

第 8 课
Lesson 8

大纲
Outline

C. 父母是鼓励者

1. 父母不做什么会惹孩子的气。
 - a. 不能始终如一地管教和教导孩子。
 - b. 没有坚持参与孩子的生活
 - c. 没有明显地向你的配偶表达爱意
 - d. 没有明显地向孩子表达爱意
 - e. 不倾听孩子的声音
2. 父母做什么会惹孩子的气
 - a. 你自己是一个愤怒的人。
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 - e. 假冒为善地生活
 - f. 改变规则
 - g. 成为不公义
 - h. 期望完美

C. The Parent as an Encourager

1. What parents don't do that can provoke and exasperate children.
 - a. Not consistently disciplining and instructing their children.
 - b. Not maintaining involvement in the child's life.
 - c. Not visibly showing love for your spouse
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第 8 课 Lesson 8

父母是鼓励者

The Parent As An Encourager

回顾第 7 课 “父母是老师”
Review Pt. 7 “The Parent as Teacher”

- I. 父母的优先次序 **The Parent's Priorities**
- II. 父母的目标 **The Parent's Goal**
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C. 父母是鼓励者 **The Parent As An Encourager**

弗 6:4 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。

Eph. 6:4 And, fathers, do not provoke your children to anger; but bring them up in the discipline and instruction of the Lord.

到目前为止，我们连《以弗所书》6章4节的第一部分还没有完成，我们会继续讨论。《歌罗西书》3章21节也有类似的教导。

In Ephesians 6:4, we have not covered one part of this verse! We will discuss that part today. We can see that this command is similarly stated in Colossians 3:21.

西 3:21 你们作父亲的，不要惹儿女的气，恐怕他们失了志气。
Col. 3:21 Fathers, do not exasperate your children that they may not lose heart.

如果你想要成为一名恪守圣经教导的父亲或母亲，就必须尽可能多地鼓励孩子。孩子和我们一样，喜欢在自己所做的事情上被挑战、被鼓励，让他们知道自己取得了进步，会对他们很有帮助。

If you're going to be a biblical parent, then you must be the conduit of a tremendous amount of encouragement. Like us, our children love to be challenged and encouraged about how they're doing. And like us, they are helped when they know they're making progress.

我们如何鼓励孩子？按照《以弗所书》6章4节和《歌罗西书》3章21节所说，重要的一点，就是不要令他们气馁。

How do we encourage our children? One important way, according to Eph.6:4 and Col. 3:21, is to avoid being a DISCOURAGEMENT to them.

这两节经文提出了几个语气非常强烈的用词，是我们必须要明白的：

These verses present some very strong terms that must be understood:

“不要惹儿女的气”（注：和合本这两个词的翻译相同）
“Don't provoke to anger” and “Don't exasperate”

以弗所书 6:4 Ephesians 6:4

- **“惹”**：这个字表示否定意味的“激起”或者“刺激”，因此含有“激怒”的意思
provoke: This word means to “excite” or to “stimulate” in the negative sense...thus carries the idea of to “irritate.”

这个词语气强烈，使其成为对父母的一个警告。它用的是现在时态，因此父母们必须持续不断、日复一日地，在各个生活境况下留心这个警告。

The strength of the term makes this verse a warning to parents. Since it is in the present tense, this is a warning that parents must strive to heed continually, day by day in every life situation.

- **“怒”气**：正如前面说过，父母有时必须反对孩子（参第2课）。这种反对也许会激起孩子的反抗情绪和让孩子感到不开心。但这并非《以弗所书》6章4节所说的“怒气”。相反，圣灵说的是父母刺激孩子形成一种不满、愤怒和冲动的生活方式。
anger: As already stated, a parent must at times oppose their children (see Lesson 2). This opposition may provoke moments of resistance from the child and obvious displeasure on his part. But this is not the anger spoken of in Eph. 6:4. Instead, the Holy Spirit is referring to parents provoking children to an angry, wrathful, impulsive lifestyle.

这种怒气包括公开的叛逆和消极愤恨，比如固执、冷漠或者无动于衷。

This anger includes open rebellion and passive resentment like stubbornness, indifference, or apathy.

歌罗西书 3:21 Colossians 3:21

- “惹……气”这是另外一个语气强烈的词，意思是让你的孩子灰心、气馁。这个词只在新约圣经《歌罗西书》3章21节中出现过一次，包含的意思是没有精神、沉闷的、萎靡，或者是气馁的性情。

exasperate: Another strong term which means to cause your child to lose heart...to be discouraged. Colossians 3:21 is the only place in the New Testament where this word appears, and carries the idea of having no spirit, being sullen, listless, or having a discouraged disposition

这样的孩子也许会顺从，但缺失了某种东西。父母与孩子之间的关系一点也不愉快。相反，孩子常常感到痛苦、沮丧，并且活在愤怒和绝望之中。孩子对生活毫无盼望。

The child may obey, but there is something missing. No pleasant spirit exists in the relationship between the parent and the child. Instead, the child is embittered, frustrated, and living in resentment and despair. The child may even view life as a hopeless condition.

虽然所用的词不同，但《以弗所书》6章4节和《歌罗西书》3章21节却是两段平行经文，它们所描述的完全不是孩子瞬间所表现出的愤怒或者气馁情绪。相反，圣灵在此警告父母不要去点燃孩子的怒火或者反复激怒孩子，让孩子深陷于苦恼当中。

Though the terms used are different, Eph. 6:4 and Col. 3:21 are parallel. They are both describing something different than momentary expressions of anger or discouragement that a child may exhibit. Instead, the Holy Spirit is warning parents not to inflame anger or irritate to a point where the child cannot see an end to oppression.

显然，合神心意的父母想要避免使孩子产生如此反应的罪。那么具体来说，父母如何惹孩子的气呢？父母必须要避免的事情是什么？

Obviously, the biblical parent will want to avoid sin that fosters such a response by their children. Specifically, then, how do parents provoke anger and exasperation in their children? What must parents avoid?

父母因他们“不做什么”或“做什么”惹动孩子的气。这些例子可视为“不作为的罪”和“有意为之的罪”。

Parents can provoke and exasperate children by WHAT THEY DON'T DO (in other words, failing to do helpful actions) and by WHAT THEY DO (doing harmful actions). Examples of these may be thought of as “sins of omission” and “sins of commission.”

首先，我们来说“不作为的罪”。

FIRST: We will address the “sins of omission.”

1. 父母不做什么会惹孩子的气。

What parents don't do that can provoke and exasperate children.

