

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

家庭暴力與創傷
DOMESTIC VIOLENCE & TRAUMA

家庭危機關懷事工

快速參考與課程指南



A Quick Reference and Lesson Guide

家庭暴力與創傷

Domestic Violence & Trauma

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Scenarios and Assessment

情境／案例研究 Scenarios/Case Studies

A. 情境一 Scenario #1

曼蒂應該覺得自己很幸運，因為她嫁給了一位如此重要的人物。她的丈夫及其家族在社區中享有盛名，並以慷慨捐助許多當地慈善機構而聞名。表面上，他們展現出一幅完美家庭的形象。然而，她曾試著向少數幾個人談論家中的暴力情況，得到的回應不是禮貌性的懷疑，就是認為她自己有心理或情緒方面的問題。她覺得自己沒有任何方法可以脫離這段婚姻，也沒有任何人可以求助。

Mandy should feel fortunate to be married to such an important man. He and his family are prominent in the community and are known as generous benefactors to many local charities. On the surface they present a perfect family picture. The few people she has ever tried to talk to about the violence in their home responded with either polite disbelief or seemed to think that she was experiencing mental or emotional problems herself. She feels that she has no way out of the marriage and no one to turn to for help.

B. 情境二 Scenario #2

吉兒與羅傑的關係從一開始就充滿衝突。原本只是彼此爭吵和帶有貶低意味的言語，卻迅速升級成持續不斷的憤怒狀態。他們任何一方所說的每一句話，都會被另一方視為挑釁，並立即引發爭執。最近，這些爭吵已演變成更加激烈的肢體衝突，警方也因此多次被召到他們家中處理。在最近一次出勤時，警方表示，若下次再因相同事件被叫到他們家，將會啟動兒童保護的調查，而他們的兩個孩子也將被帶離父母的監護。

Jill and Roger's relationship has been volatile from the start. What started out as bickering and semi-degrading comments has rapidly escalated to a constant state of rage. Every comment made by either of them is taken as a challenge by the other and leads to an immediate fight. Recently these fights have become more physically intense and the police have been called to the house several times. In their last visit, the police indicated that the next time they were called to the home would prompt a Child Protective Services investigation and the two children would be removed from their parents' custody.

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C. 情境三 Scenario #3

馬克開始長時間工作並頻繁加班，為的是避免下班後回家。他知道自己需要陪伴孩子們，但他就是無法面對一踏進家門就會開始的指責與爭吵。最近，情況開始演變成暴力衝突。他的手臂上有好幾處瘀傷，那是因為在爭吵過程中，雪莉向他丟擲物品，而他伸手阻擋所造成的。他羞於向任何人透露自己在家中所經歷的一切，並認為身為一個男人，他應該能夠獨自處理這樣的處境。

Mark begins to work long hours and take on overtime shifts in order to avoid going home after work. He knows he needs to be there for the kids but just can't seem to face the accusations and arguments he knows will begin as soon as he walks through the door. Things have recently begun to turn violent, and he hides several bruises on his arms from blocking items that Sherry has thrown at him in the midst of a fight. He is ashamed to tell anyone what he is experiencing at home and feels that as a man he should be able to handle the situation on his own.

定義與重要觀念

Definition and Key Thoughts

A. 事實與統計

Facts and Statistics

1. 根據美國疾病管制與預防中心的資料指出，在美國，每分鐘約有二十人遭到親密伴侶的肢體虐待。
The Centers for Disease Control and Prevention note that every minute, about twenty people are physically abused by an intimate partner in the US.
2. 在 2003 年至 2012 年期間，家庭暴力占美國所有暴力事件的 20% 以上。
Between 2003 and 2012, domestic violence accounted for over 20 percent of all violence in the US.
3. 十八歲至二十四歲的女性，是最有可能遭受親密伴侶暴力的族群。
Women between the ages of eighteen and twenty-four are the most likely to experience intimate partner violence.
4. 家庭暴力的受害者更容易罹患憂鬱症，並出現自殺傾向或自殺行為。
Victims of domestic violence are more likely to suffer from depression and suicidal behaviors.
5. 根據美國司法部的資料，家庭暴力案件中，僅有略高於一半的案件會向相關機關通報；而在受傷的受害者中，只有約三分之一會接受醫療照護。
Only a little over half of the cases of domestic violence are reported to authorities, and only about one third of victims injured receive medical care according to the Department of Justice.

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6. 世界衛生組織於 2013 年報告指出，全球有 35% 的女性曾遭受伴侶或非伴侶施加的性暴力或肢體暴力。
The World Health Organization reported that 35 percent of women around the globe have experienced sexual or physical abuse by a partner or non-partner in 2013.
7. 每四位男性中，就有一位曾遭受親密伴侶的虐待。
One in four men will experience abuse at the hand of an intimate partner.
8. 《基督郵報》的一項研究指出，有 65% 的牧師對會眾講論家庭暴力的次數為一次或更少（包括從未講過）。
A study by The Christian Post noted that 65 percent of pastors had spoken one or fewer (none) times about domestic violence to their congregation.
9. 有 22% 的牧師表示，他們每年都會談及這個議題；另有 33% 的牧師表示，他們只是很少提及此議題。
Twenty-two percent of pastors indicated that they address this topic annually while 33 percent mentioned it “rarely.”

