

家庭危機生命線 快速參考指南及課程手冊

L  F E L I N E

FOR FAMILIES IN CRISIS

A QUICK REFERENCE AND LESSON GUIDE

面對婚外情與姦淫

AFFAIRS AND ADULTERY



家庭危機關懷事工

快速參考與課程指南



A Quick Reference and Lesson Guide

面對婚外情與姦淫

Affairs and Adultery

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1 Scenarios and Assessment

情境／案例研究 Scenarios/Case Studies

A. 情境一：意外型外遇

Scenario #1 – Accidental

艾米和馬可斯已經共事多年。兩人都各自擁有幸福的婚姻。某天，公司給了他們一個機會，共同發展一個他們多年來一直夢想推動的專案。為了趕上截止日期，他們必須長時間加班。當他們終於看見夢想成真時，彼此之間似乎產生了一種特別的火花。在慶祝成功的那個晚上，他們發生了一次性的性關係。

Amy and Marcus had worked together for several years. Both are happily married to their respective spouses. Amy and Marcus had an opportunity at work to develop a project that they both have been passionate about and had been pushing their boss for years to let them do. To meet the deadline, long hours at work were required. When they finally saw their dream become a reality, something clicked between them and the night of celebration ended in a one-time sexual encounter.

B. 情境二：情感吸引型外遇

Scenario #2 – Attraction

莎拉的婚姻一直有些問題。她的丈夫並不欣賞她所做的一切。他很少送花、送卡片或安排約會。教會中的一位朋友葛瑞，卻總是感謝她所付出的額外努力。葛瑞不但經常寫感謝卡給她，甚至有一次因為發現她那週過得不好，還特地送她鮮花。莎拉常常心想：「為什麼我的丈夫不能像葛瑞一樣？」後來莎拉開始主動追求葛瑞，最終發展成長期婚外情。莎拉感覺自己終於被愛了。

Sarah has been having trouble in her marriage. Her husband does not appreciate all she does. He rarely gives her flowers, cards, or takes her on dates. Greg, a friend at church, has always thanked her for all the extra work she does. He even randomly gives her thank you cards and once brought her flowers because he observed she was having a bad week. Sarah would constantly think, “Why can’t my husband be like Greg?” Sarah started pursuing Greg until it grew into a long-term affair. Sarah felt that she was finally being loved.

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C. 情境三：成癮型外遇

Scenario #3 – Addiction

達倫小時候曾遭受虐待。他一生中反覆受到色情成癮的困擾。事實上，他之所以結婚，很大原因是因為女友懷孕了。他的人生一直掙扎於各種成癮問題。他曾多次嘗試戒菸。每當壓力過大、難以承受時，他便轉向酒精尋求慰藉。當色情內容已無法再滿足他時，他決定發展婚外情。起初婚外情帶來短暫滿足，但不久之後又出現另一段婚外情，漸漸地，這成為他生活中的常態。

Darren was abused as a child. Darren has had trouble on and off his whole life with pornography. The main reason he is even married is because he got his girlfriend pregnant. All throughout his life, he has struggled with different addictions. He has tried several times to quit smoking, and when his struggles become overwhelming he turns to alcohol. When pornography no longer was able to satisfy him, he decided to have an affair. The affair satisfied him for a short time until another affair transpired, and this became a common occurrence.

定義與重要觀念 Definitions and Key Thoughts

A. 事實 Facts

1. 外遇有幾種類型 There are several types of affairs:

a. 意外型外遇 - 並非刻意決定背叛婚姻，也不是主動尋求婚外情。特徵
Accidental Affair - Not a real decision to cheat, not seeking affair

i. 所謂的「一夜情」

The so-called one-night stand

ii. 通常維持時間很短

Tends to be short term

iii. 通常缺乏情感依附或性吸引

Tends to have no emotional attachment or sexual attraction

iv. 衝動且未經計畫

Impulsive, unplanned

v. 事後往往感到後悔

Is usually regretted

□

- vi. 酒精或藥物常是促成因素

Drugs and/or alcohol may have contributed

- vii. 若產生罪惡感，通常不會再持續。若產生興奮感，或將責任歸咎於他人，則很可能再次發生。

If affair results in feelings of guilt, it will likely end. If affair results in excitement or if it is blamed on something or someone else, it is likely to repeat.

- b. 情感吸引型外遇 - 某種程度的情感糾纏。特徵包括
Attraction Affair - Some type of entanglement:

- i. 通常持續時間較長

Tends to be long-term

- ii. 有不同程度的情感依附

Different degrees of emotional attachment

- iii. 可能顯示婚姻中存在未被滿足的需要

This can indicate a marital deficit which the spouse will seek to fulfill with another person.

- iv. 可能出現在「空巢期」

This can be an empty-nest affair.

- v. 多數外遇其實與愛無關；真正被滿足的是某種需求，而那種需求讓人誤以為自己正在被愛。

Affairs often have nothing to do with love; rather, a need is being fulfilled that feels like love.

- c. 成癮型外遇。特徵包括：
Addiction

- i. 往往導致多次短期婚外情

Tends to result in multiple short-term affairs

- ii. 屬於病態性關係

This is a pathological relationship.