- a. 不能始终如一地 教训 和 警戒 孩子。

Not consistently disciplining and instructing their children.

《以弗所书》6章4节说：“不要惹儿女的气，只要照着主的教训和警戒养育他们。”
Eph. 6:4 “...do not provoke your children to anger; BUT bring them up in the discipline and instruction of the Lord.”

《以弗所书》6章4节使用连词“只要”清楚地说明：使孩子感到挫败的最明显的做法就是，你放弃始终如一管教和指导孩子的责任。

Scripture is clear with the use of the conjunction “but” in Eph. 6:4 that the most obvious way to frustrate your child is by abdicating your responsibility in consistently disciplining and instructing you child.

父母不履行他们的责任去完成所有这些要求（参第4-7课），或者在做的时候并不认真，就在惹孩子的气。孩子需要来自父母的训练和教导。当他们得不到的时候，就容易受挫，由于他们的父母没有付出努力“养育他们”。

Parents who ignore their responsibility to fulfill all that these terms mean (see Lessons 4 through 7), or who don't take the responsibility seriously, run the risk of provoking and exasperating their children. Children need the training and teaching that their parents provide. When they don't receive it, they may be prone to frustration due to the fact that their parents really don't care to put forth the effort to “bring them up.”

一个重要提醒：父母必须在管教和教导之间努力保持一个适当的平衡。父母在训练孩子过程中，如果表现出前后矛盾、无规律可循或者无法预期，就会惹孩子的气。这特别意味着要避免两种极端：过度控制和没有限制。

AN IMPORTANT REMINDER: Parents must strive to maintain a proper balance between discipline and instruction. The parents who are inconsistent, irregular, or unpredictable in the training of their children can be guilty of provoking their children to exasperation. This especially means avoiding two extremes: excessive control and no limits.

(i.) 过度控制 Excessive Control

这体现于设立太多的规则和限制，制定没有意义的、苛刻和过于严格的规则。不要让你自己成为一个移动的“禁止”标志，对所有事情都说“不”。

This is manifested by the creation of too many rules and restrictions, rules that are pointless, or in rules that are harsh and too strict. Don't be that walking minus sign, saying “No” to everything.

避免“微观管理”孩子的生活……告诉他们必须要做的每一件小事。根据孩子的年龄，给予他们一些自由。

Avoid “micro managing” your child's life...telling them every little thing they must do. Depending on the child's age, allow some freedoms.

举例说明：父母如果不让孩子尝试新的事物，可能会压抑孩子大多数的想法。对于你来说，孩子的“项目”可能显得毫无意义，但是为什么不让他试一试呢？寻找机会，对你孩子的请求和想法说“可以”。

Illustration: A parent may end up stifling most of the ideas a child has, rarely letting them try something new. Your child's “project” may appear senseless to you, but why not let him try it? Look for opportunities to say “Yes” to some of your child's requests and ideas.

过度控制可能是因管教的**错误动机**而产生的问题。

Excessive control can be a problem because of wrong motives for discipline.

《希伯来书》12章5-11节提醒父母管教孩子时应具备的动机。正确的动机包括：

Hebrews 12:5-11 illustrates to parents what their motivations ought to be when they discipline their children. Proper motivations include:

- 第 6 节……爱孩子
v. 6 ...love for the child
- 第 10 节……培养圣洁
v. 10 ...cultivating holiness
- 第 11 节……结出平安的果子，就是义。
v. 11 ...training toward the peaceful fruit of righteousness

管教应该为了神的荣耀和孩子的益处，而不仅仅为了我们自己的方便。过度控制和没有限制之所以常常失去平衡，是因为我们训练的动机是错误的。

Discipline should be for the glory of God and the benefit of the child, not merely our own convenience. Often this imbalance between excessive control and no limits occurs because the motive for training is wrong.

制定规则并试图通过这些规则过度控制孩子的错误动机包括：

Wrong motives for developing rules and attempting to excessively control our children through them may include:

- (a) 侧重 个人偏好 而非圣经原则
Elevating preference over biblical principle

一些父母容易强调一些圣经中没有的规则。这些规则其实只是反映出个人偏好。持守这样的规则本质上没有错，有时这些规则有助于建立安全的环境，或者起到一定的控制作用，使家里不会产生混乱。但必须要注意的是，避免将这些规则与圣经的命令等同，或者超过一定的限度（比如，数量过多）。

Some parents are prone to emphasize rules that really don't reflect the Bible at all. Instead, the rules reflect personal preferences. There is nothing inherently wrong with maintaining some rules which flow out of personal preferences. Sometimes these rules relate to developing a safe environment, or to the need for maintaining some measure of control so there isn't utter chaos in the home. But care must be taken to avoid equating them with biblical commands, or allowing them to become excessive (e.g., excessive in number).

下列例子有助于说明：

The following example may help to illustrate:

你也许不想让孩子去触摸电视。当他长大一些，你可以教导他管家的原则，可能刚开始他不能明白（其他的例子包括你设定上床睡觉的时间，你想要的铺床方式等）。

You may prefer that your child not touch the television. As he grows older, you can teach him the principle of stewardship, a principle he may not initially be able to understand (other examples may include the time you set for going to bed, the way you want the bed to be made, etc.).

这个例子就不是过度控制。然而，如果你一味强调自己的规则，随着孩子的成长，也没有教导他们相应的圣经原则，那么你的这些个人的规则在孩子的眼里就会被视为过度控制。这可能会导致孩子愤怒或者绝望。

This illustration does not necessarily represent excessive control. If, however, you are enforcing too many of your preferences, or neglecting to teach biblical principles as the child matures, then preferential rules may be perceived in the mind of the child as excessive control. And this can lead to exasperation or despair.

(b) 懒惰 Laziness

这种父母不愿意花时间去想问题。他们过度控制孩子，使自己不用去做艰难的决定（例如，说个“不”要容易得多）。同样，拖延做正确的事，是懒惰的另一种表现。

This parent isn't willing to take the time to think things through. Excessively controlling the child allows this kind of parent freedom from having to make difficult decisions (i.e., it is easier to just say "No"). Also, procrastination in doing what is right is another example of laziness.

(c) 害怕 Fear

这种父母害怕自己失败，也害怕孩子失败。他们制定过多的规则是担心孩子长大后不成样子，因此就事无巨细地管孩子。

This parent is afraid of failure, both in himself and in his child. Parents who make excessive rules many times fear how their child will turn out. Thus they "micro manage."

