

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

面對憂鬱症

DEALING WITH DEPRESSION

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A Quick Reference and Lesson Guide

面對憂鬱症 Dealing with Depression

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1 Scenarios and Assessment

情境／案例研究 Scenarios/Case Studies

A. 情境一 Scenario 1

蘇珊已婚，並有兩位已經成年且已婚的孩子，目前住在其他州。六個月前，她八十歲的父親突然過世。從那時起，她一直是 78 歲臥床母親的主要照顧者。她的丈夫幾乎沒有提供任何幫助。她表示自己感到極度壓力、焦慮，經常缺席教會聚會，而且總是想睡覺。她已經停止與朋友來往，並開始想著：「如果我能夠就這樣消失，事情會不會更好。」

Susan is married and has two grown children who are now married and living in another state. Her 80-year-old father died suddenly six months ago, and she has been the primary caregiver since then of her 78-year-old bed-ridden mother. Her husband does little to help. She reports feeling extremely stressed, anxious, is missing a lot of church, and wants to sleep all the time. She has stopped spending time with her friends and has been thinking things would be better if she could just "disappear."

B. 情境二 Scenario 2

羅伯對於如何面對他的妻子茱蒂已經到了忍無可忍的地步。她又一次瘋狂購物，使家庭財務遭受重創，而且總是想不停地往外跑。然而，就在不久之前，她卻常常無法下床，一天大部分時間都在睡覺，或是不停地看電視。在那些時候，她不打掃房子、不做飯、無法保住工作，也無法照顧孩子。她似乎總是在「過度亢奮」與「極度遲緩」之間來回擺盪。

Robert is at his wits end in dealing with his wife, Judy. She has, once again, been on a spending spree, devastated the family's finances and wants to go all the time. However, not too long ago, she had trouble getting out of bed and was sleeping the majority of the day or watching television non-stop. At those times, she wouldn't clean house or cook and couldn't keep a job or take care of the children. She seems to go from "hyper" to sluggish and back again.

C. 情境三 Scenario 3

喬治是一位成功的企業家，他的生活幾乎可以說是「完美的」。然而，過去幾個月來，他發現自己逐漸遠離家人、朋友及同事。他對自己的生活與事業中所發生的事情，已經失去了興趣。他晚上睡眠出現問題，並且因為沒有食慾而減輕了不少體重。

George is a successful businessman, and his life is about as "perfect" as it could be. However, for the past several months he has felt himself withdrawing from his family, friends and co-workers, and no longer feels interested in what is going on in his life and business. He is having problems sleeping at night and has lost a good bit of weight because he just hasn't felt hungry.

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定義與重要觀念 Definitions and Key Thoughts

A. 事實與統計資料 Facts and Statistics

1. 悲傷或「感到憂鬱」並不同於真正的臨床憂鬱症。悲傷是短暫的、暫時性的，通常是由令人難過的人生事件或強烈的回憶所引發。它會來來去去，並不是持續存在的。然而，憂鬱症卻可能演變成一種慢性疾病。

Sadness or "feeling depressed" is not the same as actual Clinical Depression. Sadness is fleeting, temporary and catalyzed by upsetting life experiences and powerful memories, but it comes and goes; it is not constant. Depression, on the other hand, can become a chronic condition.

2. 憂鬱症是美國最常見的精神疾病之一。目前研究顯示，憂鬱症是由以下因素共同造成的：遺傳因素、生物因素、環境因素、心理因素。

Depression is one of the most common mental disorders in the U.S. Current research suggests that depression is caused by a combination of genetic, biological, environmental, and psychological factors.

3. 憂鬱症可能發生在任何年齡層，但通常始於成年期。如今也已確認，兒童與青少年同樣可能出現憂鬱症。許多成年人長期的情緒障礙與焦慮症，其實起源於兒童時期高度焦慮的狀態。

Depression can happen at any age, but often begins in adulthood. Depression is now recognized as also occurring in children and adolescents; many chronic mood and anxiety disorders in adults begin as high levels of anxiety in children.

4. 同年齡層中，女性罹患憂鬱症以及出現憂鬱症狀的機率，約為男性的兩倍。

Women are twice as likely to have depression, and symptoms of depression, as men of the same age.

