家庭危機生命線
快速參考指南及課程手冊

LIFELINE

FOR FAMILIES IN CRISIS

A QUICK REFERENCE AND LESSON GUIDE

關於離婚

DEALING WITH DIVORCE

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A Quick Reference and Lesson Guide

關於離婚
Dealing with Divorce

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1 Scenarios and Assessment

案例研究 Scenarios/Case Studies

A. 案例一 Scenario #1

1. 凱瑟琳發現丈夫和同事有染後，傷心欲絕。更糟的是，她收到了離婚文件。她懇求丈夫進行婚姻諮商，但他卻毫無興趣。

   Cathryn was devastated after discovering her husband had an affair with a co-worker. To make matters worse, she was served with divorce papers. She has pleaded with him to attend marriage counseling, but he acts uninterested.

B. 案例二 Scenario #2

1. 梅根的丈夫從婚後幾年就開始打她。事後他總是道了歉，並聲稱梅根作為基督徒應該原諒他。她也都會原諒他，但之後又發生了同樣的事，週而復始不斷循環。“我覺得根據聖經，我應該和他住在一起，”她說，“但我真的很害怕。”

   Megan’s husband has beaten her since the first years of their marriage. He always apologizes and claims she should forgive him as a Christian. She takes him back, but then it happens again and the cycle is repeated. “I feel biblically I should stay with him,” she explains, “but I’m very scared.”

C. 案例三 Scenario #3

1. 詹姆斯和克莉絲汀經常吵架。“我知道這對孩子們不好，”克莉絲汀說。“我覺得如果我們不在一起，大家的生活會過得更好。”

   James and Christi fight constantly. “I know it’s not good for the children,” Christi says. “I think everyone would be better off if we weren’t together.”

定義與關鍵思考 Definitions and Key Thoughts

A. 事實與數據 Facts and Statistics

1. 根據 2000 年的人口普查，美國一些族群中，單親家庭的數量超過了已婚家庭的數量。

   According to the 2000 census, for some US ethnic populations, single-parent households outnumber homes with a married-couple family.

2. 根據羅格斯大學國家婚姻專案小組發布的報告《2005 年的婚姻狀況》指出，8.1%的家庭是由未婚男女伴侶組成。研究也指出，只有 63%的美國兒童與親生父母共同生活，比例算是西方國家中最低的。

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8.1 percent of coupled households consist of unmarried heterosexual partners, according to *The State of Our Unions 2005*, a report issued by the National Marriage Project at Rutgers University. The same study said that only 63 percent of American children grow up with both biological parents—the lowest figure in the Western world.

3. 2005 年的離婚率（每千人）為 3.6，是 1970 年以來的最低水平，低於 2000 年的 4.2 和 1990 年的 4.7。

   The divorce rate in 2005 (per 1,000 people) was 3.6—the lowest rate since 1970, and down from 4.2 in 2000 and from 4.7 in 1990.

4. 巴納集團的研究顯示，35%的已婚人士都經歷過離婚，18%的離婚人士經歷過多次離婚。在重生基督徒中，多次離婚的情況極為普遍——23% 的人離婚兩次或兩次以上。

   Research by The Barna Group shows that 35 percent of married people endure a divorce, and 18 percent of divorced people are divorced multiple times. Multiple divorces are extraordinarily common among born-again Christians—23 percent are divorced two or more times.

5. 根據沃勒斯坦和布萊克斯利的著作《美滿婚姻》所述，許多子女即使在父母離婚 10 到 15 年後，仍然承受著不幸福婚姻所帶來的後果。

   According to Wallerstein and Blakeslee, in their book, *The Good Marriage*, many children continue to battle with consequential unhappiness even ten to fifteen years after the divorce of their parents.

6. 儘管教會反對離婚，但基督徒的離婚率與非基督徒一樣。

   Although Christian churches teach against divorce, the rate of divorce among Christians is identical to the non-Christian population.

7. 今天的牧師比以前的牧師要處理更多離婚或復合的議題。

   Today's pastors will deal with divorce and recovery much more than their predecessors.

8. 離婚不僅意味著婚姻的終結，也意味著整個家庭的終結。同時，離婚也是夢想的破滅。因為基督徒步入婚姻殿堂時，是不會期待離婚的。Divorce is the death of not only a marriage, but the entire family. It's the death of a dream. Christians do not enter marriage expecting a divorce.

