4 说：“不要照愚昧人的愚妄话回答他，恐怕你与他一样。”当我们容忍孩子的愚昧，而不立刻施以惩罚，会使我们的智慧和权柄受损。

When implementing consequences, do not get side-tracked with word battles (“That’s not fair”) or blame-shifting (“He did it first”). Proverbs 26:4 says not to answer a fool according to his folly lest we become like them. We compromise our wisdom and authority when we allow the child’s foolishness to keep the consequences from being swift.

- **必须基于孩子的年龄和成熟度**
Must be based on the child’s age and maturity

然而，当孩子的理解力不断增强，也许要留存减轻惩罚的空间。

As the child grows in understanding, however, there may be a place for mitigating consequences.

孩子大一些时，聆听他的想法对你来说大有益处。这不但证明你关注他的想法，而且他在表达了自己的想法之后，更容易谦卑受教。更重要的是，这给了父母机会聆听孩子的心声，让孩子在表达自己观点的时候，显露出内心的问题，也为解决问题打开了大门。（(The Things You'll See: Notes to My Children on How They Were Raised by Lawrence R. Lucas, page 48.)

Therefore, as they get older it is often profitable to listen to their side of the story. This not only demonstrates that you care about their thoughts, it also makes it easier for them to receive discipline when they have received a hearing. Most importantly, it provides the parent an opportunity to hear how the child is thinking. This will open the door for dealing with heart issues that are revealed by their explanation. (The Things You'll See: Notes to My Children on How They Were Raised by Lawrence R. Lucas, page 48.)

比如，父母在决定惩罚之前，可以给孩子一些自我反省和认罪的时间。给较大的孩子一个机会来讨论事情所涉及的原则，可能会十分有益。

e.g. Parents may allow time for reflection and conviction before deciding consequences. It may be very profitable to allow older children an opportunity for discussion of the principles involved.

比如，由于孩子对自己的失败虚心认错，父母可选择减轻或者取消惩罚，以彰显神的怜悯。

e.g. Parents may choose to illustrate God's mercy by lessening or even canceling the consequences due to the child's tender-hearted response to his own failure.

惩罚必须要实施，要基于孩子的年龄和成熟度，还要……

Consequences must be enforced, based on the child's age and maturity and...

- **必须基于 过错的本质**

- Must be based on the nature of the offense**

努力分辨悖逆（不仅是外在行为上，还有内心态度的表达上）与坏习惯或者懒散的习惯的区别。最强的惩罚应该留着对付叛逆。

Make efforts to discern the difference between rebellion (not only outward behavior, but also expressions of inner attitude), and bad or sloppy habits. The strongest consequences should be reserved for rebellion.

不要借口要用“有创意”的方式纠正孩子，而不打他的屁股。你应该（几乎总是）因为孩子各种悖逆的行为而打他屁股，包括顶嘴、不尊重、撒谎、不道德的行为，以及其他必须改变的严重罪恶行为。谎言的背后往往隐藏着其他罪。要迅速并严肃地对待撒谎的问题，绝对不能姑息。当孩子的“过错”更多在于懒散的习惯而不是悖逆，其他惩罚方式比打屁股能更有效地纠正和警戒孩子（比如，当一个孩子没有完成指定的任务，或者做事粗心大意，可以让他干更多的活儿）。

Do not hide behind “creative” correction to avoid spanking your child. You should spank (almost always) for acts of rebellion, including talking back, disrespect, lying, immoral behavior, and other significant sinful behaviors that must change. More than any other sin, lying opens the door to other sins since it is use to cover up other sin. Deal with lying swiftly and seriously; it is never to be tolerated. Consequences other than spanking are effective for correcting and instructing a child when the “offense” is more related to sloppy habits than rebellion (e.g. when a child doesn't complete an assigned task or does his work in a careless manner, more work may be added).

许多时候打屁股是最仁慈的惩罚方式。因为整件事已有定论……了结了，过去了。当为一个明确的目标，并且时间与所犯的过错相当，剥夺一些权利是有用的。但是，漫长的纠正方式可能会产生相反的作用。随着时间的推移，那样的惩罚对孩子不再有影响。

Many times spanking is the most merciful. The total event is concluded...over and done. Taking away privileges is useful if it is done for a clear purpose and the time involved is appropriate to the offense. Long and drawn out forms of correction, however, can be counter-productive. They lose their impact over time.

- **必须有 爱心 和 节制**
Must be done in love and with self-control

我们在前面已经说过这个问题，让我再重复一遍：神看重你管教孩子的动机和态度。你管教孩子，是出于对神、对孩子爱，而不是出于自己的怒气和沮丧。

We have talked about this in an earlier lesson, but let me remind you that your motive and attitude when giving consequences is important to God. You must discipline because of your love of God and your child, not out of anger or frustration.