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- iii. 常與色情成癮有關
Often follows a pornography addiction
- iv. 若成癮問題持續存在，婚姻極難修復
It is difficult to save a marriage if any type of addiction is going on.
- v. 帶有強迫性與失控依賴特質
Compulsive with a mindless dependence
- a) 逃避型外遇 - 透過婚外情逃避親密關係或衝突。特徵包括：
Avoidance - Intimacy or conflict avoidance
 - vi. 可能是短期或長期
This can be either long- or short-term.
 - vii. 常見於中年危機
This can be either long- or short-term.
 - viii. 是逃避現實的一種方式
Often an escape from one's reality
 - ix. 可能出於報復或自認有權如此做
Can result from entitlement or a desire for revenge
 - x. 有時是一方在另一方之前先離開婚姻的方式
Can be one spouse getting out of a marriage before the other does

B. 關於外遇的迷思 Myths about Affairs

1. 基督徒可以倖免於外遇。(事實上，基督徒的不忠比例與非基督徒相同。).
Christians are exempt. (Infidelity percentages among Christians are the same as non-Christians.)
2. 外遇的發生是因為第三者比較有吸引力。
Affairs happen because the person was more attractive.
3. 大多數外遇最後都會以離婚收場。
Most affairs end in a divorce.

□

4. 有外遇就表示他（她）不愛自己的配偶。
An affair means they did not love their spouse.
5. 只有丈夫才會對妻子不忠。
Only husbands cheat on their wives.

C. 容易發生外遇的高風險族群通常具有以下特徵

High-risk people for affairs often

- a) 有人格障礙
Have a personality disorder,
- b) 有性成癮的問題
Have a sexual addiction,
- c) 在成長過程中曾經歷危機或創傷
Had a crisis or trauma during their developmental years,
- d) 處於充滿誘惑的環境中
Are in an environment full of temptations,
- e) 處於要求完美的環境中
Are in an environment needing perfection,
- f) 對婚姻或人生抱持不切實際的期待
Have unrealistic expectations,
- g) 配偶具有共同依賴的傾向
Have a co-dependent spouse,
- h) 正承受比平常更多的壓力（例如失業、創傷或疾病）
Are under more stress than normal (i.e., loss of job, trauma, sickness),
- i) 最近收入明顯增加（尤其是男性）
Had a recent increase in earnings (for men),
- j) 擁有無人監督、無須交代的空閒時間
Have unaccountable time,

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- k) 表現出以自我為中心的特質
Exhibit self-centeredness.

評估（訪談）Assessment (Interview)

- A. 釐清外遇的各個面向——是誰、發生了什麼事、何時、何地，以及如何發生的？
Determine the dimensions of the affair—who, what, when, where, and how?

- B. 第一個一定要問的問題是：「這段外遇是否已經結束？你是否已經完全中止與對方的一切聯絡？」（在這個問題獲得令人滿意的答案之前，不應繼續進行其他問題。）

The first question is always, “Is the affair over, and have you ended all contact?” (You can go no further in the questions until this is answered satisfactorily.)

- C. 不要執著於知道每一個細節。

Do not be obsessed with a need to know every detail.

1. 不忠的一方應該誠實分享配偶想知道的所有細節，而不是只透露自己認為有必要說的部分。

The unfaithful spouse should share all the details that his spouse wants to know, not just what he thinks is necessary.

2. 隱瞞細節會使受傷的一方對所有事情都產生懷疑。另一方面，受傷的一方也需要明白，每一個聽到的細節都可能永久留存在腦海中，形成揮之不去的心理畫面。

Withholding details will cause the wounded spouse to question everything. At the same time, the wounded spouse needs to know that every detail she hears will be permanently embedded as a mental image in her thoughts.

3. 鼓勵雙方處理那些為了獲得醫治所必需知道的資訊。資訊應當充足，但不必鉅細靡遺。應提供足夠的資訊，使人能夠饒恕並走向醫治，同時避免留下日後反覆折磨人的外遇記憶。

It is encouraged to process what information is required to gain the healing needed. Information should be sufficient, but not exhaustive. Enough information is needed to allow for forgiveness and healing without needless memories of the unfaithfulness in the future.

4. 警告：如果受傷的一方認為婚姻是為了屬靈責任或經濟因素而維持，這樣婚姻就很難真正修復了。

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Warning: If the wounded spouse feels that the marriage must continue for spiritual or financial reasons, the recovery will rarely happen.

- D. 應聚焦於：外遇滿足了哪些情感或身體上的需求，而這些需求在婚姻中原本沒有得到滿足。這需要一些時間，因此要給神空間，讓祂啟示並顯明那些需要特別關注的領域。

There needs to be a healthy focus on emotional and physical needs met by the affair that were not present in the marriage previously. This may take some time, so allow God to speak and reveal areas of special attention.

1. 在揭露這些需求時，其中一個常見的顧慮是：受傷的一方可能會認為，不忠配偶的罪責減輕了，反而部分轉嫁到自己身上。

Some of the fear in revealing these needs would be the wounded spouse thinking that some of the guilt of the unfaithful spouse would be lifted and placed on him or her.

2. 雙方都必須記住，探索這些原因的目的，是為了修復婚姻，而不是比較誰犯的錯比較大。

Both parties need to bear in mind that the purpose of this discovery is to restore the marriage and not to compare who was more in the wrong.

3. 要記得，夫妻雙方都需要為自己的行為負起責任。

Remember both parties need to take responsibility for their own behavior.

- E. 為什麼會發生外遇？

Why did it happen?

1. 這可能是一個很難回答的問題，也需要時間才能真正明白原因。當一個人無法立即回答時，不一定代表他在隱瞞什麼，而可能是真的還不知道答案。

This might be a tough question to answer, and time may be needed to come to this realization. Not being able to answer a question might suggest that they are hiding something, when they really do not know the answer(s).

2. 其他可能無法立刻得到答案的問題包括：

Other questions that might not have immediate answers might be:

- a) 為什麼感到內疚的人反而是我？

Why am I the one feeling guilty?

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b) 我怎麼才能再次信任你？

How can I trust you?

c) 我該如何停止一直想著這段外遇？

How can I stop thinking about the affair?