B. 聖經中關於離婚的原因 Biblical Reason for Divorce

1. 在馬太福音 19:9 中，耶穌說，如果一方在婚姻契約之外犯了性行為，另一方可以自由離婚並再婚，因為婚姻誓言已經被違背。這並不意味著犯了性方面的罪就必須離婚，而是離婚是被允許的。

   In Matthew 19:9, Jesus said if a spouse has committed sexual activity outside the marital covenant, the other spouse is free to divorce and remarry because the marriage vow has been broken. This does not mean divorce is required where sexual sin has been committed, but it is permitted.

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C. 分居的理由 Reasons for Separation

1. 雖然聖經沒有明確提及有關身體虐待的處理方式，但為了人身安全，可以將其視為分居的必要理由。聖經並沒有要求配偶繼續住在自己或子女遭受身體虐待的家庭中。

   修復關係應該基於施虐者行為的顯著改變（真正的悔改），並且持續一段時間。

   Physical abuse, though not addressed biblically, may be deemed a necessary reason for separation to provide physical safety. Scripture does not command a spouse to stay in a home where he or she or the children are being physically abused.

   Restoration should be based on a significant change in the abuser's behavior (true repentance) that lasts for an extended period of time.

2. 精神虐待或言語虐待，如同身體虐待一樣，在聖經中並沒有明確提及是構成離婚的理由。然而，嚴重的貶低和貶損性的言語是可以成為分居的因素。修復關係應該遵循處理身體虐待的模式來處理。

   Mental or verbal abuse, like physical abuse, is not specifically addressed in Scripture as a biblical reason for divorce. However, severe belittling and demeaning communication can be a cause for separation. Restoration should follow the pattern established for physical abuse.

3. 配偶一方成癮的狀態危害到配偶或子女時，可為分居的理由。修復關係應遵循身體虐待的既定模式。

   Addictions resulting in harmful behavior to the spouse or children can be a reason for separation. Restoration should follow the pattern established for physical abuse.

4. 如未能提供適當的食物、衣服、住所或對兒童的監護，導致兒童面臨生命危險之忽視或遺棄，也能構成正當分居理由。配偶可將子女或成癮者帶離家，為子女和自身提供更安全的環境。修復關係也應遵循上述針對身體虐待的既定模式。

   Neglect or abandonment, such as failing to provide proper food, clothing, shelter, or supervision of children that may result in life-threatening situations can also be a valid reason for the spouse to remove either the children or the addict from the home to provide a safer environment for the children and themselves. Restoration should again follow the pattern outlined above for physical abuse.

D. 離婚的後果 Consequences of Divorce

1. 離婚看似解決了現有問題，但總是會帶來新的問題。

   Divorce always creates new problems, even though it may seemingly solve existing problems.

2. 「孩子們會覺得他們的童年永遠消失了。父母離婚，孩子卻要為父母的過失付出代價，危及他們未來的生活。」（朱迪思·沃勒斯坦博士）

   "Children feel that their childhood has been lost forever. Divorce is a price they pay as forfeiture to their parents' failures, jeopardizing their future lives" (Dr. Judith Wallerstein).

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3. 離婚的痛苦會摧毀孩子，並伴隨他們成長，影響他們的性格和人生選擇。
   The pain of divorce can devastate and follow children into their adult years influencing their personalities and life choices.

1. 3 評估（訪談）**Assessment (Interview)**

A. 針對考慮離婚的夫妻 **For Couples Contemplating Divorce**

1. 大多數夫妻在尋求諮商時，是帶著離婚這個選項而來，諮商通常是他們最後的選擇之一。
   By the time most couples come for counseling with divorce as a possible option, counseling is usually one of the last options.
2. 需提出以下問題，以確定是否需要轉介專業人士或聯絡警方：
   Questions to ask to determine if a referral to a professional is needed, or if police should be contacted:
   a) 你的配偶是否會對你造成人身傷害？
      Are you in any physical danger from your spouse?
   b) 描述你和/或你的孩子在家中遭受的虐待。
      Describe any forms of abuse that has occurred in your home to you and/or your children.
      (1) 虐待的形式包括言語、身體和/或性虐待。如果已經發生或正在發生身體或性虐待，第一步是將受虐待的配偶和/或孩子轉移到安全的地方。然後，再開始諮商。
      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. The couple can then begin counseling.
      (2) 如果涉及虐待，受到虐待的是受害者。沒有任何理由應導致虐待行為。
      If abuse is involved, the abused individual is a victim. No behavior warrants abuse as a consequence.
      (3) 答案沒有「對錯」之分。這是為了了解個人/家庭成員的心態。
      Answers are not "right or wrong." This is to see the mindset of the individual/family members.
      (4) 對於後續問題，盡量避免問「為什麼」。相反，使用「原因是什麼...」這將使會談對象不會產生防禦心理。
      For follow-up questions try to refrain from asking "why." Instead, use "what was the reason for…" This will keep client from getting defensive.
   c) 特別注意 Special Note

(1) 如果你意識到有上述虐待情形，你可能需要根據你所在的縣市和當時情況通知當局。最好聯絡你當地的警察局，並了解你的義務。一旦你意識到有虐待情況並你的具體責任為何，最好先提前告知對方。

If you are made aware of such abuse, 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 responsibilities are should you be made aware of abuse, it is a good idea to let the couple know in advance.