- 回答柔和，使怒消退；言语暴戾，触动怒气。（箴 15:1）
A gentle answer turns away wrath, but a harsh word stirs up anger (Prov.15:1).
- 弟兄们，若有人偶然被过犯所胜，你们属灵的人就当用温柔的心把他挽回过来；又当自己小心，恐怕也被引诱。（加 6:1）
Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted (Gal. 6:1).

- **应（尽可能地）提早说明**
Should be stated ahead of time (as much as possible)

这有助于避免父母因为怒气产生过激反应，导致不公正的“惊奇”。

This can help prevent unjust “surprises” from a parent who may be merely reacting in anger.

看附录 VI：用杖的建议

SEE Appendix VI: Suggestions When Using the Rod

看附录 VII：确定、改变和培养习惯的简单原则

SEE Appendix VII: Simple Principles for Identifying, Changing, and Developing Habits

当你管教孩子的时候：

As you discipline your child:

- 强调你会根据孩子的选择而给予奖励或惩罚。
Stress that you give rewards or penalties because of the child’s choice.
- 强调不只是你，神也同样关注他的行为。
Stress the fact that it is God who is concerned with his behavior, not just you.
- 反复教导行为源自于内心。
Re-teach that behavior originates in the heart.

- 给孩子忠告：惩罚的目的不仅是为了改变他的行为。最终是为了让他明白他没有能力达到神的标准，他惟一的盼望在于神的赦免，并且只有靠着基督，他才能够改变。
Counsel the child that consequences are not just for the purpose of changing his behavior. Ultimately, they are to impress on him his inability to meet God's standards, and that his only hope is for forgiveness, and that power to change is through Christ.

总之，In Conclusion,

要多多劝勉：孩子必须知道他的父母和神都喜悦或讨厌的某些行为和态度。

Encourage a lot: the child must know that his parents and God approve as well as dislike certain behavior and heart attitudes.

要多多祷告：你需要神的帮助（箴 3:5, 6）

Pray a lot: you need God's help in this (Prov. 3:5,6)

不必对每个问题都大惊小怪：孩子的失败不表示世界末日的来临。不要放弃；你要走的路还很长。事实上，孩子的失败（和伴随而来的认罪和内疚感）恰恰是你教训和劝诫他的良机。你可以借此强调他没有盼望的处境，他对于救恩的需要，和单单从基督而来的力量。

Every problem is not major: the child's failure does not mean the end of the world. Don't give up; you're in it for the "long haul." In fact, a child's failures (and his accompanying conviction of sin and guilt) are opportunities for teaching and counseling. These events allow you to stress his hopeless condition, his need for salvation, and the strength that comes through Christ alone.

对问题的反复要有心理准备。孩子和我们的一样，可能会重复犯罪和恢复坏习惯。惩罚不能根除我们的罪的本性。并且，坏习惯可能会因为父母在某个特定的问题上放松警惕而再次出现。我们开始给予“警告”和“提醒”，而不是坚持一贯的惩罚和不断地为孩子、为得智慧而祷告。

Expect to visit problems again. Sin and bad habits with children, as with us, may reappear. Consequences don't eradicate our sin nature. Also, bad habits can occur again because parents let down their guard on that particular issue. We start giving "warnings" and "reminders" instead of following through, being consistent, and continually praying for the child and for wisdom.

要信靠主，他是信实的。他甚至会使用我们的错误来成就美事。不要忧虑；如果你认为这次没有处理好某件事，还可以有另外的机会！

Trust the Lord. He is faithful. He even uses our mistakes for good. Don't worry; if you don't think you handled something right this time, you may get another chance!

问题

QUESTIONS

看附录 VIII：育儿的简单计划

SEE Appendix VIII: SIMPLE PLAN FOR CHILD REARING

我们下一节课要讨论“父母是老师”