B. 定義

Definitions

1. 虐待是指傷害、惡待、侮辱或使他人受到身體或心理傷害的行為。
Abuse is the act of hurting, mistreating insulting or injuring someone else.
2. 暴力意味著虐待行為的升級，並藉由使對方害怕受到傷害，作為控制他人的手段。
Violence implies an escalation of abuse and introduces fear of harm as a measure of control.
3. 舊約聖經中最常被翻譯為「暴力」或「強暴」的希伯來文是 *chamac*，意思是「惡待、虐待」。*Chamac* 也可翻譯為「惡意、毀滅、冤屈、不義（罪行）、殘暴、掠奪」以及「恐怖」。
The Old Testament Hebrew word most often translated as “violent” or “violence” is *chamac*, which means “to mistreat.” *Chamac* can also be translated as “malicious, destroy, wrong, crime, ruthless, plunder, and terror.”
4. 家庭暴力是法律上的用語，指在家庭或家族中，對配偶、兒童或年長者施行身體或性方面的虐待。
Domestic or Family Violence is the legal term for physical or sexual abuse of a spouse, child, or elder in the home or family.

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C. 虐待或家庭暴力的類型

Types of Abuse or Domestic Violence

1. **身體虐待:** 身體虐待是指藉由實際傷害他人身體，或威脅要傷害他人身體，以維持控制或造成傷害的行為。其可能包括：

Physical abuse: Physical abuse is the act of or threat of harming someone physically in an effort to maintain control or cause harm. It can include:

- a. 推擠 pushing
- b. 踢打 kicking
- c. 掐住頸部／勒頸 choking/strangling
- d. 綑綁 binding
- e. 推撞 shoving
- f. 掴掌 slapping
- g. 燒燙傷 burns
- h. 使用武器攻擊 attack with weapons
- i. 使用物品攻擊 attack with objects, or
- j. 限制人身自由／非法拘禁 confinement.

2. **言語虐待:** 言語虐待是指利用言語或說話的語氣來控制或傷害他人，或摧毀他人的自我價值。它可能導致彼此之間的尊重、自尊、信任以及親密關係受到破壞。言語虐待可能包括：

Verbal Abuse: Verbal abuse is the use of words or tone of voice to control or hurt another person or to destroy self-worth. It can result in destroyed respect, self-esteem, trust, and intimacy. Verbal abuse can include:

- a. 威脅 Threats
- b. 恐嚇性的言語 Intimidating Language
- c. 恐嚇性的行為 Intimidating Behavior
- d. 貶低他人的言論 Degrading, Demeaning Statements
- e. 辱罵、羞辱性的稱呼 Abrasive or Humiliating Name Calling
- f. 公開羞辱 Public Humiliation
- g. 操控 Manipulation
- h. 說謊 Lying
- i. 使用粗俗言語侮辱他人 Insults with profanity
- j. 過度控制或不停盤問 Excessive Control or Constant Interrogation

3. **精神虐待:** 精神虐待涵蓋了各種形式的家庭暴力與虐待。然而，有些行為可以明確地被歸類為精神虐待。這些行為可能表現為消極式（被動式）虐待，也可能表現為積極式（主動式）虐待。

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Emotional Abuse: Emotional abuse encapsulates all forms of domestic violence and abuse. However, some actions and behaviors can be clearly labeled as emotionally abusive. They may take the form of passively abusive behaviors or aggressively abusive behaviors. These behaviors may include:

- a. **消極式（被動式）虐待 *Passive Abuse:***
 - i. 拒絕提供情感上的支持 *Withholding Emotional Support*
 - ii. 故意忽視對方 *Ignoring*
 - iii. 拒絕表達真實感受 *Refusal to express true feelings*
 - iv. 拒絕身體上的親密接觸 *Withdrawal from physical intimacy*
- b. **積極式（主動式）虐待 *Active Abuse:***
 - i. 扣留金錢或生活費 *Withholding money or funds*
 - ii. 藏起汽車鑰匙 *Hiding car keys*
 - iii. 採取危險行為以製造恐懼 *Dangerous actions to cause fear*
 - iv. 將配偶與家人、朋友隔離 *Isolating spouse from family/friends*

4. **性虐待:** 性虐待可能是家庭暴力中最普遍的一種形式。許多人認為，妻子應當順服丈夫所有的性需求。因此，許多已婚婦女在未察覺的情況下，長期經歷性虐待。這些行為可能包括：

Sexual Abuse: Sexual abuse may be the most common form of domestic violence. Many believe a wife should be submissive to all of her husband's desires. Therefore, many married women experience sexual abuse without realizing it. These behaviors may include:

- i. 在性方面貶低、羞辱對方的態度與對待方式
Sexually degrading attitudes and treatments
- ii. 基於性別而產生的歧視
Discrimination based on gender
- iii. 以威脅或強迫的方式要求對方發生其不願意的性行為（婚內強暴）
Threats or force to get unwanted sex (mate rape)
- iv. 毫無根據地指控配偶有婚外情
Unjust accusations of extramarital affairs
- v. 公然與異性調情
Brazen flirtation with members of the opposite sex
- vi. 犯姦淫、發生婚外情
Committing adultery
- vii. 強迫配偶從事令其感到不舒服或受羞辱的性行為
Coercing spouse to perform uncomfortable or demeaning sexual acts

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D. 聖經對家庭暴力的觀點

Biblical View of Domestic Violence

1. 與一些人對聖經婚姻的普遍理解不同，神並不認為婚姻是一種財產或所有權的關係。相反地，婚姻是一種建立在尊榮與尊重之上的關係，並且反映出神與祂教會之間的關係。「婚姻，人人都當尊重，床也不可污穢；因為苟合行淫的人，神必要審判。」（希伯來書 13:4）

Contrary to some popular understandings of a biblical marriage, God does not consider marriage a matter of property or possession. Instead it is an act of honor and respect that reflects God's relationship with His church. *"Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral"* (Hebrews 13:4).