(2) 如果提到自殺或殺人的想法/意圖，請詢問：

If suicidal or homicidal thoughts/intentions are mentioned, ask:

(a) 此人以前嘗試過嗎？*Has the person tried it before?*

(b) 此人有理由嗎？*Does the person have a reason?*

(c) 此人有計劃嗎？*Does the person have a plan?*

(d) 此人有辦法嗎？*Does the person have the means?*

3. 一般問題 General Questions

a) 是什麼讓你們今天來到這裡？What has brought you both here today?

b) 你來諮商的目標是什麼？What is the goal of your coming to counseling?

c) 請告訴我你的婚姻狀況：Tell me about your marriage:

(1) 你們結婚多久了？How long have you been married?

(2) 你們是如何相遇的？How did you both first meet?

(3) 吸引彼此的是什麼？What was the attraction to each other?

(4) 是什麼促使你們決定結婚？What made you decide to marry each other?

(5) 請講講你們的孩子。Tell me about your children.

d) 今天你們來這裡是為了什麼具體的問題？

What specific problems bring you here today?

(1) 你們過去是如何嘗試解決這些問題的？

How have you tried to solve these problems in the past?

(2) 你們兩個有沒有考慮過離婚？聖經的依據是什麼？

Are either of you considering divorce? What are the biblical grounds?

(利用這個機會探討聖經對離婚的看法

(Use this opportunity to explore what the Bible says about divorce)

(3) 還有和解的希望嗎？Is there hope for reconciliation?

(4) 告訴我你與上帝同行的經驗。Tell me about your walk with God.

(5) 告訴我你的背景（你的兄弟姊妹、父母、童年）。

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Tell me about your backgrounds (your siblings, your parents, your childhood).

(6) 過去在你的生命中，離婚扮演什麼角色？

What role has divorce played in your background?

e) 讓我們探討離婚會如何影響你的家庭（尤其是孩子）

Let's explore how divorce would affect your family (especially the children).

B. 離婚的受害者 For the Victim of Divorce

1. 離婚的受害者尋求心理諮商是一個正面的信號，因為他們表明儘管離婚導致自我形象低落，但他們仍然承認自己需要幫助。

   It is a positive sign when victims of divorce seek counseling because they are demonstrating acknowledgement of the need for help in spite of a diminished selfview brought on by divorce.

2. 需要提出以下問題來確定是否需要轉介給專業人士或是否應該聯絡警方：

   Questions to ask to determine if a referral to a professional is needed, or if police should be contacted:

   a) 描述你一天中大多有什麼感受－描述你的想法、行為、對話和活動（你要排除重度憂鬱症）。

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

   b) 你有過傷害自己或別人的想法嗎？如果有，你有計劃嗎？計劃包括哪些內容？你有實現計劃的方法嗎？（你要排除自殺的可能性或威脅傷害他人的可能性。）

      Have you had any thoughts of hurting yourself or others? If so, do you have a plan? What would it consist of? Do you have the means to accomplish this plan? (You want to rule out the likelihood of suicide or threat of harm to others.)

   c) 特別注意 Special Note:

      如果你意識到有自殺行為或自殺計劃，你可能需要根據你所在的地方政府和具體情況通知當局。最好聯絡你當地的警察局，以了解你的義務。一旦你了解了在得知自殺行為或計劃時你的具體責任，最好提前告知當事人。