父母可能因害怕面对个人的窘境，而根据别人的想法来管教孩子。这种父母常常将自己的孩子与其他孩子作比较，将自己的教养方式与其他家庭的方式作比较。这种比较会使孩子生气，激起他的愤怒。

Parents may also fear personal embarrassment, so they discipline based upon what others may think. This parent compares his children to other children, and his parenting to that of other families. This kind of comparison can exasperate a child and provoke him to anger.

成年信徒的门徒训练过程，是一个效法的好榜样。当一个年轻的基督徒进入你的生活，他不明白社交礼仪，不了解圣经方方面面的教训，你不是时刻都在急不可耐地解决他所有的问题。你会耐心地指导他，正如保罗告诉提摩太对待教会的作法，要了解错误对于生命和不成熟是必不可少的。成长是需要时间的。

The discipleship process with adult believers is a good example to follow. When a young Christian comes into your life who doesn't understand social graces, and who doesn't know what the Bible says about every little area, you don't impatiently address all the issues all the time. You wait patiently, instructing them as Paul even told Timothy to do with the churches, understanding there are mistakes that are basic to life and immaturity. It takes time to grow.

父母如果理解了自己成圣的过程，就不会成为一位过度控制者。你自己的成长知识应该可以缓和你的教养方式，使你不会制定一个又一个的，认为这些规则会从某种程度上让你不会遇到尴尬的场面，或者让你的孩子不犯错。请记住，不是孩子犯的每一个罪，或者他做出的每一个错误的判断，会导致他将来走上违法犯罪的道路。事实上，你应该更关注行为模式，而非每个单一的行为。

Parents who understand their own sanctification process will avoid being an excessive controller. The knowledge of your own growth should temper your parenting so you don't make rule after rule after rule, thinking that this somehow protects you from embarrassment or your children from making mistakes. And remember, not every sin your child commits, nor every mistake in judgment he makes, will lead to his delinquency down the road. In fact, you should be more concerned with patterns than every individual act.

另外一种表达方式：不要追求成为你孩子生命中的终极权威。相反，让他看到遵循自己的良心、学习跟随主的重要性。

ANOTHER WAY OF STATING IT: Avoid seeking to become the ultimate authority in the life of your child. Instead, show him the importance of learning to follow the Lord according to his own conscience.

注意：过度控制将极大地妨碍你与孩子建立重要关系的过程。

BEWARE: excessive control will greatly hinder the process of building a vital relationship with your child.

过度控制是管教失衡的一方面。另外一个要避免的极端是：

Excessive control is one example of imbalance. The other extreme to avoid is:

(ii.) 没有 限制 No Limits

箴言 13:24 不忍用杖打儿子的，是恨恶他，疼爱儿子的，随时管教。

Prov. 13:24 He who spares his rod hates his son, but he who loves him disciplines him diligently.

或许有一些家庭，孩子在家里做什么都可以。孩子可以做他想做的任何事。但是这种教养方法有一些显而易见的问题。比如：

Perhaps there are some homes where everything is okay for the child to do. The child can do anything he wants. But there are obvious problems with this approach to parenting. For example:

- 没有限制，没有 谦卑
No limits, no humility

没有限制，孩子身上就没有谦卑。由于他内心愚蒙，堕落将开始在越来越大的范围内表现出来。孩子将掌管自己的生命，而不是谦卑自己，服在神话语的大能教导下（雅 4:10）。

Without limits, there is no humility on the part of a child because foolishness is bound up in his heart and depravity will begin to express itself in greater and greater dimensions. Children will rule their own lives rather than humble themselves under the mighty instruction of the Word of God (Jms. 4:10).

一个孩子在没有限制的情况下长大，不仅不谦卑，还会变得骄傲自大，看不到自己需要智慧的忠告。

In place of humility, a child who grows up with no limits will be prideful and arrogant, seeing no need for wise counsel.

在《列王纪上》1 章 5 节，大卫的儿子亚多尼雅说：“我必作王。”我们能够明白为什么。他一直掌管他自己的生命，现在要去掌管他人的生命 列王纪上 1:6 他父亲素来没有使他忧闷，说：“你是作什么呢？”这是多么生动的例子，大卫撒下风的种子（没有限制），现在却要收获风暴（一个儿子想要废掉他的王位）。

In 1 Kings 1:5, David's son Adonijah had just said, "I will be king." We can see why. He had always ruled his own life, so now it was time to rule others as well. 1 Kings 1:6 And his father had never crossed him at any time by asking "Why have you done so?" What a vivid example of David sowing the wind (no limits) and now reaping the whirlwind (a son who wanted to depose him).

一个愚人认为他的生活不需要他人的智慧忠告。如果你没有按照圣经的原则为孩子设限，你的孩子将开始掌管他自己的生命，相信他自己的智慧足以引导他。

A fool thinks that he can live without the wise counsel of others. If you have no limits that point back to the Scripture, your child will begin to rule his own life, believing his own wisdom is sufficient to guide him.

提醒你的孩子，省察他们如何地固执己见。如果让他们梳理自己的想法，并且将神的话语置于自己的想法之上，那当然很好。但是孩子们处于不成熟的阶段，常常将他们最初的想法当作信念。这是愚蠢的表现。

Caution your children to examine how strongly they hold to their opinions. It's good for them to work through their opinions and to bring the Word of God to bear upon their thoughts. But children, in their immaturity, often hold their initial opinions like convictions. That's an expression of foolishness.

正如所罗门在《箴言》中所说，孩子必须要听从教诲，才能得到智慧。一个聪明的孩子喜爱教训，或者学习喜爱它。

As Solomon said in Proverbs, a child must listen to instruction to gain wisdom. And a wise child loves instruction, or learns to love it.

- 没有限制，没有 良心的清洁
No limits, no cleansing of the conscience

箴言 20:30 鞭伤除净人的罪恶；责打能入人的心腹。

Prov. 20:30 Stripes that wound scour away evil, and strokes reach the innermost parts.

合乎圣经原则的纠正是一个宝贵的例子，解释了因罪受到公正惩罚的概念。在十字架上，基督为罪付出了公正的赎价。

The correction of biblical discipline provides a valuable ILLUSTRATION of the concept of just payment. On the cross, Christ made just payment for sin.

管教使孩子明白罪的严重性（因而帮助他明白基督代赎的必要性），教导他关于罪的后果所带来的痛苦，使他牢记需要承认他的罪。认罪使孩子随后能经历到神赦免的喜乐和一个清洁的良心（约壹 1:9）。

Discipline drives home the seriousness of the child's sin (thus helping him understand the necessity for the atoning work of Christ), teaches him about the pain of sin's consequences, and impresses upon him the need for confession of his sin. Confession of sin allows the child to then experience the joy of God's forgiveness and a clear conscience (1 John 1:9).