2. 神絕不縱容或接受婚姻中的暴力，正如祂不接受任何形式的暴力一樣。「萬軍之耶和華說：『……我恨惡人以強暴待妻，如同以衣服遮蓋自己。』所以當謹守你們的心，不可行詭詐。」（瑪拉基書 2:16）

God does not condone or accept violence within a marriage any more than He does in any form. *"I hate a man's covering himself with violence as well as with his garment," says the LORD Almighty* (Malachi 2:16).

3. 神的心意是堅固並安慰那些受傷害和遭受欺壓的人。「耶和華靠近傷心的人，拯救靈性痛悔的人。」（詩篇 34:18）

God's desire is to strengthen and comfort those who have been harmed or taken advantage of. *"The LORD is close to the brokenhearted and saves those who are crushed in spirit"* (Psalm 34:18).

評估（訪談）Assessment (Interview)

A. 針對通報家庭暴力者

For Someone Reporting Domestic Violence

1. 身為牧養輔導者，你可能是第一位聽見當事人報告身體、情緒或性虐待的人，因為許多受害者出於各種原因，往往害怕向執法機關報案。
As the pastoral counselor, you may be the first person to hear a report of physical, emotional, or sexual abuse as many victims are often afraid to report abuse to law enforcement for a variety of reasons.
2. 為了判斷是否需要轉介專業人士，或是否應聯絡警方，可詢問以下問題：
Questions to ask to determine if a referral to a professional is needed, or if police should be contacted:

- a) 你目前是否正面臨配偶所帶來的人身安全威脅？

Are you in any physical danger from your spouse?

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- i. 請描述在你家中曾發生於你和／或你的孩子身上的各種虐待？
Describe any forms of abuse that has occurred in your home to you and/or your children.
- ii. 虐待形式可能包括言語虐待、身體虐待和／或性虐待。
Describe any forms of abuse that has occurred in your home to you and/or your children.
- iii. 協助受害者向警方報案，並依照執法機關的建議採取一切必要措施，以確保其安全與受到保護。
Forms of abuse can include verbal, physical, and/or sexual. If physical or sexual abuse has and/or is currently occurring, the first step is to remove the abused spouse and/or children to a safe place.
- iv. 若涉及虐待，當事人就是受害者。任何行為都不能成為遭受虐待的理由或代價。
If abuse is involved, the individual is a victim. No behavior warrants abuse as a consequence.

B. 特別注意

Special Note :

1. 若你得知此類虐待事件，依據你所在州的法律以及個案情況，你可能有法定義務向有關當局通報。最好的做法是主動聯絡當地警察機關，了解自己所負的法律責任。一旦你清楚自己在得知虐待事件後所應承擔的責任，也建議事先讓求助者知道相關規定。If you are made aware of such abuse, depending on which state you live in and the circumstances in each situation, you may be required to notify the authorities. It is always best to contact your local police station and find out what your obligations are. Once you understand what your specific responsibilities are should you be made aware of abuse, it is a good idea to let the couple know in advance.

C. 一般性問題

General Questions

1. 今天是什麼原因促使你前來尋求協談？
What has brought you here today?
2. 你希望透過這次輔導達成什麼目標？
What is the goal of you coming to counseling?

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- a) 這次輔導是為了協助個人面對身為家庭暴力受害者的處境嗎？
Is counseling for the individual to address being the victim of domestic violence?
- b) 還是為了協助夫妻在家庭暴力事件之後尋求和好與修復？
Is counseling for a couple attempting to reconcile following domestic violence?

3. 請談談你的婚姻

Tell me about your marriage:

- a) 發生的是哪一種類型的暴力？
What kind of violence is occurring?
- b) 你目前是否處於安全的環境中？
Are you currently in a safe situation?
 - i. 是否已提出法律告訴或正式報案？
Have legal charges been filed?
 - ii. 是什麼原因讓你決定留在婚姻中，或選擇與配偶分開？
What made you decide to stay in the marriage *or* separate from your spouse?

4. 請談談你的婚姻 Tell me about your marriage:

- a) 今天有哪些具體問題促使你前來？
What specific problems bring you here today?
- b) 過去你曾如何嘗試解決這些問題？
How have you tried to solve these issues in the past?
- c) 你是否正在考慮離婚？
Are you considering divorce?
- d) 你認為雙方仍有和好的可能嗎？
Is there hope for reconciliation?
- e) 請談談你目前與神的關係。
Tell me about your walk with God.
- f) 請談談你的成長背景（兄弟姊妹、父母及童年經歷）。
Tell me about your backgrounds (your siblings, your parents, your childhood).
- g) 在這段期間，有哪些家人或朋友能夠支持並陪伴你？
What type of family and/or friend support do you have to help you through this situation?

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D. 針對暴力受害者

For the Victim of Violence

1. 當家庭暴力的受害者願意主動尋求輔導時，這是一個正面的跡象。即使因長期受虐而導致自我形象受損，他們仍願意承認自己需要幫助，並主動尋求協助。

It is a positive sign when victims of domestic violence seek counseling because they are demonstrating acknowledgement of the need for help in spite of a diminished self-image brought on by the abusive relationship.

2. 需要立即轉介專業協助的警訊

Red flags for immediate referral to professional help

- a) 請描述你一天中大部分時間的感受，包括你的想法、行為、談話內容以及日常活動。（目的在於排除重度憂鬱症的可能。）

Describe how you feel most of the day – describe your thoughts, actions, conversations, activities (you want to rule out major depression).