F. 即使外遇從未發展成性關係，只要將原本應保留給配偶的情感或身體親密，給了另一個人，就可視為外遇。情感外遇有時比肉體外遇帶來更大的傷害，也更難徹底結束。許多情感外遇都是透過網路發生的。Even if the affair never became sexual, when what is reserved for a spouse (physical or emotional) is given to someone else, that is considered an affair. An emotional affair can be more damaging than a physical affair and more complicated to end. Many times emotional affairs take place online.

G. 問出軌的配偶以下問題

Questions for the unfaithful spouse:

1. 對方是誰？

Who was it?

2. 是誰主動開始這段關係的？

Who initiated it?

3. 你們是如何認識的？

How did you meet?

4. 這段關係是從什麼時候開始的？在那之前發生了哪些事情？

How did it start? What led up to this?

5. 這段關係是什麼時候結束的？又是如何結束的？（如果是不忠的一方主動坦承，而不是被揭發，婚姻復原的可能性通常較高。）

When did it end? How did it end? (There is a greater possibility for recovery if the affair was admitted than if they were caught.)

6. 我怎麼知道這段關係真的已經結束了？

How do I know it is really over?

7. 你們總共有多少次接觸或見面？

How many encounters were there?

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8. 其他見面都是在哪裡發生的？
Where were other encounters?
9. 還有其他人知道這件事嗎？
Does anyone else know about it?
10. 你曾經和對方談論過我或我們的家庭嗎？
Did you ever talk about me or your family?
11. 對方現在還想和你在一起嗎？
Do they still want to be with you?
12. 你們是透過哪些方式聯絡的？（例如工作、簡訊、電話、電子郵件、社群媒體等。）
How did you communicate? (work, text, phone, email, social media, etc.)
13. 對方現在還試圖聯絡你嗎？
Are they still trying to contact you?
14. 你願意接受性傳染病檢查嗎？
Are you willing to be tested for a STD?
15. 你現在是否仍被其他人所吸引？
Are you currently attracted to anyone else?
16. 你為什麼仍然想和我在一起？
Why do you want to still be with me?
17. 如果對方再次聯絡你，你會怎麼做？
What will you do if they contact you again?
18. 你是否仍保留任何與這段外遇有關的物品或紀念？（例如照片、紀念品等。）
Do you have any reminders of the affair? (pictures, mementos, etc.)
19. 還有沒有什麼是我沒有問到，但你需要告訴我的？
Is there anything else I have not asked that you need to tell me?

2

Critique and Counsel

聖經觀點 Biblical Insight

- A. 罪在付諸行動之前，早已在人的心思意念中孕育。

Sin is birthed in the mind long before it is acted out.

「只是我告訴你們，凡看見婦女就動淫念的，這人心裡已經與她犯姦淫了。」（馬太福音 5:28）

Matthew 5:28 *But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*

- B. 保持忠誠最好的方法是

The best ways to stay faithful are as follows:

1. 忠於神的話語；當我們遵行聖經原則時，就會蒙受祝福。

Be faithful to God's Word; there are blessings when we follow biblical principles.

- a) 「少年人用什麼潔淨他的行為呢？是要遵行你的話！」（詩篇 119:9）
「潔淨他的行為」也可以理解為「保持純潔」。

Psalms 119:1 *Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.*

“Cleanse his way” can be read as “stay pure.”

- b) 「人若懷裡搥火，衣服豈能不燒呢？人若在火炭上走，腳豈能不燙呢？親近鄰舍之妻的，也是如此；凡挨近她的，不免受罰。」（箴言 6:27-29）

Proverbs 6:27-29 *Can a man take fire in his bosom, and his clothes not be burned? Can one go upon hot coals, and his feet not be burned? So he that goeth in to his neighbour's wife; whosoever toucheth her shall not be innocent.*

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c) 「但各人被試探，乃是被自己的私慾牽引誘惑的。私慾既懷了胎，就生出罪來；罪既長成，就生出死來。」(雅各書 1:14-15)

James 1:14-15 *But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.*

i 千萬不要抱持一種心態，以為：「這種事絕對不可能發生在我身上！」

Do not ever think it never can happen to me!

ii 「所以，自己以為站得穩的，須要謹慎，免得跌倒。」(哥林多前書 10:12)

1 Corinthians 10:2 *Wherefore let him that thinketh he standeth take heed lest he fall.*

2. 保守你的心思意念 Guard Your Mind.

a) 神的話警告我們，一切開始於思想的事，最終都會成為行動。因此，我們必須謹慎守護進入我們心中的一切，包括我們所觀看的、所閱讀的，以及所聆聽的內容。The Word of God warns us that what begin as thoughts eventually become actions. We must carefully guard what comes into our mind with what we watch, read, and listen to.

「你要保守你心，勝過保守一切，因為一生的果效，是由心發出。」(箴言 4:23)

Proverbs 4:23 *Keep thy heart with all diligence; for out of it are the issues of life.*

3. 不要將罪合理化。Do not rationalize sin.

b) 避免抱持不符合聖經的想法，例如：
Avoid unbiblical thoughts such as,

c) 「神希望我快樂，而這件事讓我非常快樂。」
God wants me to be happy, and this makes me so happy.

d) 「我曾禱告求神除去這些感覺，但祂沒有除去，所以這一定是祂的旨意。」
I prayed for God to take away these feelings, and since He has not, it must be His will.

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- e) 不要再為自己辯解，而是要悔改；結束這段婚外情（不正當關係），並開始走向恢復與重建。

Stop justifying yourself and repent; break off the affair and begin restoration.

- f) 「神啊，求你按你的慈愛憐恤我！按你豐盛的慈悲塗抹我的過犯。求你將我的罪孽洗除淨盡，並潔除我的罪。因為我知道我的過犯；我的罪常在我面前。」（詩篇 51:1-3）

Psalms 51:1-3 Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me.