如果没有限制、没有管教，孩子不会主动承认他的罪。因此，你孩子的良心会变得麻木。持续的悖逆、缺乏悔改，会压制良心和增加孩子内疚感。

If there are no limits and no discipline, the child is not driven to confess his sin. Thus, your child's conscience can become hardened. Continuing disobedience without the cleansing of confession suppresses the conscience and guilt increases.

正如《诗篇》32 篇所表明的，当罪没有被对付的时候，一个人会变得愤怒、急躁，沮丧，甚至过分地悲伤。孩子也是同样。我们想要成为鼓励孩子的父母，确定对孩子的限制是合理的，并且符合圣经。这样我们能帮助孩子学习跟随神的话语，明白他们需要智慧的忠告。在这些原则下，许多愤怒和绝望的情绪都是可以避免的。

As Psalm 32 indicates, when sin is not dealt with, one can become angry, irritable, depressed, and even excessively sorrowful. The same is true of children. We want to be the type of encouraging parent who makes sure the child's limits are reasonable and bound up in Scripture. Then we can help the child learn to follow God's Word and to understand that they have a need for wise counsel. Much exasperation and hopelessness can be avoided with these principles.

孩子受到教导并承认了自己的罪后，你可能会发现他更开心了。这是因为重担从他的肩头卸下。

You may have even seen a child ultimately happier after they have gone through a time of instruction and confession of sin. The weight is off their shoulders.

因此，通过教导孩子何为正确的事，并要求他以此而活，来鼓励和帮助你孩子。记住：如果你没有限制，或者只有很少的限制，孩子将不会尊重你的权威，并会试图掌管他自己和其他人。

So, encourage and help your child by teaching him what is right and calling him to live by it. **REMEMBER:** If you have no limits, or possibly low limits, your child will not respect your authority and will thus try to rule himself and others.

尊重 + 关系 = 潜在的门徒训练

RESPECT + RELATIONSHIP = POTENTIAL DISCIPLESHIP

父母不作为会惹孩子的气的第二个例子：

A 2nd example of what parents don't do that can provoke and exasperate children:

b. 没有 坚持参与 孩子的生活

Not maintaining involvement in the child's life.

这包括疏忽或无视你的孩子。

This includes neglecting or ignoring your child

一项经常被引用的调查说：父亲每天平均花 37 秒与他们的孩子相处。

There is survey that says that fathers spend an average of 37 seconds a day with their children.

时间和努力都是重要的。一个普通的场景可能是这样的：“爸爸，你能陪我玩一会儿吗？请跟我一起玩吧。”父亲也许听到过很多次那样的请求，多数的回应是同样的：“现在不行。爸爸爱你，但是我必须（1）学习、（2）教导、（3）与某人见面、（4）做这个项目，或者（5）休息。”这几乎能成为一个标准的多项选择答案。

TIME and EFFORT are important. A common scenario might be: “Will you play with me, Daddy? Please play with me.” Fathers may hear that request many times--and many times the response is the same: “Not now. Daddy loves you, but I must: (a.) study, (b.) teach, (c.) meet with someone, (d.) work on this project, or (e.) rest.” It can almost become a standard multiple-choice answer.

爸爸们，不要什么事情都让妻子介入，主动花时间与孩子相处。你正在投资你的产业。不要今日复明日，现在就开始，逐步逐日地坚持。如果你的孩子反叛或者妻子变得疲乏，就意味着你将会“承受虚空（和修本）”。有一天他们也许会弃绝你。

DADS, don't put your wife in the place of constantly having to jump in, volunteering to spend time with the children. You are investing in your inheritance. Don't wait for tomorrow; begin investing now, little by little, day by day. If your children rebel or your wife grows weary, you will have inherited the wind. Someday they may reject you.

《申命记》6章7节的命令道：“无论你坐在家里，行在路上，躺下，起来”都要教导，这说明要积极地参与到你孩子的生活中。这是父母在日常生活中寻找机会与孩子相处的一个榜样。让孩子与你一同去商店等地方很有好处，因为他们可以观察你的所行以及你如何回应生活。他们了解你去的地方和你所想的各样事情。

The command in Deut. 6:7, to teach “when you sit down, rise up, walk by the way,” etc., demonstrates an active involvement with your child. This is an example of a parent who looks for ways to spend time with his child during the regular course of life. There is great benefit to having your child go with you on trips to the store, etc., because they get to watch what you do and how you respond to life. They learn about where you go and the kinds of things you think about.

因此.....带上你的孩子与你一起去办事；一起走路；分享零食、一起吃饭.....就是在一起。

So...take your child with you on errands; go for walks; share snacks and meals...just be together.

而且.....当你与他们在一起的时候，要真正地与他们在一起！要把心完全放在他们身上。

AND...when you're with them, REALLY BE WITH THEM! Give them your complete attention.

制造一些特殊的记忆、传统和有趣的夜晚，并把这些经历拍成照片，做成视频。通过回应他们感兴趣的事情来鼓励他们。

Make special memories, traditions, and fun nights. Take pictures, make movies. Encourage them with your interest in their interests.

通过花时间与孩子在一起，你可以激励孩子。这不表示你绝不能错过他们的任何一场足球赛或学校活动。关键在于你是否经常向孩子表达，他们是家里的重要成员，并且你享受与他们共度的时光。不要把错过他们人生的各样活动当作惯例。有的时候你必须要工作、学习、教导或者与某人见面。但是如果你平常总是努力花时间与孩子在一起，当你不能在那儿的时候，他们也能够理解。

You encourage your children by spending time with them. This doesn't mean you must NEVER miss a soccer game or school event. The issue is whether or not you are communicating to your children on a regular basis that they are important members of the family, and that you enjoy spending time with them. Don't miss events in their lives as a regular pattern. There are times when you MUST work, study, teach, or meet with someone. But if you are habitually putting out effort to spend time with your children, they will understand when you just cannot be there.

就优先次序而言，也许不是要决定工作、会面、约会等是否重要。他们可能都重要。但问题是，你是按照自己的自私动机来选择优先次序吗？确定你能够平衡使用时间。把时间投资在有价值的地方。

When it comes to priorities, it may not be a matter of deciding whether or not work, meetings, appointments, etc. are important. They all may be important. But are you choosing priorities based upon your own selfish motives? Just make sure you are being balanced in the way you spend your time. And make time investments where it counts.