- b) 你是否覺得自己或家人目前正處於危險之中？Do you feel that you or a family member are currently in danger?

- a) 你是否曾有傷害自己或他人的念頭？如果有：

Have you had any thoughts of hurting yourself or others? If so,

- i. 是否已有具體計畫？

If so, do you have a plan?

- ii. 你的計畫內容是什麼？

What would your plan consist of?

- iii. 你是否擁有實施該計畫的方法或工具？

Do you have the means to accomplish this plan?

目的在於評估是否有自殺或傷害他人的高度風險。

You want to rule out the likelihood of suicide or threat of harm to others.

3. 特別注意 **Special Note:**

若你得知當事人有自殺行為或自殺計畫，依據你所在州的法律以及個案情況，你可能有義務通知相關機關。最好的做法是先向當地警察機關確認自己的法定責任。一旦你清楚自己在得知自殺行為或計畫時所應承擔的責任，也建議事先向當事人說明相關規定。

If you are made aware of suicidal behavior or plans to commit suicide, you may be required to notify the authorities depending on which state you live in and the circumstances in each situation. It is always best to contact your local police station and find out what your obligations are. Once you understand what your specific

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responsibilities are should you be made aware of suicidal behavior or planning, it is a good idea to let the individual know in advance.

4. 一般性問題

General Questions

- a) 今天我可以如何幫助你？
How can I be of help to you today?
- b) 你希望透過輔導達成哪些目標？
What are your goals for counseling?
- c) 請談談你的婚姻（或親密關係）
Tell me about your marriage (or relationship):
 - i. 你們在一起多久了？ How long have you been together?
 - ii. 你們是如何認識的？ How did you both first meet?
 - iii. 當初彼此最吸引對方的是什麼？ What was the attraction to each other?
 - iv. 是什麼原因讓你們決定結婚？
What made you decide to marry each other?
 - v. 請談談你的孩子。 Tell me about your children.
- d) 問題是從什麼時候開始的？
When did the problems start?
- e) 雙方的衝突通常多久會升高為具有攻擊性的對抗？
How quickly do confrontations become aggressive?
- f) 你和你的配偶曾如何在身體上或情緒上彼此傷害？
How have you or your spouse hurt each other physically? Emotionally?
- g) 你的孩子是否曾遭受身體或情緒上的傷害或威脅？
Have your children been harmed or threatened physically or emotionally?
- h) 目前你和孩子的情況如何？還有其他家庭成員受到影響嗎？
How are you and your children doing now? Any other family affected?
- i) 是否曾有司法或法律機關介入？
Has there been legal intervention?
- j) 在目前這段期間，你採取了哪些措施來保護自己？
What have you done to protect yourself for the time being?

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k) 在這段經歷中，你曾經歷過哪些情緒？請誠實分享。

What feelings have you gone through? Be honest.

i. 當你需要傾訴時，有誰可以陪伴你、聆聽你？

Who do you have to talk to?

ii. 你目前如何表達或處理自己強烈的情緒？

How are you expressing strong feelings?

iii. 請描述你的支持系統（support network）。

Describe your network of support.

iv. 這件事對你的經濟生活造成了哪些影響？

What has been the financial impact to your life?

v. 請描述你目前與神同行的光景。

Describe your walk with God right now.

i.

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2

Critique and Counsel

聖經觀點 Biblical Insight

A. 聖經對暴力的觀點

Scriptural View of Violence

1. 箴言 29:22 說：「好氣的人挑啟爭端；暴怒的人多多犯罪。」這句箴言同時適用於男性和女性，說明無法控制的怒氣可能導致犯罪，並造成對他人的傷害。

Proverbs 29:22 says that “An angry man stirs up dissension, and a hot-tempered one commits many sins.” This proverb is for both men and women and illustrates that uncontrolled anger can lead to sinful and harmful actions.

2. 主絕不縱容人對他人施行暴力。詩篇 11:5 提到：「耶和華試驗義人；惟有惡人和喜愛強暴的人，祂心裡恨惡。」

The Lord does not condone violence against other human beings. Psalm 11:5 notes that “**The Lord** examines the righteous, but the wicked and those who love **violence** His soul **hates**.”

3. 神賜給人自由意志，可以選擇自己的行為。祂沒有像操縱木偶一樣控制人，因此有些人會選擇採取具傷害性的攻擊行為。然而，神並不期待任何人成為長期受害者。箴言 27:12 說：「通達人見禍藏躲；愚蒙人前往受害。」神期待我們在情況需要時，主動尋求幫助、安全與保護。

God has given us the free will to choose our actions. His unwillingness to control us like puppets allows some to choose to engage in harmful acts of aggression. However, He does not expect anyone to remain a victim. “The prudent see **danger** and **take refuge**, but the simple keep going and **suffer** for it” (Proverbs 27:12). He expects us to seek out help, safety, and security when the situation calls for it.

B. 如果聖經教導妻子要順服丈夫，那麼離開施暴的配偶是否是錯的？

If the Bible teaches that wives should submit to their husbands, is it wrong to leave an abusive spouse?

1. 聖經清楚教導，丈夫的責任是保護並愛自己的妻子，如同基督愛教會一樣。The Bible is clear that a husband’s job is to protect and love his wife like Christ loved the church.