智慧的勸勉 Wise Counsel

- A. 儘管婚外情可能帶來極大的傷害，但仍然有盼望！如果夫妻願意付出努力，並在神的帶領下前行，婚姻將會迎來更美好的日子。

As devastating as an affair may be, there is hope! If the work is put in, and with God's guidance, better days in the marriage are ahead.

1. 了解婚外情發展的歷程，對於婚姻的復原過程是有幫助的。在這段期間，人的情緒將會被推到極限。每個人在復原過程中的反應都不相同。復原並沒有固定的時間表，而且有時候婚姻看起來會比以前更糟，然後才會開始變好。

Understanding the affair progression can be helpful in the recovery process. During this time, emotions will be put to their limits. Everyone will react differently in their recovery. There is no set time frame for recovery, and it will seem at times that the marriage is worse before it becomes better.

2. 婚外情所造成的傷害將改變人的一生。自尊、信任感以及安全感都會受到嚴重打擊。未來生活的穩定性，不論是在財務上或情感上，都將受到震盪。這場危機事件會影響人生的每一個層面。

The devastation of an affair will be life-changing. There has been a serious blow to self esteem, trust, and sense of security. Future stability will be rocked financially and emotionally. This crisis event will affect all areas of life.

3. 婚外情帶來的破壞，常被形容為一場失控的森林大火，燒毀沿途的一切。然而，正如森林大火也讓人看見，毀壞之後仍然可能帶來美好的結果；同

□

樣地，在婚外情所帶來的破壞之後，也可能產生好的結果。

The devastation has many times been described as a forest burning out of control, destroying everything in its path. However, just as these fires have shown that good can come from the destruction, so can good come beyond the devastation of an affair.

4. 就像森林大火燒盡了那些阻礙森林生長、令人窒息且有害的植物一樣，婚外情的復原過程，也可能幫助夫妻辨識並處理那些多年來一直扼殺婚姻生命力的問題。當然，婚外情絕不是一個好的選擇。

Like the forest fire that has burned away all the choking and harmful growth that prevented the forest from prospering, the recovery from an affair can identify and address issues that have choked the life out of the marriage for some years now. Of course, an affair is never a good option.

- B. 對夫妻而言，最先要做的事情之一，就是專注於他們與神的關係。學習經歷饒恕並活在饒恕之中，是極其重要的。

One of the first steps for the couple is to focus on their relationship with God. Working through and living in forgiveness is of utmost importance.

- C. 對夫妻雙方而言，最難理解並接受的事情之一，就是導致婚外情發生的問題，並非只是來自不忠的一方，而是雙方共同造成的。直到夫妻雙方都能辨認出自己在婚外情中所應負的責任之前，真正的復原都無法開始。配偶越能看見自己在婚外情中的責任，就越能掌握整個復原過程的結果。

One of the hardest things for both parties to understand and accept is that the issue that led to the affair stemmed from both parties, not just the unfaithful spouse. Until both parties identify their part in the affair, recovery cannot happen. The more a spouse identifies their part in the affair, the more control that spouse will have in the outcome of the recovery process.

1. 婚外情中可能發生的一件事是：另一個人學會了其中一位配偶的愛的語言，而另一位配偶卻一直無法理解，也不知道如何學習對方的愛的語言。

What may have happened in an affair is that someone else has figured out one of the spouse's love languages while the other spouse has struggled to understand and learn it.

- D. 丈夫通常想知道婚外情中所有與性有關的細節；而妻子通常比較想知道的是：丈夫是否愛上了對方，以及是否曾經把那位女性帶進家裡。

Husbands tend to want to know the details of the sexual activities; whereas, wives want

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to know if the husband loved the other person and if she was brought into the home.

- E. 對女性而言，孤單容易引發她渴望被接納、被愛的需要。許多時候，在婚外情開始之前，她與丈夫之間早已出現了「情感上的離婚」。

For women, loneliness sparks a need to be accepted and loved. Often, an “emotional divorce” has taken place with her husband before an affair starts.

- F. 不忠配偶可能經歷的感受包括罪惡感與恐懼。由於長期承受壓力而筋疲力盡，他們有時甚至會留下蛛絲馬跡，讓事情被發現。婚外情一旦曝光，不忠的一方往往反而會感到一種如釋重負的感覺。

Feelings of the unfaithful spouse can include guilt and fear. Out of exhaustion, they may leave clues to be discovered. There is often a sense of relief when the affair is exposed.

- G. 受傷的一方可能經歷的感受包括愚蠢感或羞恥感，而且他們會經歷悲傷的不同階段：

Feelings of the wounded spouse may include foolishness or shame, and they will go through the different stages of grief:

1. 震驚或否認--受傷的配偶通常對未來感到極大的恐懼。

Shock or denial – The wounded spouse is often terrified about the future.

2. 憤怒--這是面對這場危機時一種健康且正常的第一個反應。

Anger – This is a healthy first response to this crisis.

- a) 男性通常會表現出更強烈的憤怒，甚至想殺死與妻子發生婚外情的那位男性，因為他們相信自己的妻子是受害者，認為她絕不可能主動做出這樣的選擇。

Males tend to act with more rage, wanting to kill the wife's partner, believing that she was a victim and would never have chosen this on her own.

- b) 女性通常表現出更多的憤怒與受傷，更容易流淚，而較少出現暴力行為。

Women tend to react with more anger and hurt, showing more tears and less violence.

- c) 如果受傷的一方沒有表現出憤怒，復原的過程可能會停滯不前。更有可能的是，婚外情發生之前，婚姻中原本就已經存在許多令人挫折的問題。

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If the wounded spouse does not become angry, they can stall the recovery process. More than likely, these issues of frustration within the marriage were present before the affair.