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

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3. 一般問題 General Questions
   a) 我今天能為你做些什麼？
      How can I be of help to you today?
   b) 你來諮商的目的為何？
      What is the goal of you coming to counseling?
   c) 請告訴我你的婚姻狀況：
      Tell me about your marriage:
      (1) 你們結婚多久了？
          How long were you married?
      (2) 你們是怎麼認識的？
          How did you both first meet?
      (3) 彼此吸引的原因是什麼？
          What was the attraction to each other?
      (4) 是什麼促使你們決定結婚？
          What made you decide to marry each other?
      (5) 請告訴我你們的孩子的狀況。
          Tell me about your children.
   d) 婚姻中，你們對彼此的感情有了哪些改變？
      What feelings changed about each other during the marriage?
   e) 問題何時開始出現？When did the problems start?
   f) 你們的婚姻是如何結束的？你們曾經嘗試過哪些方法來挽救它？
      How did your marriage end and what did you try to do to save it?
   g) 你和你的孩子現在過得怎麼樣？還有其他家人受到影響嗎？
      How are you and your children doing now? Any other family affected?
   h) 你經歷了哪些感受？請誠實回答。
      What feelings have you gone through? Be honest.
      (1) 你需要與誰傾訴？
          Who do you have to talk to?
      (2) 你是如何表達強烈的感受的？
          How are you expressing strong feelings?
      (3) 描述你的支持網絡。Describe your network of support.
      (4) 婚姻對你的生活造成了哪些經濟影響？
          What has been the financial impact to your life?
      (5) 描述你現在與上帝同行的情況。
          Describe your walk with God right now.

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2 Critique and Counsel

評論與忠告

聖經觀點 Biblical Insight

A. **聖經對離婚的看法 Scriptural View of Divorce**

1. 瑪拉基書 2:16 說「耶和華恨惡離婚」。先知瑪拉基正在對那些對妻子不忠的男人說話。

   Malachi 2:16 says the "*Lord hates divorce*." Malachi was addressing men who were unfaithful to their wives.

2. 羅馬書 12:15 說我們應該「與哀哭的人要同哭」。對於那些經歷過離婚創傷的人，教會應該同情他們，與他們同悲，用愛包圍他們，幫助他們克服被拒絕的痛苦，並給予鼓勵，為他們提供在教會服事的機會。

   Romans 12:15 states we should "*weep with those who weep*." For those having experienced the trauma of divorce, the church should be compassionate, grieve with them, surround them with love in order to help them overcome rejection and feel encouraged, and provide opportunities for them to serve in the church.

B. **「人若娶妻，見她有什麼不潔，不喜悅她，就要寫休書交在她手中，打發她離開夫家」（申命記 24:1）。**

   "When a man takes a wife and marries her, and it happens that she finds no favor in his eyes because he has found some uncleanness in her, and he writes her a certificate of divorce, puts it in her hand, and sends her out of his house" (Deuteronomy 24:1).

1. 摩西關於離婚的律法是在一種文化背景下制定的，在這種文化中，男人可以口頭休妻，不給妻子留下任何財產和權利。這些關於離婚的誡命是為了保護那些最無助的人──婦女和她們的兒女。

   The Mosaic laws regarding divorce were given in a culture where a man could divorce his wife verbally and leave her with no property or rights. These commandments regulating divorce were meant to protect those left most helpless—the woman and her children.

2. 上帝期望人信守承諾，不會輕易放棄。

   God expects people to honor their commitments and does not give them an easy way out.

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C. 「他們對他說：『這樣，摩西為什麼吩咐給妻子休書就可以休她呢？』耶穌說：『摩西因為你們的心硬，所以許你們休妻，但起初並不是這樣。』」（馬太福音 **19:7-8**）。
"They said to Him, 'Why then did Moses command to give a certificate of divorce, and to put her away?' He said to them, 'Moses, because of the hardness of your hearts, permitted you to divorce your wives, but from the beginning it was not so'" (Matthew 19:7–8).

1. 上帝的旨意始終是一男一女終身持守婚姻（創 2:24）。摩西的確允許離婚（申 24:1），但這只是因為人心「剛硬」。在某些情況下，離婚是允許的，但婚姻誓言應該終身有效。
God has always intended for one man and one woman to remain married for life (Genesis 2:24). Moses indeed permitted divorce (Deuteronomy 24:1) but only because of the "hardness" of human hearts. Divorce is permissible under certain **circumstances, but marriage vows should be taken for life.**

D. 特別注意 **Special Note**

1. 詢問他們對聖經的看法有什麼意見。
Ask for feedback on what the Bible says about their situation.