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2. 以弗所書 5:25 – 28 「你們作丈夫的，要愛你們的妻子，正如基督愛教會，為教會捨己。要用水藉著道把教會洗淨，成為聖潔，可以獻給自己，作個榮耀的教會，毫無玷污、皺紋等類的病，乃是聖潔沒有瑕疵的。丈夫也當照樣愛妻子，如同愛自己的身子；愛妻子的，便是愛自己了。」

Ephesians 5:25-28 Husbands, love your wives, even as Christ also loved the church, and gave Himself for it, That He might sanctify and cleanse it with the washing of water by the word; That He might present it to Himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

- C. 「好生氣的人，不可與他結交；暴怒的人，不可與他來往。」（箴言 22:24）

Proverbs 22:24 Do not make friends with a hot-tempered man, do not associate with one easily angered.

1. 神清楚地教導，當你身處危險之中時，應當採取適當的措施，使自己離開危險的環境。無論是否討論離婚，為了保障自己以及家中其他成員的人身安全，暫時分居可能是必要的。

God is clear that when you are in danger, the appropriate steps to take are to remove yourself from that situation. Whether or not divorce is discussed, a separation to maintain your safety and the safety of any others in the home may be necessary.

智慧的勸勉 Wise Counsel

- A. 家庭暴力的受害者

The Victim of Domestic Violence

1. 丈夫或妻子對配偶造成身體或情緒上的傷害，並**不是**正常的婚姻關係。應從溝通、親密關係及友誼等層面來評估這段關係，客觀判斷彼此之間的互動是否健康、合宜。

It is **not** normal for a husband or wife to inflict physical or emotional hurt upon their spouse. Evaluate the relationship from the aspects of communication, intimacy, and friendship to objectively determine if the interactions are appropriate.

2. 雖然聖經中明確提到可以離婚的理由只有性方面的罪（一方或雙方違反婚約的不忠行為）以及遭配偶遺棄，但為了保護自己或他人（例如：孩子）的安全，受虐者離開施暴者或暫時分居，是適當且合理的做法。

While the only biblical reasons for divorce are sexual sin (by one or both of the partners in violation of the marital covenant) and abandonment, it is appropriate for a victim of abuse to leave or separate from an abuser in order to protect themselves or others (i.e., children).

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3. 與受害者一起檢視虐待循環，幫助他們辨識反覆出現的虐待模式，進而增加對自身處境的洞察。

Review the stages of abuse with the victim in order to help them gain insight into the recurring patterns of abusive interactions:

- a) 激化期：其特徵包括 緊張氣氛逐漸升高，彼此指責，言語攻擊，憤怒開始累積。

Agitated Stage: characterized by tension, blaming, verbally aggressive interactions, beginning stages of anger.

- b) 爆發期: 其特徵是，對物品施以暴力，對他人施以肢體暴力。

Acute Stage: characterized by physical aggression toward inanimate objects or other people.

- c) 道歉期：其特徵是所謂的「蜜月期」。在這個階段，施暴者通常會表現得非常懊悔、充滿歉意，也特別關心、體貼受害者。這個階段通常令人感到愉快，也容易讓受害者重新燃起希望，相信配偶真的會改變。

Apologetic Stage: characterized by a “honeymoon phase” in which the abuser become very contrite and attentive. This stage is generally very pleasant and provides the victim with hope that the spouse is going to change.

- d) 對受害者在情緒掙扎中所承受的痛苦與困惑表達同理心。同時，不斷強調保護自己以及任何受到牽連的孩子，在身體及情緒上的安全是極其重要的。

Empathize with the pain and confusion of the emotional struggle that the victim is going through. Reinforce the need to provide physical and emotional safety for oneself and any children involved.

B. 針對家庭暴力施暴者

For Perpetrators of Domestic Violence

1. 向施暴者提供符合聖經真理的教導與洞見，使其了解神眼中的婚姻關係應當是什麼樣子，並糾正任何對聖經經文的誤解或錯誤詮釋。

Provide biblical education and insight for the perpetrator as to how a relationship should look in the eyes of God and correct any misunderstanding or misinterpretation of scriptures.

- a) 錯誤觀念：神造女人比男人低一等，因此男人擁有優越地位和權柄。聖經教導：「並不分猶太人、希利尼人，自主的、為奴的，或男或女；因為你們在基督耶穌裡都成為一了。」（加拉太書 3:28）

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Misconception: God made women inferior to men, giving men superiority and authority. **Truth:** **Galatians 3:28** *There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.*

- b) **錯誤觀念：**《以弗所書》5:24 說：「妻子凡事都要順服丈夫。」聖經教導：「彼得和眾使徒回答說：『順從神，不順從人，是應當的。』」（使徒行傳 5:29）（意即：任何人都不能利用「順服」的教導，要求配偶違背神的旨意或容忍罪惡與暴力。）

Misconception: **Ephesians 5:24** says, “Wives should submit to their husbands in everything.” **Truth:** **Acts 5:29** *Peter and the other apostles replied: ‘We must obey God rather than men!’”*

- c) **錯誤觀念：**聖經說丈夫是妻子的頭，因此丈夫有權控制妻子生活中的每一件事。聖經教導：「因為丈夫是妻子的頭，如同基督是教會的頭；祂又是教會全體的救主……丈夫也當照樣愛妻子，如同愛自己的身子；愛妻子的，便是愛自己了。從來沒有人恨惡自己的身子，總是保養顧惜，正像基督待教會一樣。」（以弗所書 5:23、28-29）這段經文強調，丈夫作為「頭」的責任，是以基督愛教會的方式去愛、保護、照顧妻子，而不是控制或虐待她。

Misconception: The Bible says that the husband is the head of the wife and therefore has the right to control every aspect of her life. **Truth:** **Ephesians 5:23, 28-29** *For the husband is the head of the wife as Christ is the head of the church, His body, of which He is the Savior...Husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church.*