NEXT LESSON, The Parent as a Teacher

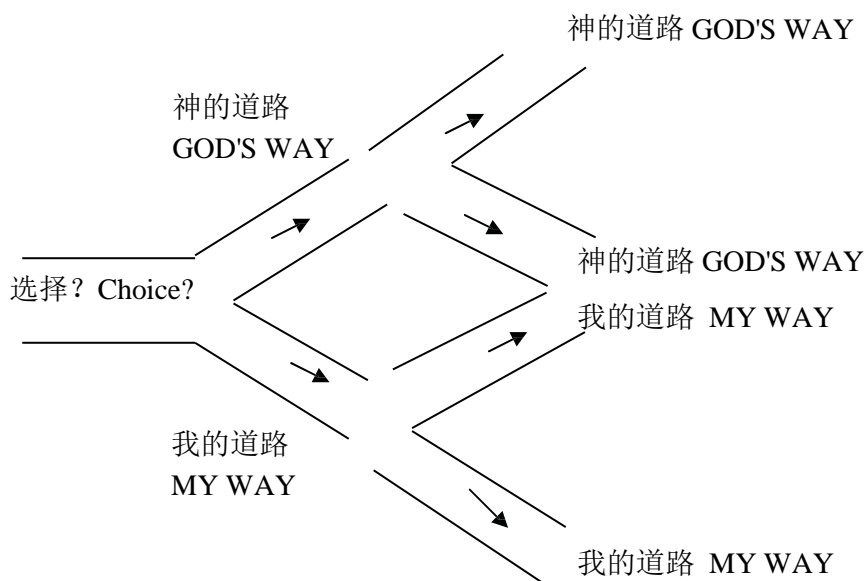
默想原则

PONDERING THE PRINCIPLES

1. 回顾所学课程，包括附录和圣经经文。
Review the lesson, including any appendices and Scripture passages.
2. 你在家中为每一个孩子设定了哪些规则（包括家规）、指导、限制等等？它们公平合理吗？评价这个规矩的是否合适。你如何依据每个孩子的年龄和责任程度来作出调整？这个规矩需要经常审查。考虑定期召开家庭会议。这是一个表扬孩子优点的良机，他们对你的要求有什么不解，也可以借此机会澄清。他们的想法和建议有助于在家里营造充满爱的、团结的氛围，还可以在智慧领导力上为你提供宝贵的见解。
What rules (including house rules), guidelines, restrictions, etc. do you have in your home for each child? Are they reasonable and fair? Evaluate the appropriateness of this structure. How would you adjust it based on the age and level of responsibility of each child? This structure needs frequent review. Consider having a periodic family meeting. This can be a wonderful opportunity to praise your children's strengths and clarify any confusion about the requirements you have for them. Their ideas and suggestions can provide you with valuable insight for wise leadership, in addition to developing a loving, team atmosphere in your home.
3. 本课说明奖励和惩罚有助于孩子明白因果原则，或者播种与收获的原则（箴 13:13, 18；加 6:6, 7）。因此，你的教养工作大多要致力于帮助孩子学习如何做出明智的选择。
This lesson stated that rewards and consequences are useful in helping the child understand the principle of cause and effect, or sowing and reaping (Prov. 13:13,18; Gal. 6:6,7). Much of your parenting, therefore, will be devoted to helping your child learn how to make wise choices.

生活的选择会形成习惯，如图所示：

Life's choices, which form habits, could be illustrated like this:



如图所示，如果一个孩子经常选择自己的道路，而不听从圣经智慧的忠告，他更可能在将来每一个决定上继续选择自己的道路（箴 14:12；传 8:11）。惩罚是一个工具，用来帮助孩子认真思考他的选择是智慧的还是愚蠢的。

As observed from this chart, if a child constantly chooses his way rather than what the wise counsel of Scripture proclaims, he will be more likely to continue to choose his own way with each subsequent decision (Prov. 14:12; Ecc. 8:11). Consequences are a tool that can help a child carefully consider the wisdom or folly of his choice.

另一方面，当孩子开始选择神的道路，而非他自己的道路时，能够在将来的决定中明白这样做的益处。无愧的良心、父母的劝勉、其他人的敬虔的榜样和（某些情况里的）奖励会帮助孩子学习选择神的道路的智慧（箴 9:9；来 11）。

On the other hand, a child who begins to choose God's way over his own can learn the benefit of doing so in future decisions. A clear conscience, parental encouragement, the godly example of others, and rewards (in some cases) help the child learn the wisdom of choosing God's way (Prov. 9:9; Heb. 11).

4. 惩罚应与过错相当。尽可能提前申明惩罚也会有帮助。

Consequences should be appropriate to the offense. It is also helpful to state consequences ahead of time as much as possible.