明智的忠告 **Wise Counsel**

A. 針對考慮離婚的夫妻 **For Couples Contemplating Divorce**

1. 探討聖經中關於離婚的教導。解釋上帝憎惡離婚，因為它會造成傷害。
Explore what God's Word has to say about divorce. Explain that God hates divorce because of the hurt it causes.
2. 明確指出，聖經中唯一允許離婚的理由是性犯罪（一方或雙方違反婚姻契約）。
Make clear that the only biblical reasons for divorce are sexual sin (by one or both of the partners in violation of the marital covenant).
3. 明確指出，聖經並非命令離婚，而是允許在上述情況下離婚。當違反婚姻契約的一方真心悔改並改變時，饒恕和關係修復是最佳選擇。
Make it clear that the Bible does not command, but rather allows for divorce in such situations described above. Forgiveness and restoration are the preferred option when true repentance and change is embraced by the partner violating the marital covenant.
4. 體諒夫妻雙方正在經歷的痛苦和傷害，但要探討離婚可能帶來的新問題：經濟困難、監護權的定奪（爭執）、可能產生的內疚、憤怒、悲傷、憂鬱和巨大的壓力。
Empathize with the pain and hurt both spouses are going through, but explore the new problems divorce will bring: financial difficulty, custody decisions (battles), probable guilt, anger, grief, depression, and high levels of stress.

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B. 針對離婚受害者 **For Victims of Divorce**

1. 鼓勵離婚的人，上帝知道他們的痛苦，並為此感到悲傷（以賽亞書 40:27-28）。
   Encourage the divorcees that God sees their pain and is grieved by it (Isaiah 40:27–28).
2. 體諒他們被背叛和被拒絕的感受－基督自己也曾經歷背叛和拒絕。
   Empathize with their feelings of betrayal and rejection—relate to Christ's own betrayal and rejection.
3. 解釋悲傷的過程、它的重要性、以及它所需的時間。它可能需要兩到五年的時間，包含五個階段：否認、憤怒、討價還價、憂鬱和接受。一個人通常會多次經歷這些階段，但順序不同，直到完全得醫治為止。
   Explain the process of grief, its importance, and the time it takes. It can take two to five years and consists of five stages: denial, anger, bargaining, depression, and acceptance. An individual will usually experience these stages many times in different order until healing occurs.
4. 給予希望，相信上帝即便在這種情況仍能帶來益處（羅馬書 8:28）。
   Give hope that God can bring good out of this situation (Romans 8:28).
5. 解釋饒恕的重要性。離婚的人絕不能接受離婚帶來的羞恥感。一個人只有原諒自己和配偶，才能真正得醫治。否則，憤怒會變成怨恨和苦毒。
   Explain the importance of forgiveness. The divorcee must not accept the shame given to him or her because of the divorce. An individual can never truly be healed until he or she forgives himself/herself and the spouse. Otherwise, anger will turn into resentment and bitterness.

C. 特別注意 **Special Note**

1. 鼓勵牧師以非強制性的方式進行輔導。
   Ministers are encouraged to counsel in a non-forceful way.
2. 輔導的目標應該是加強 神的話語，激發盼望，使其情緒正常化，並引導他們建立健康的心態。
   The goals should be to reinforce God's Word, promote hope, and normalize feelings yet guide towards a healthy mindset.

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3 Application and Prayer

應用與禱告

應用 Application

A. 針對正在考慮離婚的夫妻 For Couples Contemplating Divorce

1. 暫緩離婚（先嘗試和解，並考慮離婚可能造成的損害）。
   Hold off on divorce (agree to attempt reconciliation first and consider the devastation that divorce can cause).
2. 參加專業的婚姻諮商（最好給夫妻雙方一些建議）。
   Attend professional marriage counseling (it is a good idea to have several recommendations to give to the couple).
3. 閱讀推薦的書籍/參加推薦的婚姻退修會（準備一份推薦的閱讀清單，如果可能的話，再準備一份可能有幫助的婚姻退修會推薦清單）。
   Read suggested books/Attend suggested marriage retreats (have a recommended reading list and, if possible, a recommended list of marriage retreats that could be of help).

B. **針對離婚受害者 For Victims of Divorce**

1. 參加支持小組的聚會（提供一些推薦的地點供當事人參考）。
   Attend a recovery group (have recommended locations to give the individual).
2. 參加專業的諮詢（最好給當事人一些建議）。
   Attend professional counseling (it is a good idea to have several recommendations to give to the individual).
3. 在情感脆弱的時期（最好至少一年內），不要做任何重大的人生決定（包括開始新的戀愛關係）。
   Make no major life decisions (including new dating relationships) during a time of emotional vulnerability (ideally for at least one year).
4. 積極參與教會活動（建立一個健康、安全的朋友和支持網絡）。
   Pursue church involvement (build a healthy safe network of friends and support).