2. 鼓勵施暴者承認自己的行為如何傷害並影響他人。協助他們了解，單純的「道歉」與真正的「悔改」是不同的。真正的悔改意味著願意採取實際行動，防止相同的傷害行為再次發生，而不只是口頭說「對不起」。
Encourage them to acknowledge how their behaviors hurt and affect others. Talk about the difference between an “apology” for their behavior and true repentance which means they will take steps to keep the behaviors from occurring again.
3. 帶給施暴者盼望，相信神能夠幫助他們改變，並使婚姻關係朝向正面的方向更新。「不要效法這個世界，只要心意更新而變化……」（羅馬書 12:2）
Give hope that God can help bring positive change to the relationship (Rom. 12:2).
4. 協助雙方尋找具有執照、且在家庭暴力議題上具有專業能力與實務經驗的專業人士，陪伴並支持他們走過改變與復原的歷程。
Help them find a competent, experienced licensed professional who will support them through the process of change.

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3

Application and Prayer

實際應用 Application

A. 針對目前仍處於家庭暴力中的夫妻

For Couples Currently Living with Domestic Violence

1. 確保雙方在身體與心理上的安全與保障。
Ensure safety and security both physically and mentally.
2. 接受專業的婚姻諮商。(建議事先準備幾位值得推薦的專業婚姻諮商師或機構，以供夫妻選擇。)
Attend professional marriage counseling. (It is a good idea to have several recommendations to give to the couple.)
3. 閱讀建議書籍，並參加適合的支持團體。(建議預先準備一份推薦書單，以及在可能的情況下，提供婚姻支持團體、憤怒管理團體及家庭暴力受害者支持團體等資源名單。)
Read suggested books/attend suggested groups or supports. (Have a recommended reading list and, if possible, a recommended list of marriage support groups, anger management groups, victims of domestic violence groups).

B. 針對家庭暴力受害者

For Victims of Domestic Violence

1. 參加復原支持團體。(建議預先準備可推薦給當事人的相關團體或機構名單。)
Attend a recovery group. (Have recommended locations to give the individual.)
2. 接受專業心理諮商。(建議事先準備幾位值得推薦的專業諮商師或相關機構，以便提供給當事人。)
Attend professional counseling. (It is a good idea to have several recommendations to give to the individual)
3. 在情緒脆弱期間，不要做任何重大的人生決定(包括開始新的交往關係)，理想上至少維持一年。

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Make no major life decisions (including new dating relationships) during a time of emotional vulnerability (ideally for at least one year)

4. 積極投入教會生活。(建立一個健康、安全且能提供支持的屬靈團契與友誼網絡。)

Actively pursue church involvement. (Build a healthy safe network of friends and support.)

禱告 Prayer

「主啊，我們知道祢恨惡暴力。祢不願看見祢的兒女在情感上或身體上受到傷害或摧毀。祢也恨惡那些透過世代相傳的虐待循環所延續、散播的錯誤教導。主啊，求祢幫助我們明白祢的旨意，並賜給我們智慧，使我們能夠保護那些無力保護自己的人。今天，我特別為……禱告。」

Lord, we know that You hate violence. You hate to see Your children harmed or destroyed emotionally or physically. You hate the false teaching that are perpetrated through generational abusive cycles. Help us Lord to understand Your will and to use wisdom in protecting those who cannot protect themselves. I pray today for . . .

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4 Recommended Resources

The Quick-Reference Guide to Biblical Counseling Tim Clinton、Ron Hawkins 著。《聖經輔導快速參考指南》。Baker Books，2009 年。

June Hunt 著。Domestic Violence: Assault on a Woman's Worth。《家庭暴力：對女性尊嚴的侵害》。Rose Publishing，2013 年。

Catherine C. Kroeger 著。No Place for Abuse: Biblical & Practical Resources to Counteract Domestic Violence。《拒絕虐待：對抗家庭暴力的聖經與實務資源》。IVP Books，2010 年。

Joyce Meyer 著。Beauty for Ashes: Receiving Emotional Healing。《以華冠代替灰塵：領受情感的醫治》。FaithWords，2003 年。

Clinton, Tim, and Ron Hawkins. *The Quick-Reference Guide to Biblical Counseling*. Baker Books, 2009.

Hunt, June. *Domestic Violence: Assault on a Woman's Worth*. Rose Publishing, 2013.

Kroeger, Catherine C. *No Place for Abuse: Biblical & Practical Resources to Counteract Domestic Violence*. IVP Books, 2010.

Meyer, Joyce. *Beauty for Ashes: Receiving Emotional Healing*. Faithwords, 2003.

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5

Taking it to the Church

修復破碎的生命：正視家庭暴力

Restoring the Broken: Confronting Domestic Violence

作者：珍妮佛·麥柯拉克

By Jennifer McCurrach

重點 Focus

闡述聖經對婚姻的根基，以及符合聖經真理的婚姻應有的架構。探討那些常被用來合理化家庭暴力（包括身體暴力與情緒暴力）的錯誤觀念與迷思，並提供一條無論是在婚姻關係中，或是在婚姻關係之外，都能邁向醫治與恢復的道路。

Describe the biblical foundation for marriage and how a biblical marriage is structured. Discuss common misconceptions that can be used to justify domestic violence both physically and emotionally. Provide a path toward recovery either within or without the marriage.