例如，应该教导孩子如果他们不殷勤工作（西 3:23），那么他们除了需要完成最初的任务之外，还会被分配到更多的工作（受到更加严密的监督）。

e.g. Children should be taught that if their work isn't done with diligence (Col. 3:23), then in addition to completing the original task, more work may be assigned (with closer supervision).

a. 当惩罚与过错直接相关时，对于教导孩子通常是最有益的。要尽可能避免你的直接反应造成的专断的惩罚，相反要经过深思熟虑，决定如何才能使孩子得益处（来 12:6-11）。Consequences associated directly with the offense are usually the most beneficial in instructing the child. Whenever possible, avoid arbitrary consequences that are based more upon your immediate reaction than careful consideration of what would benefit the child (Heb. 12:6-11).

b. 当孩子没有完成任务时，要避免不断地“提醒”他。这时需要的是惩罚。惩罚对于帮助孩子学习为自己的行为负责非常重要。不断的“提醒”实际上会抑制孩子的学习，当然也会令父母感到沮丧。

Avoid the constant practice of “reminding” your child of his duty when he doesn't complete it. There needs to be consequences. Consequences are crucial in helping your child learn to take responsibility for his actions. Constant “reminders” may actually inhibit your child's learning, and are certainly frustrating for the parent.

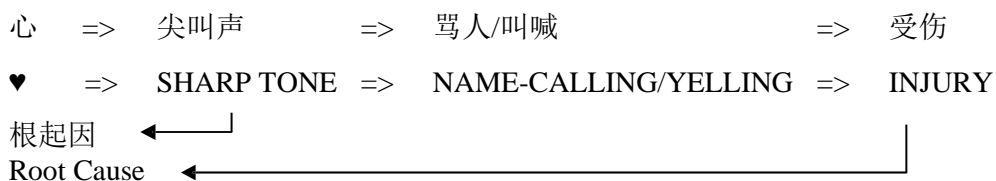
c. 孩子越小，就越要向他们经常地、清楚地解释惩罚。孩子越大，越能更好地明白原则。The younger the child, the more important it is to frequently and clearly explain the consequences. Older children can better understand principles.

d. 评价一下你家中惩罚的实施情况。它们是否尽可能地与过错相当？

Evaluate the use of consequences in your home. Do they fit the offense as much as possible?

5. 你何时决定纠正你的孩子？举例来说，如果你有两个不能和睦相处的孩子，当你听到他们尖叫时，你会干预吗？你是等到他们开始骂人和叫喊，还是等到有人受伤后才开始干预？你越早地对付罪，越容易解决明显的行为问题和与之相应的内心的问题。你让孩子沉溺于罪中的时间越长，需要解决的问题会越多。愚妄若不经制止，通常会导致更多的罪（传 8:11）。

When do you decide to correct your children? For example, if you have two children who are not getting along, do you intervene when you hear sharp voices? Do you wait for name calling and yelling, or until an injury has occurred? The earlier you deal with sin, the easier it is to deal with the overt action and the corresponding heart issue. The longer you allow your children to linger in their sin, the more issues there will be to settle. Foolishness unchecked generally results in greater manifestations of sin (Ecc. 8:11).



如图所示，在事情刚发生的时候处理，要比叫喊和造成伤害之后处理少花费许多时间（箴 4:23）。As you can see from the illustration, it takes less time to deal with an issue at the beginning than later after yelling and possible injury has occurred (Prov. 4:23).

因为你的被动或拖延，在你孩子的生命中有哪些问题正在恶化？

What issues are you allowing to progress in your child's life because of your passivity or procrastination?

6. 评价你家中用杖的情况。

Evaluate the use of the rod in your home.

- 你何时使用？
When do you use it
- 如果你已结婚，对于如何用杖你们能达成一致吗？孩子是否看到你们二人为了他们的益处而团结合作？
If married, are each of you in agreement as to how it is used? Do your children see the two of you working as a team for their benefit?
- 你的孩子明白纠正的意义，并能从中成长吗？
Are your children understanding the correction and growing from it?

7. 看完附录 VII——《确定、改变和培养习惯的简单原则》后，回答下列问题：

After looking at Appendix VII - Simple Principles for Identifying, Changing, and Developing Habits, answer the following questions:

- 你的孩子有哪些习惯需要改变？当不需要用杖时，你常常忽视问题吗？
What habits does your child need to change? Do you tend to neglect issues when the rod is not required?

- 有没有你一直用杖，但是却应该用其他惩罚来处理的问题？
Are there any issues for which you have been using the rod that should be dealt with using other consequences?
- 有没有你应该用杖，而不用其他惩罚来处理的问题？
Are there any issues for which you should be using the rod instead of other types of consequences?

在本周借着祷告制定一个计划，帮助你的孩子改掉坏习惯，培养好习惯。经常提示圣经经文来引导他的思想。

Prayerfully make a plan this week that will help your child change bad habits and in their place develop good habits, always noting passages from Scripture that should guide his thinking.

8. 确定神希望你使用的其他的应用原则，做一个行道者，而不仅仅是听道者（雅 1:22-25）。
Identify any other applications the Lord would have you make in order to be a doer and not just a hearer of the Word (James 1:22-25).