3. 憂鬱（向內的憤怒）--這可能來自於渴望獲得保證，卻知道人生沒有任何保證；或是覺得自己的復原進展得不夠快。
Depression (inward anger) – This may stem from a desire for reassurance coupled with the knowledge that life offers no guarantees; or a feeling that one's recovery is not progressing quickly enough.

4. 始料未及--受傷的一方可能會認為：「如果我當初做得更好，也許就能阻止這場婚外情發生。」
Bargaining – The wounded spouse may feel that she could have prevented the affair.

H. 哀傷階段

Grieving Phase

1. 另一件受傷的一方需要了解的事情，就是不忠配偶內心真正所承受的痛苦與悲傷。

Another factor that the wounded spouse will need to understand is the true pain and grief that the unfaithful spouse is going through.

2. 在復原過程中，不應該有一個「懲罰階段」，而應該有一個「哀傷階段」。受傷的一方，能夠從不忠配偶所經歷的悲傷中得到醫治，因為那代表對方確實經歷了巨大的失落。受傷配偶所承受的痛苦，是大家普遍都能理解並接受的；然而，不忠配偶所承受的痛苦同樣深刻，卻很少被人理解。

There should not be a punishment phase, but there needs to be a grieving phase. The wounded spouse can find healing in the unfaithful spouse's grief, showing that there was and is great loss. The wounded spouse's hurt is universally understood and accepted, but the unfaithful spouse's hurt is just as painful and rarely understood.

3

Application and Prayer

應用 Application

- A. 不忠的行為真正停止了，婚姻才得以恢復。在任何一種成癮中，唯有成癮者自己才能使自己得著自由。同樣地，唯有不忠的配偶自己，才能真正結束婚外情，與第三者斷絕關係。

A marriage cannot be restored until the unfaithfulness ends. In any addiction, the addict is the only one who can set himself free. In the same way, the unfaithful spouse is the only one who can separate from the affair.

- B. 無論婚姻是否繼續，都必須處理婚外情所帶來的問題。如果那些根本性的問題沒有被揭露並解決，同樣的問題將會伴隨雙方進入未來的任何一段關係中，而這種破壞也將持續下去。

It is important to process the affair whether the marriage continues or not. If the underlying issues are not brought to light and resolved, the same issues will follow both parties in any future relationships, and the devastation will continue.

- C. 復原的步驟包括

Steps to recovery include the following:

1. 每天禱告並閱讀神的話語。

Daily prayer and reading from God's word,

2. 立即結束婚外情，並且與婚外情對象完全斷絕一切聯繫。

Ending the affair immediately with zero contact with the affair partner,

3. 夫妻安排更多時間彼此相處。

The couple scheduling more time together,

4. 對受傷配偶及輔導當責，保持誠實與透明。

Establishing accountability to the wounded spouse and counselor,

5. 受傷的一方學習一次又一次地饒恕。

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The wounded spouse learning to forgive again and again,

6. 完全承擔自己的責任，不將責任推卸給任何人或任何事。
Accepting full responsibility without blaming anyone or anything,
7. 學習願意改變，而不是採取防衛的態度。
Learning to be changeable, not defensive,
8. 拒絕想要控制對方的衝動。
Refusing the urge to control,
9. 學習重新開始約會，再次建立夫妻之間的親密關係。
Learning to date again,
10. 拒絕在其他爭執中再次提起婚外情的事件。
Refusing to bring up the affair in other arguments.

D. 要記得當初是什麼讓夫妻彼此相愛、走到一起。不要讓不忠的一方為自己的不忠付出過於沉重的代價，否則可能會使他們完全被壓垮，以致於婚姻再也無法重建。要持續向輔導、牧師，或牧師所認可並委派帶領婚姻復原的人保持負責。夫妻永遠不會有一個時刻，可以說自己已經不需要再努力經營婚姻了。
Remember what brought the married couple together in the first place. Do not make the unfaithful spouse pay too large of a price for the unfaithfulness. This can crush them to the point where the relationship cannot be rebuilt. Stay accountable to the counselor, pastor, or whoever the pastor approves to guide the recovery. There is never a time when a couple is finished working on improving their marriage.

E. 對受傷的一方而言，在婚外情曝光後，立刻萌生離婚的念頭，是很常見的。因為重新開始，看起來似乎比面對所有的傷痛並努力修復婚姻，要容易得多。雖然聖經允許人在配偶不忠時選擇離婚，但這並不是命令人一定要離婚。神明白，在某些姦淫的情況下，受傷的一方確實需要重新開始，才能在情感上和屬靈上得到恢復。

It is not unusual for the desire to divorce to come up in the mind of the wounded spouse immediately. It seems like starting over is much less work then working through all the pain. Though the Bible gives the option of divorcing an unfaithful spouse, it is not a command to divorce them. God understands that in some cases of adultery the wounded spouse must make a new start to recover emotionally and spiritually.

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F. 夫妻雙方都必須真心願意挽救這段婚姻，否則一切努力都將徒勞無功。

Both spouses must want to save the marriage, or all efforts would be fruitless.

禱告 Prayer

A. 在禱告中，把聚會中所提到的各樣掙扎都帶到神面前。

Address in prayer the struggles that have been discussed in the meeting.