5. 在美國，每年約有 4% 的青少年會出現嚴重憂鬱症狀。自殺是 10 至 24 歲兒童與年輕成人死亡原因中的第三位。

Four percent of adolescents will develop significant symptoms of serious depression each year in the United States. Suicide is the third leading cause of death among children and young adults aged 10 to 24.

6. 研究持續顯示，自殺與憂鬱症之間存在強烈關聯。在所有死於自殺的人當中，有 90% 在死亡時同時患有精神疾病，如：憂鬱症、物質濫用問題。

Research has consistently shown a strong link between suicide and depression, with 90% of the people who die by suicide having an existing mental illness, such as depression, or substance abuse problem at the time of their death.

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7. 雙相情緒障礙包含憂鬱期與躁症期交替出現。在美國約影響六百萬人口，約佔成年人口的 3%。

Bipolar disorder, which involves alternating periods of depression and mania, affects about 6 million people in the United States, or about 3% of the total adult population.

8. 超過 80% 出現臨床憂鬱症狀的人，並未接受任何針對憂鬱症的治療。

Over 80% of people with symptoms of clinical depression are not receiving any specific treatment for their depression.

9. 估計全球目前約有 1 億 2 千 1 百萬人正經歷某種形式的憂鬱症。

An estimated 121 million people worldwide are currently living with some form of depression.

10. 根據哈佛大學的一項研究，被診斷為憂鬱症的患者人數，每年約增加 20%。

According to a study done at Harvard, the number of patients diagnosed with depression increases by approximately 20% per year.

11. 世界衛生組織（WHO）將憂鬱症列為全球第四大失能原因。並預測它將成為全球第二大失能原因。

The World Health Organization considers depression the fourth leading cause of disability worldwide, and expects it to become the second leading cause of disability worldwide by 2020.

B. 關於憂鬱症的常見迷思 Common Myths About Depression

1. 迷思：憂鬱症沒什麼大不了的，並不是什麼嚴重的問題。

Myth: Depression is no big deal; it's not that serious

a) 真相：臨床憂鬱症是一種非常真實且嚴重的疾病，它會影響一個人生活中的各個層面。它甚至可能成為導致自殺的前兆。

Truth: Clinical depression is a very real and serious illness that affects all parts of a person's life. It can be a precursor to suicide.

2. 迷思：這些都只是你自己想出來的。

Myth: It's all in your head.

a) 真相：情緒症狀常被認為是憂鬱症最主要的特徵，但事情並不僅止於此。若我們認為憂鬱症只是心理問題，就可能忽略許多重要的身體症狀。

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Truth: Emotional symptoms are often thought of as the main characteristics associated with depression, but it doesn't stop there. By promoting the idea that depression is only mental, we can overlook serious physical signs of the issue at hand.

3. 迷思：憂鬱的人只是懶惰或意志力薄弱。他們應該振作起來，停止自怨自艾。

Myth: Depressed people are just lazy or weak. They need to pull themselves together and stop feeling sorry for themselves.

a) 真相：當一個人罹患臨床憂鬱症時，他無法單靠自己「振作起來」。就像一個人無法單靠意志力擺脫：胃潰瘍、糖尿病一樣。

Truth: When people are clinically depressed, they can't "snap out of it" any more than they can "snap out of" an ulcer or diabetes.

4. 迷思：談論憂鬱是不好的。一直談只是在反覆思想問題，會讓情況更糟。

Myth: It's not good to talk about feeling depressed. Talking about it is just dwelling on the problem and makes it worse.

a) 真相：對某些人而言，談論自己的感受並不容易。然而，願意向他人表達自己的憂鬱感受，卻是尋求幫助的重要一步。

Truth: It's hard for some people to talk about feelings, but telling someone about feeling depressed is an important step toward getting help.