禱告 Prayer

主啊，我們知道祢憎惡離婚。祢憎惡它對人的影響。祢憎惡它毀掉婚姻、家庭和夢想。然而，這卻是一個令人悲傷的現實。主啊，我們渴望祢的旨意。我們渴望所有相關人員都能得到最好的結果。我今天要為…來禱告…

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"Lord, we know that You hate divorce. You hate what it does to people. You hate the death it causes of a marriage, a family, and a dream. And yet, it is a sad reality. We want Your will, Lord. We want what is best for all concerned. I pray today for…"

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4 Recommended Resources

推薦資源

A. Allen, Charles L. *God's Psychiatry: Healing for the Troubled Heart and Spirit.* Revel, 1984.

B. Carter, Les. *Grace and Divorce: God's Healing Gift to Those Whose Marriages Fall Short.* Jossey-Bass, 2004.

C. Clinton, Tim. *Before a Bad Goodbye.* Thomas Nelson, 1999.

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

E. Hart, Archibald D. *Helping Children Survive Divorce.* Thomas Nelson, 1997.

F. Wallerstein, Judith S., and Sandra Blakeslee. *The Good Marriage: How and Why Love Lasts.* Grand Central Publishing, 1996.

G. Whiteman, Tom. *Divorce Recovery: For Those Starting over Again.* American Association of Christian Counselors Life Enrich Video Series. See www.aacc.net for more information.

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教會中的應用

上帝對婚姻的旨意 God's Purpose for Marriage

作者：珍妮佛麥庫拉 ***By Jennifer McCurrach***

重點：闡述婚姻的聖經基礎以及符合聖經的婚姻結構。探討婚姻失敗的常見原因，以及如何避免這些陷阱，來鞏固婚姻。

Focus: *Describe the biblical foundation for marriage and how a biblical marriage is structured. Discuss the common causes for failure within marriage and how to avoid those pitfalls while strengthening your marriage.*

課程內容：Lesson Text:

創 2:18-24 [18] 耶和華神說：“那人獨居不好，我要為他造一個配偶幫助他。” [19] 耶和華神用土所造成的野地各樣走獸和空中各樣飛鳥都帶到那人面前，看他叫什麼。那人怎麼叫各樣的活物，那就是它的名字。[20] 亞當便給一切牲畜和空中飛鳥、野地走獸都起了名，只是亞當沒有遇見配偶幫助他。[21] 耶和華神使他沉睡，他就睡了。於是取下他的一條肋骨，又把肉合起來。[22] 耶和華神就用那人身上所取的肋骨，造成一個女人，領她到那人跟前。[23] 亞當說：「這是我骨中的骨，肉中的肉，可以稱她為‘女人’，因為她是從‘男人’身上取出來的。[24] 因此，人要離開父母，與妻子連合，二人成為一體。」

Genesis 2:18–24, KJV *[18] And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him. [19] And out of the ground the Lord God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof. [20] And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him. [21] And the Lord God caused a deep sleep to fall upon Adam and he slept: and he took one of his ribs, and closed up the flesh instead thereof; [22] And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man. [23] And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. [24] Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.*

焦點經文： 以弗所書 5:31 因此，人要離開父母，與妻子連合，二人成為一體。

Focus Verse: Ephesians 5:31, KJV *For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.*

文化連結：婚姻之戰 Culture Connection: A War on Marriage

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當今世界正經歷一場戰爭。這場戰爭並非關乎地理疆界、世俗自由或政府理念，而是關乎我們生活和人際關係的根本結構。大眾媒體試圖將一種新型的家庭結構推崇為一種不僅正常而且令人嚮往的模式。像《今日美國》這樣的大眾雜誌刊登文章，暗示婚姻已經過時。這些報告據稱是基於頗具權威的研究中心的可靠數據。然而，西方媒體僅僅報導了故事的冰山一角。

Our world is fighting a war today. This war is not over geographical territory, secular freedoms, or governmental philosophies. This war is over the fundamental structure of our life and relationships. The popular media seeks to introduce a new type of family unit as not only normal, but desirable. Popular magazines like *USA Today* run stories that insinuate marriage is obsolete. These stories are supposedly based on reliable data from reputable sources like the Pew Research Center. However, the western media is only presenting a fraction of the story.