「主啊，求祢幫助我相信，我們仍然可以再次得到完整的恢復。我們將心中的悲傷帶到祢面前，重新堅定我們對忠誠的承諾——忠於祢，也忠於我的配偶。我們無法改變過去，但我們選擇在未來與祢手牽著手同行。當我們因淚水而看不清前方時，求祢幫助我們仍然緊握祢的手。帶領我更加深愛我所嫁（娶）的那一位，也帶領我們建立一段比過去更加美好的婚姻。神啊，祢完全知道我們正在面對的一切，也知道如何安慰我們、恢復我們。我祈求祢賜給我們祢的恩典、憐憫，以及持續不斷的赦免，使我們能夠得到真正的醫治。我也求神讓我們重新建立信任。奉耶穌的名使我們的婚姻能夠被恢復，我們的家庭能夠更加堅固！阿們。」

“Lord, help me believe that we can be whole again. We bring our grief to You and reaffirm our commitment to faithfulness. Faithfulness to you, and faithfulness to my spouse. We cannot change the past, but we choose to walk hand in hand with You in the future. Help us to hold your hand when our eyes are blinded by tears. Lead me into a deeper love for the one I married, and into a greater marriage than I have ever known. God, You know exactly what we are facing, and You know how to comfort and restore us. I pray that You give us Your grace, mercy, and continued forgiveness that we may find healing. I pray that trust can be built again, that our marriage can be restored, and that our family would become stronger in Jesus’ name!”

4 Recommended Resources

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Hunt, J. (2005). 《盼望之家：聖經輔導關鍵——101 個主題彙編》(Hope for the Heart: Biblical Counseling Keys: 101 Topics Collections)。美國德州達拉斯 (Dallas, TX) : PC Study Bible。

Minirth, F., Meier, P., & Arterburn, S. (1995). 《完整人生百科全書》(The Complete Life Encyclopedia)。美國田納西州納許維爾 (Nashville, TN) : Thomas Nelson, Inc.

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5 Taking it to the Church

〈婚外情與姦淫〉 *Affairs and Adultery*

主題經文 Focus Verse

出埃及記 20:14 「不可姦淫。」

Exodus 20:14 *Thou shalt not commit adultery.*

經文 Lesson Text

希伯來書 13:4 「婚姻，人人都當尊重，床也不可污穢；因為苟合行淫的人和姦淫的人，神必要審判。」（

Hebrews 13:4 Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

I. 〈婚外情與姦淫〉

Affairs and Adultery

許多夫妻帶著美好的夢想開始婚姻，最後卻陷入絕望之中。他們知道婚姻是神所設立的。然而，許多夫妻並沒有活出神對他們婚姻生活所定的旨意。現今，不道德的風氣正大舉侵襲家庭，並帶來極具毀滅性的後果，而教會也無法倖免於這股浪潮。性方面的罪曾經毀滅了以色列，同樣也可能為我們的教會帶來毀滅！沒有任何事情比姦淫更能摧毀一個家庭。因此，我們應當尊榮自己的婚姻，並且對自己的配偶保持忠誠。

Many couples start their marriages with big dreams but end up in despair. They know that God designed marriage. Yet many couples are not fulfilling God's purpose for their marital lives. There is an outbreak of immorality attacking the home with exceptionally destructive consequences, and the church is not exempt. Sexual sin destroyed Israel, and it can also bring destruction in our churches! Nothing tears up a family like adultery. We are to give honor to our marriage and remain faithful to our spouse.

A. 撒但總是試圖扭曲神所創造的一切。

Satan always tries to distort what God created.

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「你們豈不知，不義的人不能承受神的國嗎？不要自欺！無論是淫亂的、拜偶像的、姦淫的、作變童的、親男色的、偷竊的、貪婪的、醉酒的、辱罵人的、勒索人的，都不能承受神的國。」（哥林多前書 6:9-10）

Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God” (I Corinthians 6:9-10).

- B. 神十分看重婚姻的神聖性。撒但則企圖重新定義神所設立的一切定義。

God is concerned with the sacredness of marriage. Satan wants to redefine every definition that God has established.

- C. 一旦配偶有了不忠的行為，如果他們沒有直接來到神面前尋求幫助，在面對自己的罪時，他們的行事就會變得愚昧。

Once a spouse has been unfaithful, if they do not come directly to God for help, their actions become foolish when dealing with their sin.

「然而，屬血氣的人不領會神聖靈的事，反倒以為愚拙，並且不能知道，因為這些事惟有屬靈的人才能看透。」（哥林多前書 2:14）

But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned” (I Corinthians 2:14).

- D. 當面對不忠的罪時，沒有任何人可以自以為義。很多時候，當神正在對付我們生命中的罪時，我們反而失去了對神應有的敬畏。

There is no time for self-righteousness when it comes to unfaithfulness. Too often we become fearless towards God when He is dealing with sin in our life.

1. 「他們在無可懼怕之處，反倒大大害怕。」（詩篇 53:5）

There were they in great fear, where no fear was” (Psalm 53:5).

2. 缺乏敬畏之心，只會在你的生命中造成更多的傷害。對罪沒有敬畏，會導致人放縱自己的生活。對神沒有敬畏，則會在人的生命中帶來災難性的後果。

Having no fear can create more damage in your lives. Having no fear of sin leads to reckless living. Having no fear of God has disastrous effects in our lives.

3. 敬畏主，能夠約束人不去放縱罪惡的私慾。然而，當神沒有掌管一個人的生命時，混亂就會隨之而來。

Fear of the Lord restrains people from acting out sinful desires. But when God is not ruling in someone's life, there is chaos.

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4. 「那時，以色列中沒有王，各人任意而行。」（士師記 17:6）

In those days there was no king in Israel, but every man did that which was right in his own eyes” (Judges 17:6).

5. 「所以，你們該效法神，好像蒙慈愛的兒女一樣；也要憑愛心行事，正如基督愛我們，為我們捨了自己，當作馨香的供物和祭物獻與神。至於淫亂，並一切污穢，或是貪婪，在你們中間連提都不可，方合聖徒的體統。淫詞、妄語和戲笑的話都不相宜；總要說感謝的話。因為你們確實地知道，無論是淫亂的、污穢的、或是有貪心的（貪心就是拜偶像的），在基督和神的國裡都是無分的。」（以弗所書 5:1-5）

Be ye therefore followers of God, as dear children; and walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour. But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God” (Ephesians 5:1-5).