父母惹怒孩子的第三个错误：

A 3rd mistake some parents make which can provoke children:

- c. 没有明显地向你的 配偶 表达爱意（弗 5:22-33；多 2:4；约壹 3:18）
Not visibly showing love for your spouse (Eph. 5:22-33; Tit. 2:4; 1 Jn. 3:18)

这包括：

This includes:

- 争吵；不解决分歧（特别是有关如何对待孩子的问题）
arguing; not resolving differences (especially a problem if it's about how to deal with the child)
- 不表达爱
not showing affection
- 居高临下的态度（比如，丈夫对妻子的挖苦讽刺）
being condescending (e.g., a husband's sarcasm toward his wife)
- 对你配偶的想法和计划缺乏热情（漠不关心）
a lack of enthusiasm for your spouse's ideas or plans (indifference)

婚姻角色的颠倒同样也会在家庭中产生混乱，惹孩子的气。

Reversed roles in marriage can also produce turmoil in the home that can exasperate children.

对于父母来说，建立稳固的婚姻关系非常重要的。因为你们彼此相爱会营造一个平和、稳定的环境，使孩子受到鼓励。

It is crucial for parents to work on making their marriage strong. The child is encouraged because your love for one another provides a peaceful, stable environment.

推荐阅读：及亚当斯博士所著《信徒之家》

(http://www.chinesebiblicalcounseling.net/BC_books/S_Home_Adams.htm)。

Recommended reading: "Christian Living in the Home" by Jay Adams.

要避免的第四个“不作为犯罪”：

The 4th "sin of omission" to avoid:

- d. 没有明显地向 孩子 表达爱意（林前 13:1；多 2:4；约壹 3:18）
Not visibly showing love for your child (1 Cor. 13:1; Titus 2:4; 1 Jn. 3:18)

不仅明确地向配偶表达你的爱很重要，你也必须确定孩子在心里不会质疑你爱他。

It's not only important to visibly demonstrate your love for your spouse. You must also make sure there is no doubt in your child's mind that you love him.

毫不犹豫地通过一些爱的举动来表达你的爱，比如拥抱、亲吻脸颊等。

Don't hesitate to show your love through loving deeds, hugs, kisses on the cheek, etc.

难以想象，孩子是如此美妙的祝福，父母怎么能不在言语和行为上表达对孩子的爱呢？

It's hard to imagine, when children are such a blessing, how a child could lack parental love that is demonstrated in both word and deed.

父母要避免的第五项罪：

The 5th example of a sin to avoid as a parent:

e. 不 倾听 孩子的声音（箴 18:13；腓 2:3-4）

Not listening to your child (Prov. 18:13; Phil. 2:3-4)

不回答；不关注；不让他们说完。

Not answering them; not paying attention; not letting them finish.

父母们要给孩子发言的时间。关于需要做的决定，寻找机会询问他们的看法。尽可能地按照他们的建议而行。

Parents must provide times for their children to speak. Look for opportunities to ask their opinion about decisions which need to be made. And whenever you can, act on their suggestions.

至此，我们解释了“不作为的罪”……换言之，就是因父母没有做的事情，导致孩子产生愤怒情绪。

So far in this lesson we have pointed out “sins of omission”... in other words, what some parents have NOT done, and as a result have provoked their children to anger and exasperation.

本课的小结提供了不作为的例子。这些表现为“作为犯罪”，会惹孩子的气，并给他带来一种生气、愤怒的生活方式。

The concluding list in this lesson gives examples of WHAT NOT TO DO. These represent “sins of commission” which can exasperate your child and lead him to an angry, wrathful lifestyle.

2. 父母做什么会惹孩子的气

What parents do that can provoke and exasperate children

a. 你自己是一个 愤怒 的人。

Being an angry person yourself.

这是问题的关键！如果你自己是一个愤怒的人，会将孩子带到无望和绝望之中。

This is key! If you are an angry person yourself, you may very well drive your child to hopelessness and despair.

有罪的愤怒是内心骄傲和自私的表现，包括：

Sinful anger is an expression of pride and selfishness in the heart, and includes:

(i) 明显 或者公开的愤怒

Obvious or overt anger

圣经提到过许多有罪的愤怒：

Scripture speaks much about sinful anger:

- 箴 19:19.....暴怒的人必受刑罚，而且会反复。
Prov. 19:19 ...anger bears a penalty and is repetitive
- 箴 20:3.....愤怒是愚蠢的；愚妄人都爱争闹。
Prov. 20:3 ...anger is foolish; any fool will quarrel
- 箴 22:24,25.....愤怒是不好的榜样；不要与好生气的人来往。
Prov. 22:24,25...anger is a bad example; don't associate with angry people
- 箴 25:28.....没有自制的人是软弱的，容易被打败。
Prov. 25:28 ...those with no self-control are weak, easily overtaken

父母决不要在有罪的愤怒中施行管教（看第 4 课）。

Parents must never discipline in sinful anger (see Lesson 4).

不要以辱骂的言语和语调说话（弗 4:26-32）。在有罪的愤怒中管教必定会导致身体虐待。这种管教的动机是自私的。

Avoid abusive words or tone of voice (Eph. 4:26-32). Discipline in sinful anger can certainly lead to physical abuse. This is discipline with selfish motives.

(ii.) 不明显 的愤怒
Subtle anger

这也可被称为发牢骚，或者使人激怒。

This can also be called grouchiness, or being given to irritableness.

例如，你工作的时候态度温和，因为你必须如此，回到家就是另外一个情况了。
e.g. You are nice at work because you have to be. At home, it is a different situation.

肯特·休斯说：“只有主知道有多少孩子因为他们父亲经历的艰难日子而丧气。”

Kent Hughes: “Only the Lord knows how many children have lost heart because their fathers have hard days.”

这种有罪的愤怒包括：唠叨、挑剔、不断批评。

This sinful anger includes: a critical spirit...constant fault finding...a constant rain of criticism.

在生活中，要成为“恒温器”，而不是“温度计”。温度计只对所处的环境产生反应，而恒温器实际上控制着整个环境。你是哪一种人呢？你的坏脾气会影响孩子。如果你经常生气，又怎能鼓励孩子呢？不要让你的情绪支配你的行为。你的情绪应该越来越有基督的样式。你不会想要从你的孩子口中听到这样的话：“我本来想问你的，但那时你的情绪太糟糕了。”要和蔼可亲！

Be a “thermostat” not a “thermometer” when it comes to the situations in your own life. Thermometers only react to the environment they’re in. Thermostats, on the other hand, actually control the environment. Which kind of person are you? Your family is affected by your own sour attitudes. You can’t encourage your child if you are usually angry. Don’t allow your moods to dictate your actions. Your moods should be more and more conformed to the character of Christ. You don’t want to ever hear from your child, “I wanted to ask you something, but you were in such a bad mood.” Be approachable!