數據確實表明，結婚人數減少，而選擇同居的夫婦增加。事實上，單親家庭和父母缺席在當今美國幾乎已成為一種流行病。雖然離婚率在一段時間內穩定在 40%左右，但仍遠高於歷史上任何時期。然而，事實並非如媒體所描述的那樣令人絕望。同一項研究還表明，60%目前與伴侶同居但尚未結婚的美國人確實渴望有一天結婚。「愛家」組織報告稱，相信太陽繞地球轉的美國人（18%）比表示完全不想結婚的美國人（13%）更多。談到對家庭的整體態度，76%的受訪者表示自己的家庭是生活中“最重要的元素”，而 22%的受訪者則表示家庭是“最重要的元素之一”。許多大型教會報告稱，開始參加教會活動並尋求夫妻諮詢的未婚夫婦數量有所增加。

It is true that the numbers indicate fewer people are marrying while more couples are choosing cohabitation. In fact, single parent homes and absentee parents have almost become an epidemic in America today. While the divorce rates have remained stable at around 40 percent for some time, it is still at a much higher rate than ever in our history. However, things are not as hopeless as the media would have us believe. The same research also indicates that 60 percent of Americans currently living with a significant other and not yet married do desire to get married someday. Focus on the Family reports the findings by saying that more Americans believe the sun revolves around the earth (18 percent) than say they have absolutely no desire to ever marry (13 percent). When it comes to overall attitudes about family, 76 percent of the respondents indicated their own family was “the most important element” in life, while 22 percent said it was “one of the most import elements.” Many larger churches have reported an increase in the number of unmarried couples beginning to attend church and seeking couples counseling.

那麼，是什麼阻礙了我們回歸更傳統的家庭和婚姻觀呢？或許是社會中對婚姻的負面看法日益盛行。多年來，我們的文化一直將婚姻描繪成充滿挑戰和困境的象徵。從最早的媒體報道，例如名為「比克森一家」的廣播節目，到現代媒體在電視、電影、雜誌和書籍中的呈現，我們的社會一直在貶低和削弱婚姻的意義。即使在教會內，我們有時也習慣於關注婚姻中的問題和困難，而不是努力透過關注婚姻帶來的喜樂和力量來維護和豐富健康的婚姻關係。上帝創造我們是為了尋求陪伴。我們與配偶的關係應該直接反映基督與祂教會的關係。

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So what is the obstacle to returning to a more traditional understanding of family and marriage? Perhaps it is the negative perception of marriage that we have allowed to become common in our society. For many years our cultural representation of the married state has portrayed marriage as challenging and difficult. From the earliest media representations such as radio show called "The Bickersons" to the modern media representations in television, movies, magazines, and books our society has demeaned and undermined the purpose of marriage. Even within the churches, we have sometimes become more accustomed to focusing on the problems and difficulties within marriages rather than working to support and enrich healthy relationships by focusing on the joy and strength that the married state brings. God created us to seek out companionship. Our relationship with our spouse is meant to be a direct reflection of Christ's relationship with His church.

查考聖經 Searching the Scriptures

以弗所書 5:22-33 22 你們做妻子的，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，他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 你們做丈夫的，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，做個榮耀的教會，毫無玷汙、
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 因我們是他身上的肢體。 31 為這個緣故，人要離開父母，與妻子聯合，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 5:22-33 (NKJV) *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. 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.*

聖經很明確地表明，我們的婚姻關係必須反映基督與教會的關係。
The Bible clearly indicates that a marital relationship must be a reflection of Christ's relationship with the church.

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重點提示 Talking Points

上帝設計婚姻，是為了在世上見證祂與教會的關係。人對善（或是合適的事情）理解不多，甚至從未理解上帝對善或對的事的看法。
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.

> 箴 14:12 和 16:25 有一條路，人以為正，至終成為死亡之路。
> **Proverbs 14:12** and **Proverbs 16:25** *There is a way that seems right to a man, but its end is the way of death.*

這節經文其實在聖經中出現了兩次，幾乎一字不差。或許這顯示了它的重要性。上帝的計劃永遠是最好的計劃。
This verse of Scripture is actually in the Bible twice almost word for word. Perhaps this is an indication of its importance. God's plan is always the best plan.

回顧一下聖經中關於婚姻的一些例子，探討每段關係的目的（或見證），以及它們在今天能給我們什麼教訓。
Review some of God's examples of marriage by examining the purpose (or witness) of each relationship and what they can teach us today.