5. 迷思：如果一個人憂鬱，那一定是因為生命中有尚未認罪的罪。因此，只要認罪，憂鬱就會消失。

Myth: If someone is depressed, it is because they have unconfessed sin in their lives. Therefore, confessing the sin will end the depression.

a) 真相：有些憂鬱確實可能與罪有關，也可能來自罪惡感與內心的掙扎。然而，導致一個人陷入臨床憂鬱症的原因有很多。憂鬱症可能起初只是對人生事件的正常反應，屬於哀傷歷程的一部分，也就是所謂的：情境性憂鬱症。然而，當這些問題長時間未被處理或解決時，它便可能影響整體身體化學作用，進而演變成某種形式的臨床憂鬱症。一旦發展到這個階段，除了輔導與情緒層面的協助之外，也可能需要醫療介入。在其他情況下，身體化學失衡、藥物反應、腫瘤、疾病等因素，都可能直接引發臨床憂鬱症，而不一定有任何特定人生事件作為前因。

Truth: Some depression can be due to sin and the inward struggle against guilt and conviction, but there are many reasons someone can become clinically depressed.

Depression can begin as a normal human reaction to life events as a part of the grief process, a Situational Depression. However, when it continues on without being addressed or resolved, it can and generally will affect the overall chemistry of the body and can turn into a type of Clinical Depression. Once it has reached this stage, medical intervention

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may be called for, in addition to counseling and assistance in dealing with the emotional/mental aspects of the situation. In other instances, an irregularity in body chemistry itself, a reaction to medications, tumors, diseases can all initiate and bring on a Clinical Depression without any particular life event being a precursor.

C. 聖經與憂鬱症 The Bible and Depression

1. 在大多數聖經譯本中，「憂鬱症」這個字極少出現。取而代之的是以下詞彙：消沉、悲傷、孤苦、灰心、沮喪、哀傷、困擾、痛苦、絕望、傷心等。
The term "depression" appears in very few translations of the Bible. Instead most translations use words such as downcast, sad, forlorn, discouraged, downhearted, mourning, troubled, miserable, despairing, and brokenhearted.
2. 透過這些詞彙我們可以發現：沒有人能完全免於憂鬱。
Using these terms, we find that no one is immune from depression.
3. 聖經中有許多人曾表現出這類症狀，包括：夏甲、摩西、拿俄米、哈拿、掃羅、大衛、所羅門、以利亞、尼希米、約伯、耶利米、施洗約翰、加略人猶大、保羅。
Many people in the Bible showed symptoms of this kind of problem, including Hagar, Moses, Naomi, Hannah, Saul, David, Solomon, Elijah, Nehemiah, Job, Jeremiah, John the Baptist, Judas Iscariot, and Paul.

D. 臨床憂鬱症的症狀 Symptoms of Clinical Depression

1. 難以專心、記住細節，以及作出決定
Difficulty concentrating, remembering details, and making decisions
2. 疲倦，以及精力減退
Fatigue and decreased energy
3. 罪惡感、無價值感，及/或無助感
Feelings of guilt, worthlessness, and/or helplessness
4. 容易煩躁、坐立不安、激動不安
Irritability, restlessness, agitation
5. 感到絕望，及/或悲觀
Feelings of hopelessness and/or pessimism
6. 睡眠模式改變，包括：睡得更多或出現失眠
Changes in sleeping patterns, sleeping more or developing insomnia

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7. 食慾改變，導致體重增加或減少，且與刻意節食無關
Changes in appetite that result in weight losses or gains unrelated to dieting
8. 對原本喜歡的活動或嗜好失去興趣，包括性生活
Loss of interest in activities or hobbies once pleasurable, including sex
9. 失去生活中的樂趣
Loss of pleasure in life
10. 持續性的：身體疼痛、頭痛、痙攣、消化問題等，即使接受治療仍未改善
Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
11. 持續感到：悲傷、焦慮、內心空虛
Persistent sad, anxious, or "empty" feelings
12. 自殺念頭，或企圖自殺
Thoughts of suicide or suicide attempts

E. 憂鬱症的種類 臨床憂鬱症 Types of Depression

1. 情境性/反應性憂鬱症 Situational or Reactive Depression

a) 情境性憂鬱症是一種較短期的憂鬱形式。它可能發生在正常生活遭遇重大創傷性改變之後，包括：離婚、退休、失業、親人過世、親密朋友過世。它有時也被稱為：適應障礙。大多數情境性憂鬱症患者，會在重大事件發生後 90 天內出現症狀。情境性憂鬱症患者的症狀，可能與臨床憂鬱症患者非常相似。然而兩者仍有差異：通常症狀較少，嚴重程度也較低。雖然如此，仍可能出現自殺念頭。