在你努力建造一个安静、秩序良好的家庭时，不要太极端，孩子的一个问题就打乱了所有事情。愿意不时地回答孩子的问题，帮助孩子做项目，教导一些技能等。

In your efforts to establish a quiet, well-ordered home, don’t go to such an extreme that one question from your child just disrupts everything. Be willing at times to answer questions, help on projects, teach skills, etc.

看附录十二：论易怒

SEE Appendix XII: Essay on Irritability

b. 夸大其词（箴 12:22；弗 4:29）

Exaggerating (Prov. 12:22; Eph. 4:29)

这尤其会涉及到孩子行为的问题，因为它在事实中加添了谎言的成分：

This is especially a problem in regards to the child’s behavior, for it is a form of deceit—adding to the truth:

- “你从来没有做对过。”
“You never do anything right.”
- “我告诉过你一百万遍了。”
“I’ve told you a million times.”

父母的这种反应会让孩子心里感到绝望。这句话是在说：“你就是这样子，不可能改变的。”

This kind of response on the part of the parent can produce hopelessness in a child. It says, “This is who you are; you can’t be any different.”

相反，我们要寻找他们的成功之处并且鼓励他们。你的孩子应该经常听到“谢谢你”和“做得好”。这会激励孩子，给予他勇气尝试新事物，给他自信去坚持正确的事情。

Instead, look for their successes and encourage them. Your children should hear “Thank you” and “Good job” often. This encourages the child and gives him courage to try new things and confidence to continue in what is right.

c. 代替孩子生活

Living vicariously through your children

雅 3:13-16 不要以“自私的野心”为动机。

Jms. 3:13-16 Don't allow yourself to be motivated by "selfish ambition."

腓 2:3-4 看别人比自己强。

Phil. 2:3-4 Consider others more important than yourself.

父母们会对孩子的表现，抱有不切实际的期望。比如，体育，光荣榜等

Parents can put unrealistic expectations on the performance of their children. e.g. sports, honor roll, etc.

“以表现为基础的”爱是自私利益而活。来自于你过高期望产生的压力，会极大地挫败一个孩子。

"Performance based" love is living for selfish interests. The pressure that comes from your expectations can greatly discourage a child.

d. 羞辱 他们

Humiliating them

弗 4:29 要使用恩言，不要说“羞辱”的话

Eph. 4:29 Use words that give grace, not words that "put down."

过度责骂孩子基本上是没有教育意义的，在他人面前冲他们叫嚷也达不到教化的目的。另外，不应该在别人包括其他家庭成员面前说出令他们尴尬的话。你的“幽默”可能会令他们沮丧，而非造就他们。当你在本该教导孩子的情境下嘲笑他们，这对一个年幼的孩子来说是难以承受的。孩子知道你试图伤害他们。因此要小心，不要使用讽刺的语言或者取笑你的孩子。

It is seldom edifying to excessively scold your children, and never edifying to yell at them in front of others. In addition, nothing should be said that would embarrass them in front of others, including other family members. Your "humor" might bring them down instead of build them up. It is devastating to a young child when you laugh about negative things in the context of instruction. The child knows you are trying to hurt them. So be careful about using sarcasm or making fun of your children.

每当你想要因孩子失败而嘲笑他时，其实你是在告诉孩子，你认为考虑他的想法或者感受根本不重要。

Whenever you are willing to mock your child for his failures, you are telling your child that it's not important for you to consider his thoughts or his feelings.

比如，当你复述他们做过的某件事，以证明其很糟糕（讲话，面部表情等）时，请不要因让他们感到更加内疚而夸大其词。这会让他们感到沮丧，特别是当他们知道你不会夸大你自己的错误。事实上，他们会观察到你试图。

E.g. When you are reciting something they've done in order to demonstrate how terrible it was (speech, facial expressions, etc.), don't exaggerate it in order to make them feel more guilty. It frustrates them, especially when they know you don't exaggerate your own faults. In fact, they may have observed you trying to minimize them.

《以弗所书》4 章 29 节说要敏感于人“需要的时刻”。保护他们的名声，不要说出他们所有的秘密。

Ephesians 4:29 says to be sensitive to the needs of the moment. Protect their reputation. Don't tell all their secrets.

这将会鼓励他们去相信你。

This will encourage them to trust you.

e. **假冒为善地生活**（太 23:3；赛 29:13；路 6:46；多 1:16）

Living hypocritically (Matt. 23:3; Isa. 29:13; Luke 6:46; Tit. 1:16)

父母不需要达到完美，但是必须要让孩子看到你的正直。说教是一种标准，而生活却是另外一种标准，是明显的假冒为善。孩子在某种情况下，会注意到的。

Parents are not called upon to be perfect. But there must be a level of integrity visible to your children. Saying and teaching one standard, but then living another is overt hypocrisy. And children, at some point, notice.

在神的帮助下，努力避免下列假冒为善的例子，比如：
Seek, with God's help, to avoid examples of hypocrisy like:

- 不愿承认过犯（箴 28:13）
An unwillingness to admit wrong (Prov. 28:13)
- 败坏的骄傲（箴 16:18; 18:12）
Destructive pride (Prov. 16:18; 18:12)
- 说谎；无法信守承诺的一种形式（箴 12:22; 19:5）
Lying; a pattern of commitments not kept (Prov. 12:22; 19:5)
- 不饶恕……尽管你期望他们去饶恕别人（太 18:21-35；弗 4:31-32）
Unforgiveness...even though you expect them to forgive others (Matt. 18:21-35; Eph. 4:31-32).

所有这些都破坏了信任。

All this destroys trust.

相反，当你勇于承认自己的错误时，会鼓励孩子。让他们知道你会犯错误。这帮助他们明白你也需要一位救主……你靠自己永远不可能达到完全的公义。这是表达福音信息以及解释逐渐成圣过程多么有效的方式！

Instead, encourage your children by admitting when you are wrong. Let them know you make mistakes. This helps them understand that you too were in need of a Savior...that you could never attain perfect righteousness on your own. What a powerful way to present the gospel message and illustrate progressive sanctification!