何西阿和歌篾 *Hosea and Gomer*

* 不配得的寬恕 *Undeserved forgiveness*
* 愛中的謙卑 *Humility within love*
* 處理親密關係問題和自私 *Addressing intimacy issues and selfishness*

大衛與米甲 *David and Michal*

* 缺乏尊重導致不團結 *Lack of respect creating disunity*
* 態度如何影響情感依附 *How attitude can affect emotional attachment*
* 解決自私問題 *Addressing selfishness*

雅各和利亞 *Jacob and Leah*

* 忍耐是一種美德 *Patience as a virtue*
* 忽視他人的危害 *The harm of ignoring others*
* 解決金錢問題和親密關係問題 *Addressing money issues and intimacy Issues*

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雅各和拉結 ***Jacob and Rachel***

* 配偶變得比上帝更重要（偶像崇拜）

Spouse becomes more important than God (idolotry)

* 嫉妒和羨慕造成危險 *Jealousy and envy creates danger*

* 解決自私問題 *Addressing selfishness*

雅歌 ***The Song of Solomon***

* 肉體之愛的重要性 *The importance of physical love*

* 肉體吸引力的美妙與恰當性 *The beauty and appropriateness of physical attraction*

* 解決親密關係的議題 *Addressing intimacy issues*

所有這些夫妻，以及聖經中許多其他夫妻的例子，都向我們顯明，婚姻中的主要陷阱並非新鮮事。每一對夫妻都教導我們要警惕，不要讓自私、金錢問題或親密關係的問題在我們的關係中紮根。最終，當我們讓這些問題進入我們的關係時，就會導致離婚的毀滅。

All of these couples and many others in the Bible show us that the major pitfalls of marriage are not new. Each couple teaches us to beware of letting selfishness, money issues or intimacy issues take root inside our relationship. Ultimately, when we let these things in to our relationship it leads to the devastation of divorce.

美國的離婚率居世界之冠。最新統計顯示，美國 50%的第一次結婚和 67%的再婚以離婚收場。從文化的角度來看，我們似乎並未從錯誤中學習。事實上，一旦我們學會了放棄，下次遇到困難時，我們就更容易放棄。離婚對家庭、子女乃至整個社會都產生了巨大的影響。

The divorce rate in the United States is the highest in the world. Current statistics show that 50percent of first marriages and 67 percent of second marriages in the United States end in divorce. This indicates that we, as a culture, do not appear to be learning from our mistakes. What actually appears to be happening is that once we learn to walk away it only becomes easier to walk away the next time things become difficult. Divorce has a tremendous impact on families, children, and society as a whole.

離婚跟現今憂鬱症的增加有關，因為人們面臨著失去伴侶、希望、夢想和理想生活的悲傷。離婚後，夫妻雙方也常常面臨更大的經濟困難。離婚不僅花費高昂，而且無論法院判決如何，撫養和支付孩子的大部分負擔往往落在女性身上。離婚後，男性尤其會經歷更大的情感困境，因為他們必須應對失去親密關係和社交互動的結果。

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Divorce is associated with an increase in depression as people are faced with grief over the loss of a partner, hopes, dreams, and ideals. Increased financial difficulties are also common for both spouses following a divorce. Not only is divorce expensive, but most of the burden of raising and paying for children often fall on the women, regardless of court decisions. Men in particular experience greater emotional difficulty following a divorce as they deal with the loss of intimacy and social interaction.

離婚後，孩子與父母一方或雙方的關係往往會發生變化，這通常會對他們產生影響。一個家庭被分割成兩個（通常伴隨繼父母和其他兄弟姐妹的出現），對於正在形成人際關係和永久性觀念的孩子來說，可能會讓他們感到困惑和複雜。
Children are often affected by a change in the type of relationships they have with one or both parents following the divorce. The separation of one family and household into two (often with the subsequent introduction of step-parents and siblings) can be confusing and complicated for a child who is developing ideas around relationships and permanence.

最好的做法是，一開始就要選擇合適的人來建立關係。然後，我們應該持續努力（不僅僅是遇到狀況才努力）建立並維持穩固、健康、以基督為中心的婚姻。然而，關係破裂已成為我們社會中越來越普遍的現象，離婚在某些時候也會以某種方式影響我們每個人。雖然如此，聖經中還是有一些原則可以幫助我們化解負面後果，同時鼓勵我們學習、成長，創造正面的人際關係。未來仍有醫治與盼望。
The best course of action is to start out by making good choices with whom we build relationships. Then we should work continuously (not just when things are not going well) to create and maintain strong, healthy, and Christ-centered marriages. However, the failure of relationships has become a more prevalent part of our society and divorce will touch all of us in some way at some time. When that happens, there are other biblical principles that can help to mediate negative consequences and help to encourage learning, growth, and positive outcomes for futures relationships. There is healing and hope for the future.

彌迦書 7:8 我的仇敵啊，不要向我誇耀！我雖跌倒，卻要起來；我雖坐在黑暗裡，耶和華卻作我的光。
Micah 7:8, KJV *Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the Lord shall be a light unto me.*

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