經文 Lesson Text

以弗所書 5:21–33 21 又當存敬畏基督的心，彼此順服。22 你們作妻子的，當順服自己的丈夫，如同順服主。23 因為丈夫是妻子的頭，如同基督是教會的頭；祂又是教會全體的救主。24 教會怎樣順服基督，妻子也要怎樣凡事順服丈夫。25 你們作丈夫的，要愛你們的妻子，正如基督愛教會，為教會捨己。26 要用水藉著道把教會洗淨，成為聖潔，27 可以獻給自己，作個榮耀的教會，毫無玷污、皺紋等類的病，乃是聖潔沒有瑕疵的。28 丈夫也當照樣愛妻子，如同愛自己的身子；愛妻子的，便是愛自己了。29 從來沒有人恨惡自己的身子，總是保養顧惜，正像基督待教會一樣。30 因我們是祂身上的肢體，就是祂的骨祂的肉。31 為這個緣故，人要離開父母，與妻子連合，二人成為一體。32 這是極大的奧祕，但我是指著基督和教會說的。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 5:21-33 (NKJV) 21 submitting to one another in the fear of God. 22 Wives, submit to your own husbands, as to the Lord. 23 For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. 24 Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. 25 Husbands, love your wives, just as Christ also loved the church and gave Himself for her, 26 that He might sanctify and cleanse her with the washing of water by the word, 27 that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. 28 So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. 30 For we are members of His body, of His flesh and of His bones.

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31 “For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.” 32 This is a great mystery, but I speak concerning Christ and the church. 33 Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.

主題經文 Focus Verse

以弗所書 5:25–27 「你們作丈夫的，要愛你們的妻子，正如基督愛教會，為教會捨己；要用水藉著道把教會洗淨，成為聖潔，可以獻給自己，作個榮耀的教會，毫無玷污、皺紋等類的病，乃是聖潔沒有瑕疵的。」

Ephesians 5:25–27 25 Husbands, love your wives, just as Christ also loved the church and gave Himself for her, 26 that He might sanctify and cleanse her with the washing of water by the word, 27 that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

文化連結：認識婚姻本應有的樣貌

Culture Connection: Understanding What Marriage is Supposed to Be

我們所處的世界，似乎正以光速般的速度不斷改變。科技與科學的進步，創造出一個推崇舒適、便利和享樂，卻輕忽勤奮、紀律與自我犧牲的環境。今天的人們只要能讓自己「快樂」，就想做什麼就做什麼、想什麼時候做就什麼時候做，而很少考慮自己的行為會如何影響他人。這種二十一世紀的生活哲學已經滲透到我們生活的每一個層面，包括婚姻與家庭生活。現代世界所認為的健全家庭，在許多情況下，與聖經對婚姻的理解有著極大的差異。家庭暴力正是這種以自我為中心的心態侵入家庭之後所造成的眾多後果之一。

The world around us appears to be changing at the speed of light. Advances in technology and science have created an environment that promotes comfort, convenience, and pleasure over hard work, discipline, and self-sacrifice. People today do what they want, when they want as long as it makes them “happy” without regard to how it may be affecting others. This twentyfirst century philosophy has invaded every aspect of our life including our marriages and family life. What the modern world perceives as a functional family unit can, in many cases, differ quite vastly from the biblical understanding of marriage. Domestic violence is one of many consequences of the ego-centric mentality that has invaded our homes.

今天，我們的社會比人類歷史上任何時代都受更多教育，也更加緊密地與全球連結。我們正逐漸消除人們對心理健康的污名，也透過反貧窮、反無家可歸，甚至反虐待等各種社會運動，鼓勵人們彼此支持、彼此同理。目前已有庇護所、專業諮商師，以及教會事工、書籍、文章、教育課程，甚至廣播與電視節目等各種形式的支援。然而，儘管我們對社會需求的理解更加成熟，也提供了更多幫助他人的資源，當談到家庭暴力時，我們仍必須面對一個殘酷而嚴峻的現實。僅在美國，每三段親密關係中，就有一段曾經歷某種形式的暴力。在某些國家，若宗教或政治制度支持一個性別支配另一個性別，家庭暴力的比例甚至更高。這是一場隱藏在欺騙與操控之下的無聲流行病。美國婦產科醫師學會報告指出，每年約有三百萬至四百萬名女性在家中遭受毆打。根據美國司法部的統計，每年約有兩千名

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女性死於親密伴侶之手。面對這樣的情況，我們應當如何開始在教會中正視這個議題呢？Today our society is more educated and more globally connected than ever in the history of humanity. We are rapidly reducing the stigmas associated with mental health, we encourage support and empathy for others in our social campaigns against poverty, homelessness, and even abuse. There are shelters, counselors, and support in the form of church programs, books, articles, education, and even radio and television. Yet, in spite of this enlightened approach to social needs and support for others we still face a brutal and harsh reality when it comes to domestic violence. In this country alone, one in three relationships experience violence at some point. In other countries where religious or political support endorses domination of one sex over the other, those rates are even higher. It is a silent epidemic that is shadowed in deception and manipulation. The American College of Obstetricians and Gynecologists reports that 3 to 4 million women are beaten in their homes every year. According to the U.S. Department of Justice, approximately two thousand women are murdered every year by an intimate partner. How can we begin to address this in our churches?