6. 《以弗所書》第五章說明了，為什麼仇敵今天如此竭力想要摧毀我們社會中的婚姻。撒但憎恨婚姻，因為婚姻正是耶穌對教會忠誠的寫照與榜樣。Ephesians 5 shows why the enemy is seeking to destroy marriages in our society today. Satan hates that marriages are an example of Jesus’ faithfulness to the church.

- E. 我們需要效法神來保護我們的婚姻，而不是效法我們在社群媒體或好萊塢所看到的一切！我們需要遵行神的話，而不是跟從世俗的建議！保羅警告我們，不要讓自己被這個墮落社會空洞的言論所欺騙，也不要接受它對婚姻中哪些事情是可以被允許的錯誤觀點。

Protecting our marriages requires that we imitate God, not what we see on social media or from Hollywood! We need to follow God’s word and not secular advice! Paul warned us not to allow ourselves to be deceived by the empty words of our fallen society and its view of what is permissible in a marriage.

- F. 不忠的配偶原本並不是故意要用自己的行為傷害婚姻；正如大衛犯姦淫時，也不是存心要羞辱神一樣。

The unfaithful spouse did not mean for their actions to damage their marriage just like David did not set out to bring shame on God when he committed adultery.

「既廢了掃羅，就選立大衛作他們的王，又為他作見證說：『我尋得耶西的兒子大衛，他是合我心意的人，凡事要遵行我的旨意。』」（使徒行傳 13:22）

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He raised up unto them David to be their king; to whom also he gave testimony, and said, I have found David the son of Jesse, a man after mine own heart, which shall fulfil all my will” (Acts 13:22).

- G. 大衛愛神，或許不亞於任何人。他是神眼中的瞳人，也是一位合神心意的人；然而，當他本應該在戰場上，卻選擇安逸休息時，便落入了性誘惑的陷阱。大衛生命中有一些處境，使他容易陷入姦淫的試探：

David loved God, probably as much as anybody. He was the apple of God's eye, a man after God's heart, yet he fell victim to sexual temptation because he relaxed instead of fighting on the battlefield:

1. 大衛本應該在戰場上，與那些他需要向其負責的人同在，包括他的部下、祭司以及先知。
David should have been on the battlefield with those to whom he was accountable: his men, the priest, and the prophets.
2. 大衛本應該盡可能靠近神的同在，而神的同在象徵著約櫃；當時約櫃就在戰場上。
David should have been as close to the presence of God as he could, which would have been with the Ark of the Covenant, out on the battlefield.
3. 大衛本應該盡可能遠離一切誘惑。
David should have been as far away from temptations as possible.
4. 大衛的婚姻本身存在許多問題。
David had a troubled marriage.
5. 大衛當時正經歷人生中一些重大的變故。他得知自己不能建造聖殿，而他最好的朋友也去世了。
David had experienced some drastic life changes. He had found out he could not rebuild the Temple, and his best friend had died.
6. 大衛沒有謹慎防備自己受到女性誘惑，這種軟弱也影響並延續到了他的兒女身上。
David handed down his lack of guarding himself from the temptation of women to his children.
7. 所羅門是當時世上最有智慧的人；他蒙神膏立，統治地上最強盛的國度，然而，他最終卻失去了這一切，其中一個重要原因，就是他對女性的情慾與迷戀。
Solomon was the wisest man in his day; he was anointed by God to lead the

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mightiest kingdom on earth, yet he threw it all away, in part because of his desire for women.

- H. 屬靈的恢復永遠都有可能，但不忠所帶來的傷害與後遺症，始終會存在。
Spiritual restoration is always available, but there are always damaging side effects that come with unfaithfulness.

- I. 當一個人經歷身體或情感上的創傷時，即使接受了最好的藥物、治療或復健，也很少能恢復到受傷前百分之百的狀態。因此，我們必須深刻明白，在婚姻中保持忠誠是何等重要！
When someone experiences physical or emotional trauma, they rarely recover to 100 percent of their former condition, despite receiving the best available medicine, treatment, or rehabilitation. It is critical that we understand the importance of faithfulness in our marriages!

- i 羅馬書 13:14 「總要披戴主耶穌基督，不要為肉體安排，去放縱私慾。」

Romans 13:14 But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

- ii 請記住，你的每一個行為，都是向著神而行，而不只是向著人。
Remember your acts are acts toward God and not just toward humans.

- II. 受傷的配偶所面臨最艱難的掙扎之一，就是饒恕配偶的不忠。

One of the toughest struggles the wounded spouse will have is forgiving the unfaithfulness.

- A. 很多時候，不是受傷的一方不能饒恕，而是他們認為自己不應該饒恕。為什麼不忠的配偶可以不用承擔責任，就這樣被原諒呢？

Often it is not that the wounded spouse cannot forgive, it is that they think they should not have to. Why should the unfaithful spouse be allowed to get off free of blame?

- B. 饒恕之所以困難，其中一個原因是害怕不忠的配偶會認為婚外情並沒有什麼大不了，因此無法阻止他再次陷入不忠。饒恕有時讓人感覺，好像是在允許對方再次傷害自己，甚至傷得更深。

Some of the struggle to forgive is the fear that the unfaithful spouse will think the affair was no big deal and will not be deterred from more unfaithfulness. Forgiveness may feel like we are giving the unfaithful spouse permission to hurt us again or even more deeply.