遵守诺言，尽快饶恕。你的生活方式和见证应当具有预见性。你在家的灵性状况应该有规律可循并可以预见。你的承诺、诺言，品行和道德都是可预见的。你在教会如何，在家也应该如何。你要求孩子在公共场合遵守的原则，在家也应该同样遵守。

Keep your word, and be quick to forgive. You want your lifestyle and Christian testimony to be one of predictability. There should be a regularity and a predictability in the spiritual dynamic that you bring to the home. Be predictable in your commitments, your promises, your morality and ethics. What you live at church should be what you live at home. And the principles you require your children to live by in public should be what you require at home.

f. **改变规则**
Changing rules

规则需要根据环境、情景、孩子年龄等作出改变。但是没有一个规定的理由而任意改变规则，会惹孩子的气。

Rules may need to change based upon environments, context, age of the children, etc. But changing rules without a stated cause can exasperate a child.

我们制订和实施规则不一致的话，会使孩子们产生巨大的挫败感。他们也许永远无法得知在特定的某一天或某一时刻，父母希望他们以哪种标准生活。

Inconsistency in the way we develop and enforce rules can be a great source of frustration for children. They may never know what standard their parents are expecting them to live by on any given day or at any given moment.

许多时候，父母只是根据他们情绪的变化，而不停地改变规则。这些情绪的变化是思维方式不合乎圣经的产物。

Many times, the parent who is constantly changing the rules is simply living by their changing emotions. And these changing emotions are the product of unbiblical thinking.

确定你的孩子知道被期待的是什么……到底什么是对与错。你努力成为可信赖的人，将会激励他们。

Make sure your child knows what to expect...what exactly is right and wrong. Your efforts to be dependable will encourage them.

g. **成为不公义**
Being unjust

箴 11:1 神憎恶任何一种不公义。

Prov. 11:1 God hates injustice of any kind.

雅 2:9 避免个人偏好。这包括将你的孩子与别的孩子进行比较。

James 2:9 Avoid favoritism. This includes comparing your children to other children.

不公义也包括从不奖赏。我们应当在该赞美的地方，给予赞美。

Injustice also includes never rewarding. Give praise where it is due.

对孩子不公平；偏心某个孩子；与人攀比；当孩子做对事情的时候，不夸奖；从未注意到“超越职责范围”的努力……这些不公义的例子都会激怒孩子。

Being unfair to our children, favoring one child over another, making comparisons, never praising a child when he has done what is right, never taking note of efforts “above and beyond the call of duty.” These are all examples of injustice which can provoke a child to anger.

h. 期望 完美 **Expecting perfection**

1 帖前 5:14 说，“要向众人忍耐”。
Thes. 5:14 “be patient with all men”

完美主义与追求卓越是不同的。我们教导孩子发挥神所赐给他们的能力是很重要的。那是追求卓越。但我们不都是一样的。一些人要比其他人更有恩赐。因此一个孩子认为他必须要成为完美的人，或者他必须达到他无法达到的标准，会令他感到非常挫败。我们应该期望孩子们在勤奋和规矩中成长，但是这个过程必须要与大量的忍耐相伴。

“Perfectionism” is different than pursuing excellence. We want to teach our children the importance of living up to the abilities God has given them. That is striving for excellence. But we are not all alike. Some people are more gifted than others. So it is very frustrating to a child to think he has to be perfect, or that he has to live up to a standard which he is not able to meet. Children should be expected to grow in their diligence and discipline, but this process must be met with a great deal of patience.

一个孩子最不幸的是，他认为所做的事没有一样令父母开心。这是“以表现为基础”的爱的另一个例子。只有当孩子达到你出于自私建立的标准，你才会表示认同。另一方面，你满足于神对你孩子生命的计划以及神所赐予的能力，有助于你不会因失去耐心而激怒孩子。

It is most unfortunate for a child to think that nothing he does ever pleases his parents. This is another example of “performance based” love. You show approval only when the child has lived up to the standards you have selfishly created. On the other hand, your contentment with God’s plan for your child’s life and with his God-given abilities will help keep you from being impatient and, therefore, exasperating him.

一般来说，追求完美的父母允许一种令人不愉快的气氛弥漫在他们家里。他们不允许生活中基本的错误和失败存在。与充满喜乐的家庭不同，他们的家里有一种压抑、消极的氛围。孩子出于罪性的选择当然需要对付，但是要确保让人明确知道事情已经结束，从而使家庭重新回到一个平和宁静的怡人所在。

In a general sense, perfectionistic parents allow an unpleasant atmosphere to permeate their home. There is no allowance for mistakes and failures that are basic to life. Instead of a home that is filled with joy, there is an oppressive, negative atmosphere. Sinful choices by your children definitely need to be dealt with. But make sure there is a visible end to the consequences, with the home thus returning to a pleasant atmosphere of peace and tranquility.

家是让人在失败中有大量训练机会的地方。当有充分的鼓励和支持，就能清楚明白地学到生命的功课。否则，你将把孩子带到失望和绝望的境地。

The home is where failure should provide a great opportunity for training. Where encouragement and support flourish, there is the ability to see the lessons of life with clarity. Otherwise, you may drive your child to hopelessness and despair.

总结 Summary

我们要么建造，要么拆毁与孩子之间的关系……这种关系会持续一生之久。教养是一个巨大的责任，但是它也能成为莫大的祝福。

We are either building up or tearing down the relationship with our children...a relationship that can last a lifetime. Parenting is a great responsibility, but it can also be a great blessing.

甚至在基督徒的家中，我们发现家庭分崩离析，单单是因为父母与孩子之间没有鼓励的关系。我们的孩子与我们是一样的。他们需要被挑战，但是他们也需要父母给予鼓励。

Even in Christian homes we find families torn apart simply because there is no relationship of encouragement between parent and child. Our children are just like us. They need to be challenged, but they also need the encouragement their parents can give.

作为成年人，在我们与神同行的过程中，当我们一次又一次犯同样的错误时，我们会感受到相似的挫败感。有时我们怀着绝望的心情来到神的面前求问，“主啊，这要到什么时候才是头呀？我怎样才能克服这个困难呢？”

As adults, we may have similar frustration in our own walk with Christ when we go over and over the same failure. We may at times go before the Lord with a sense of hopelessness, thinking, “Lord, when will this ever end? How can I ever get over this problem?”

在家里也是如此。当孩子犯错，父母应该温柔并坚定地，以管教和教导介入他们的生活。如果父母坚持如此行，孩子会受到鼓励。

It's the same in a home. As the child makes mistakes, parents should be gently yet firmly moving into their life with discipline and instruction. If parents are consistent in this, the child will be encouraged.