Situational Depression is a shorter-term form of depression that can occur in the aftermath of various traumatic changes in normal life, including divorce, retirement, loss of a job and the death of a relative or close friend. It is sometimes referred to as an Adjustment Disorder. Most people with this form of depression develop symptoms within 90 days of a life event. A person with Situational Depression may have symptoms that are more or less identical to someone with Clinical Depression, but there are some differences. With this kind of depression, there are generally fewer of the symptoms being exhibited at the same time and they are generally less severe, though it can even include being suicidal.

2. 臨床憂鬱症 Clinical Depression

a) 許多臨床憂鬱症的症狀，與情境性憂鬱症十分相似。然而，臨床憂鬱症患者通常：同時出現至少五種憂鬱症狀、症狀嚴重到足以明顯影響日常生活功能。

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Many of the symptoms of Clinical Depression are more or less interchangeable with the symptoms of Situational Depression. However, people with Clinical Depression have at least five depression symptoms at the same time, and also have forms of these symptoms that are severe enough to seriously degrade their ability to participate in their normal routines.

b) 臨床憂鬱症患者的大腦，常出現明顯的化學失衡。某些情況下，此疾病傾向可能具有家族遺傳性。然而，環境因素與外在事件，通常仍會影響症狀是否真正發展出來。當負責調節情緒的大腦區域無法正常運作時，往往需要的是：醫療協助，而不是批評指責。

People with Clinical Depression often have noticeable chemical imbalances in their brains. In some cases, tendencies for the disorder can run through family bloodlines, though environmental factors and external situations commonly play a role in the whether or not the major depressive symptoms actually develop. When that part of the brain that mediates emotions is not functioning properly, medical help (not criticism) is often needed.

3. 臨床憂鬱症的種類 Types of Clinical Depression

臨床憂鬱症有數種類型，有些比其他類型更嚴重，因此需要不同程度與方式的介入。由於真正的臨床憂鬱症，通常不只是對壓力或創傷事件的短暫反應，症狀已發展到包含身體層面的問題，因此也必須處理生理因素，才能有效恢復。因此，這些類型的臨床憂鬱症患者，都應由醫療專業人員參與評估，以決定最適合的治療方式。治療可能包括，也可能不包括：藥物治療。藥物的目的在於協助身體恢復正常化學平衡與功能。

There are several types of Clinical Depression, some more serious than others and requiring varying types and degrees of intervention. Since true Clinical Depression is normally more than just a short-term reaction to life stressors and/or traumatic loss (a Situational Depression), symptoms have gotten to the point where they include a physical component that generally must also be addressed for effective resolution. Because of that, any of these types of actual Clinical Depression would benefit from involvement of medical personnel to make a final determination as to the most appropriate course of treatment, which may or may not include medication(s) to help the body regain its proper chemical balance and functioning.

- a) 臨床憂鬱症/重度憂鬱症:上述症狀持續超過兩週，且嚴重妨礙日常生活功能。

Clinical or Major Depression, with symptoms from the list above that seriously impair routine functioning for more than two weeks.

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- b) 持續性憂鬱症: 一種長期存在的輕度憂鬱，持續至少兩年。
Dysthymia, a persistent, low-grade depression that lasts for at least two years.
- c) 圍產期憂鬱症: 比一般所謂的「產後憂鬱」更嚴重，持續時間也更長。一般產後情緒低落通常在生產後兩週內改善。
Perinatal Depression, a more serious and longer lasting condition than the "baby blues" which would typically clear up within two weeks after delivery.
- d) 精神病性憂鬱症: 當一個人除了嚴重憂鬱之外，還伴隨某種精神病症狀，亦即與現實脫節的情況，例如：妄想、幻覺。
Psychotic Depression, when a person has some form of severe depression plus a form of psychosis (not being in touch with reality), such as delusions or hallucinations.
- e) 季節性情緒失調: 在冬季期間，由於自然光減少而出現的憂鬱症。
Seasonal Affective Disorder (SAD), depression that occurs during winter months when there is less natural light.
- f) 雙相情緒障礙: 當一個人交替經歷：重度憂鬱期、躁症期，或類似躁症的行為表現，例如：異常興奮、容易暴躁、過度消費、長時間精力旺盛、幾乎不需要睡眠等等。
Bi-Polar Disorder, when a person has alternating periods of Major Depression with periods of Mania, or manic-type behaviors of euphoria or irritability, which can include excessive spending, extended periods of high energy with no or very little sleep, etc.