- C. 神並沒有因為饒恕很困難，或因為我們遭受了不公平的對待，就免除我們饒恕人的責任。



God does not exempt us from forgiveness just because it's difficult or because we were treated unfairly.

馬太福音 5:39 – 41 「只是我告訴你們，不要與惡人作對；有人打你的右臉，連左臉也轉過來由他打。有人想要告你，要拿你的裡衣，連外衣也由他拿去。有人強逼你走一里路，你就同他走二里。」

Matthew 5:39–41 *But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also. And whosoever shall compel thee to go a mile, go with him twain.*

- D. 要記得，饒恕並不是否認自己的痛苦，也不是讓你的配偶逃避責任；饒恕乃是承認這份傷痛，並渴望得到真正的醫治。

Remember forgiveness is not denying the pain or letting your spouse off the hook; it is recognizing the pain and desiring a healing.

- E. 人們對饒恕最大的誤解，就是認為饒恕只是把對方的罪一筆勾銷、假裝沒有發生。不是的。真正的饒恕，是承認罪確實存在；然而，饒恕也釋放不忠的一方，使他能開始踏上醫治與恢復的道路。

The misunderstanding about forgiveness is that it is not simply overlooking their sin. No, forgiveness requires acknowledging the sin, yet forgiveness releases the unfaithful spouse to begin the process of healing and recovery.

- F. 太多時候，受傷的一方誤以為，可以從配偶身上得到某種補償，來彌補自己的損失。然而，有什麼樣的補償，能真正彌補婚姻因不忠而遭受的毀壞呢？

Too often the wounded spouse mistakenly believes that there's some payment they can extract from their spouse that will compensate for their loss. What payment could ever compensate for your marriage being devastated by infidelity?

- G. 不饒恕就像毒藥，它會使人的心充滿苦毒，並扭曲一個人對整個人生的看法。我們可以選擇變得苦毒，也可以選擇變得更好。

Unforgiveness is a poison that poisons the heart with bitterness, distorting one's whole perspective on life. Our choice is to get bitter or get better!

- H. 神的話教導我們，饒恕別人與領受饒恕之間，是彼此相關的。

God's word teaches us that there is a relation between giving and receiving forgiveness.

- I. 我們或許有權利要求補償，但我們有一個更高的責任——就是選擇饒恕，因為我們自己也曾蒙受了神極大的赦免。

We may have a right to compensation, but we have a higher obligation to forgive, knowing that we have been forgiven so much.

- III. 一段美好的婚姻，需要夫妻兩個人共同努力。
It takes two working together to make a good marriage.

以弗所書 5:33 「然而，你們各人都當愛妻子，如同愛自己一樣；妻子也當敬重她的丈夫。」

Ephesians 5:33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.

- A. 保羅鼓勵丈夫，在建立美好婚姻這件事上，要主動承擔帶領的責任。
Paul encourages the husband to take the lead in creating a great marriage.
1. 丈夫的責任是愛自己的妻子（不是別人的妻子，也不是其他女人）。
The husband's responsibility is to love his wife (not the wife of another or another woman).
 2. 妻子的責任是尊重丈夫的帶領（而不是另一個男人的帶領）。
The wife's responsibility is to respect his leadership (not that of another man).
 3. 有些男人害怕在婚姻中承擔領導的角色。有時候，妻子可能過於強勢；有時候，丈夫則可能過於消極被動。丈夫們，帶領家庭是你們的責任。
Some men are afraid to lead in the marriage. Sometimes a wife can be too overbearing or a husband too passive. Husbands, it is your job to lead.
- B. 要彼此保護、彼此珍惜。要彼此約會。要公開表達愛意。交談時，要彼此微笑並看著對方。不要總認為自己的想法比對方更好。要給配偶沒有性目的的親密關懷。在公開場合牽著彼此的手。彼此代禱，尤其是在彼此都能聽見對方禱告的時候。彼此接納。每天至少稱讚、鼓勵對方一次。
Protect and value each other, date each other, show public affection, smile and look at each other when you talk, do not act like your own ideas are better, give your spouse nonsexual affection, hold hands in public, pray for each other especially at times when you can hear each other, accept each other, and complement each other at least once a day.
- C. 一起養育孩子，共同照顧家庭。同時，也要彼此保留一些與各自朋友相處的時間。要彼此感恩、彼此肯定、彼此欣賞。
Raise the kids and take care of the home together; also provide some time away with each of your friends. Be grateful for, affirm, and admire each other.
1. 弟兄們，即使你的妻子有所不足，你的呼召仍然是像基督愛教會那樣去愛她。
Men, even if your wife falls short, your calling is still to love her as Christ loved the church.

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2. 你希望你的婚姻成為什麼樣子？那就從今天開始，朝著那個目標生活。
What do you want your marriage to become? Start living to that end.

結論 Conclusion

如果你今天正在與不忠的罪掙扎，仍然有一條回到各各他的道路。仍然有盼望。你可以來到耶穌面前，讓祂洗淨你的罪，使你潔白如雪。姦淫不一定非得摧毀你的婚姻。如果你曾因配偶的不忠而受傷，你必須學習即使在痛苦中仍然選擇饒恕。

If you are struggling with unfaithfulness today, there is a way back to Calvary. There is hope. You can come to Jesus and be washed white as snow. Adultery does not have to kill your marriage. If you have been hurt by unfaithfulness, you must learn to forgive even through the pain.

請記住神的話：「你們要將一切的憂慮卸給祂，因為祂顧念你們。」（彼得前書 5:7）一段成功的婚姻，是建立在夫妻雙方都懂得彼此饒恕之上。

Just remember the Word says, “Casting all your care upon him; for he careth for you” (I Peter 5:7). A successful marriage happens when both spouses know how to forgive.