我們必須從教導開始。了解神對婚姻的看法，並勇敢挑戰世界對婚姻所產生的各種扭曲觀念，是關鍵的第一步。透過講道與教導，使信徒明白什麼是真正的「愛」與「尊重」配偶，是建立成功婚姻根基的重要工作。使徒保羅教導丈夫，要愛妻子，如同基督愛教會一樣。這是一個極具力量的宣告，其中包含了自我犧牲、自我放下，以及完全委身的意義。基督與教會之間的關係，並不是建立在支配與控制之上，而是建立在一種充滿愛的氛圍中；這份愛如此深厚，以致激勵人透過關懷與支持，自願地回應順服與委身。以弗所書 5:27 進一步指出，丈夫對妻子的愛，最終應當使婚姻呈現出一個「榮耀」的樣貌，沒有玷污、沒有皺紋，也沒有任何瑕疵。當丈夫向妻子展現這樣的愛與委身時，妻子自然能夠甘心樂意地順服丈夫。

We must begin with instruction. Understanding what God's view of marriage should be and challenging the distortions of the world is key. Preaching and teaching on what it means to "love" and "respect" your partner is vital to establishing a foundation for successful marriages. Paul instructed husbands to love their wives as Christ loved the church. This is a powerful statement with implications of self-sacrifice, self-effacement, and complete devotion. The relationship of Christ with the church is not one of domination and control. But rather one of creating an atmosphere of love so strong that it encourages submission and devotion through caring and support. Ephesians 5:27 goes on to say that the love of a husband for a wife should ultimately present a relationship that is "glorious" without spot, wrinkle or blemish. It is easy and right for a wife to submit to a husband that shows her that kind of love and devotion.

神從未呼召我們把自己置於暴力之中，也沒有要求我們繼續留在暴力的環境裡。耶穌在祂的事奉中，多次表明，避開迫害是可以接受，也是神所期待的。在約翰福音第七章和第十章中，耶穌刻意不前往猶太地，因為祂知道那裡的猶太人正等待著要殺害祂。在馬太福音和路加福音中，我們也看見耶穌吩咐門徒：若有人不願意聽從他們，就當離開那裡，並把腳上的塵土跺下（也就是不要再回頭）。箴言 19:19 也指出，人必須承擔自己行為所帶來的後果：「暴怒的人必受刑罰；你若救他，必須再救。」如果我們縱容、掩蓋或默許家庭中的暴力，實際上就是在「拯救」施暴者。這樣做不但不能阻止他們繼續施暴，反而只會

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讓他們持續從事虐待行為，甚至使暴力一步步升級。因此，作為使徒性的教會，我們必須積極透過講道、教導、查經以及訓練課程，展開有關家庭暴力的對話。挑戰人們對婚姻關係的錯誤觀念，幫助家庭超越世界對婚姻的看法，是我們不可推卸的責任。我們必須藉著活出符合聖經真理的婚姻，成為基督與教會關係最真實的見證與榜樣。

God does not call us to either place ourselves in violent situations or to remain in violent situations. Jesus illustrated that it was acceptable and expected that we would avoid situations of persecution throughout His ministry. In John 7 and 10 Jesus purposely avoided going to Judea because He knew the Jews were there waiting to take His life. In Matthew and Luke we see Jesus instructing His disciples to walk away from people who will not listen to them and to “shake off the dust” of their feet (or rather to not look back). Proverbs 19:19 indicates that we must allow people to suffer the consequences of their actions. “A hot-tempered man must pay the penalty; if you rescue him, you will have to do it again.” If we condone, cover up, or accept violence in the home we are in essence “rescuing” the perpetrator. This will not stop them from acting on their abuse but will only allow them to continue engaging in abusive behaviors and even creating an environment for an escalation of those behaviors. It is vital that we, as the Apostolic church, engage in conversations about domestic violence through preaching, teaching, Bible study, or training classes. It is our responsibility to challenge misconceptions about relationships and to help our families rise above the world’s view of marriage. We must exemplify the relationship between Christ and the church through our example of a biblical marriage.

查考聖經 Searching the Scriptures

彼得前書 3:7 「你們作丈夫的，也要按情理和妻子同住；因她比你軟弱，與你一同承受生命之恩的，所以要敬重她。這樣，便叫你們的禱告沒有阻礙。」

1 Peter 3:7 (KJV) Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

加拉太書 3:28 「並不分猶太人、希利尼人，自主的、為奴的，或男或女；因為你們在基督耶穌裡都成為一了。」

Galatians 3:28 (KJV) There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus

使徒行傳 5:29 「彼得和眾使徒回答說：『順從神，不順從人，是應當的。』」

Acts 5:29 (KJV) Peter and the other apostles replied: ‘We must obey God rather than men!’

箴言 2:12 「智慧要救你脫離惡道，脫離說乖謬話的人。」

Proverbs 2:12 (KJV) Wisdom will save you from the ways of wicked men, from men whose words are perverse.

羅馬書 12:2 「不要效法這個世界，只要心意更新而變化，叫你們察驗何為神的善良、純全、可喜悅的旨意。」

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Romans 12:2 (KJV) Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing and perfect will.

以賽亞書 41:10 「你不要害怕，因為我與你同在；不要驚惶，因為我是你的神。我必堅固你，我必幫助你；我必用我公義的右手扶持你。」

Isaiah 41:10 (KJV) Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.

討論重點 Talking Points

神設立婚姻，是要使婚姻成為祂與教會關係在地上的見證。人對於「美好」或至少「可以接受」的定義，極少——甚至從未——與神對良善和正確的標準完全一致。當耶穌教導人「有人打你的右臉，連左臉也轉過來由他打」時，祂並不是鼓勵人容許自己遭受虐待，而是教導人不要以報復來回應傷害。(馬太福音 5:38-39)

God designed marriage to be an earthly witness of His relationship with His church. Man's idea of what is good (or at least acceptable) is seldom, if ever, God's idea of good and right. When Jesus said to "turn the other cheek" he was not advocating allowing oneself to be abused, but rather to refrain from taking revenge. (Matthew 5:38-39)

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