然而，如果父母的行为方式引发了孩子绝望情绪，孩子也会跟父母在生活中所行的一样，落入同样境地。一个失败接着另一个失败，我们会想“无路可走了”。那种想法会引发愤怒、绝望和怨恨。

But if a parent acts in a manner that fosters hopelessness, the child will come to the same place the parent does in his own personal life. There is one failure after another, and we think, “There is no place to go.” And that perspective leads to anger, despair, and resentment.

你的言语和行为使孩子的心在困难之中仍能欢喜吗？你扰乱了家里的结果是使他们被建立，还是被拆毁呢？父母常常担心家庭之外、社会上的各样邪恶，其实毁灭性最强的力量往往来自家庭内部，来自他们自己的言语行为。正确的行为加上错误的态度会抵消做工的果效。一个人也许努力地成为合乎圣经的父母，但是由于错误的态度，他会抹煞自己的努力，引起孩子不必要的忿恨、愤怒和反叛。

Do your actions and words make the heart of your child glad in the midst of his distress? Do they build up, or do they tear down, with the result that you trouble your house? Parents often fret about the evils of society outside their homes, when often the most destructive force brought upon their family comes from within, from their own words and deeds. And right action with the wrong attitude can negate the effectiveness of labor. One may actively strive to be a biblical parent, but with the wrong attitude he can ambush his own effort, causing his child to be unnecessarily resentful, angry, and rebellious.

箴言 14:1 智慧妇人建立家室，愚妄妇人亲手拆毁。

Proverbs 14:1 The wise woman builds her house, but the foolish tears it down with her own hands.

这个表述指的是建立家室。如果你不营造一个氛围，即错误并非世界末日，你如何能够建立家室呢？父母只有成为家中的鼓励者，才能实施教导和管教。

This statement refers to the building of a house. How can you build it if you do not cultivate an atmosphere where mistakes are not the end of the world? Instruction and discipline must be carried out in a home where parents are encouragers.

最重要的是，一个智慧的父母必须敬畏神，因为这会给家庭带来祝福。

Above all, a wise parent must fear God, for this brings blessing into the home.

《诗篇》128 篇 1-4 节说：

Psalms 128:1-4 says:

凡敬畏耶和华、遵行他道的人，便为有福。你要吃劳碌得来的，你要享福，事情顺利。你妻子在你的内室，好像多结果子的葡萄树；你儿女围绕你的桌子，好像橄榄栽子。看哪，敬畏耶和华的人，必要这样蒙福！

How blessed is everyone who fears the Lord, who walks in His ways. When you shall eat of the fruit of your hands, you will be happy and it will be well with you. Your wife shall be like a fruitful vine, within your house, your children like olive plants around your table. Behold, for thus shall the man be blessed who fears the Lord.

选择成为孩子的“参照点”……有些事情不会移动，但是稳定、可预知的、扎根和建基于圣经的原则……你会发现家成了一个让人备受鼓励的地方。

Choose to be a “reference point” for your children...something that doesn't move but is stable, predictable, and rooted and grounded in the principles of Scripture...and you'll find your home to be a very encouraging one!

默想原则

PONDERING THE PRINCIPLES

1. 回顾本课，包括附录和圣经经文。

Review the lesson, including any appendices and Scripture passages.

2. 我们有多喜爱和享受我们的孩子，对他们的训练就会给我们带来多大的不方便。训练有时会打乱我们的计划。

As much as we love and enjoy our children, their training often inconveniences us. It sometimes interrupts our plans.

- 我们应该如何看待“我们的计划”，《约翰福音》15章13节、《箴言》16章9节、《腓立比书》2章3-4节和《雅各书》4章13-15节中提供了什么看法？

What insight do John 15:13, Prov. 16:9, Phil. 2:3-4, and Jms. 4:13-15 give us about how we should view "our plans?"

- 关于神对生命中“麻烦”事的目的，《罗马书》8章28-29节和《哥林多后书》4章17-18节给予我们什么盼望？

What hope does Rom. 8:28-29 and 2 Cor. 4:17-18 give us about God's purpose for the "inconvenient" events of life?

3. 你更加挣扎于明显的愤怒还是隐藏的愤怒？何种环境会使你变得不满？下次你被试探要发怒的时候，需要什么圣经的观点帮助你？在面对这些试探的时刻，你能够为何事感恩？

Do you struggle more with *overt* or *subtle* anger? What circumstances increase your temptation to become grouchy? What biblical perspective do you need to have in place the next time you are tempted to be irritable? What can you be grateful for in these moments of temptation?

4. 《以弗所书》4章1-3节提出了决定你家里气氛的基本态度。这些特质如何影响你与家人的沟通？其他家庭成员会如何描述你：你是谦卑忍耐，还是骄傲没有耐心？问问他们吧。

Ephesians 4:1-3 provides the foundational attitudes that should determine the atmosphere of your home. How should these qualities affect your communication with your family? How would the other members of your family characterize you: Are you humble and longsuffering? Or are you proud and impatient? Ask them.

5. 在对孩子训练中，你倾向于严管还是宽松？你能采取哪些步骤变得更加平衡呢？

Do you tend to be *controlling* or too *lenient* in your child training? What steps can you take to become more balanced?

6. 评价你的日程安排。你的日、周、周末和月计划如何显明你对孩子的兴趣？你**计划**一些有趣的家庭时光和假期吗？你的家庭喜欢什么特别的活动？问问你的孩子，然后写进去。

Evaluate your calendar commitments. How do your daily, weekly, weekend, and monthly plans demonstrate interest in your child's life? Do you **plan** fun family times and vacations? What special activities does your family enjoy? Ask your children for input.

7. 什么使你的家庭独一无二？什么家庭传统能够激励你的孩子？你愿意开始建立哪些传统呢？

What makes your family unique? What family traditions provide an encouragement to your children? What traditions would you like to begin?

8. 回顾本课的两大分类：**父母不做什么**和**父母做什么**。每一类中选择一个你最失败的例子。列出改变策略的要点。

Review the two major categories of the lesson: *What Parents Don't Do* and *What Parents Do*.

Choose an example from each category that illustrates when you fail the most. Outline a strategy for change.

在你过去效法基督的一年里，这两类所列的例子中，你经历到最大的成长是哪些？你在这些方面改变的关键是什么？

In which examples listed in the two categories have you experienced the most growth toward Christlikeness this past year? What has been the key to your change in these areas?