評估 (訪談) Assessment (Interview)

- A. 當大多數人來找牧師或輔導員尋求協助時，問題通常已經持續了一段時間。可能是：曾經嘗試處理卻沒有成功，或根本沒有處理過。因此，問題往往已變得更加嚴重，也更加複雜。
By the time most people come to their pastor or to a counselor for help with a problem, it has generally been an issue that has either been unsuccessfully addressed or not addressed at all for varying lengths of time. In that respect, the "problem" will have generally become more serious and, therefore, more complicated in its potential resolution.
- B. 可以提出的常規問題：
General questions to ask:

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1. 今天我可以如何幫助你？

How can I be helpful to you today?

2. 你來接受輔導的目標是什麼？你希望透過這次輔導，有哪些事情能夠有所改變？

What are your goals for coming to counseling? What would you like to have different as a result of coming here to see me?

3. 如果從回答中發現，當事人在情緒上有明顯問題，例如：情緒低落、感到憂鬱。那麼就可以開始進一步提問，以判斷憂鬱症是否為主要問題。同時要記得：當憂鬱症成為主要問題時，自殺風險也會增加。

If you get answers that indicate significant problems with his or her mood, e.g. feeling down or depressed, then you can go into a line of questioning to determine whether or not depression is the primary issue, realizing that the potential for suicide increases with depression as a primary issue.

a) 此時作為輔導，你的目標之一是開始辨別：這個人面對的是：情境性憂鬱症，還是更嚴重的臨床憂鬱症。做出這項判斷，能幫助你開始規劃適當的治療與介入方向。

A goal for you, as a counselor, at this point would be to begin to determine whether or not this person is dealing with a Situational Depression or a more serious Clinical Depression. Making that determination would allow you to begin to form ideas about the course of treatment and/or intervention needed.

4. 請告訴我，過去幾週（或幾個月）以來，你的感受如何？

Please tell me how you have been feeling the past couple of weeks (months) or so.

a) 如果聽到：「我很憂鬱」、「我很難過」、「我感到絕望」。那麼就需要進一步詢問：這些感受出現的頻率如何？一天之中有多少時間是這樣的感覺？

If you hear responses like "depressed" or "sad" or "hopeless," then you want to begin to ask questions relating to how often or how much of the day they are feeling that way.

b) 你有這樣的感覺多久了？

How long have you been feeling this way?

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c) 過去三到六個月，你的生命中是否發生過重大事件？

Has anything significant occurred in your life in the past three to six months?

d) 請談談你的食慾。你最近吃得比較少？還是比較多？最近一個月左右，體重是否有變化？

Tell me about your appetite? Have you been eating less...or more? Any changes in your weight in the past month or so?

e) 你要留意是否存在：食慾異常增加，或食慾異常減少。

You want to look for evidence of appetite disturbances in either direction.

5. 你的睡眠狀況如何？你是否比以前睡得更多？還是睡得更少？

How are you sleeping? Are you sleeping more than you used to? Are you sleeping less?

a) 如果出現睡眠問題，你需要進一步了解其嚴重程度。例如詢問：二十四小時內平均睡幾個小時？是難以入睡？還是容易醒來？或兩者皆有？

If sleep disturbances are present, you want to know about the degree of the difference in their sleeping patterns by asking questions such as, "How many hours of sleep are you getting in a 24-hour period?" or "Do you have trouble going to sleep, trouble staying asleep or both?"

6. 你的精力狀況如何？

How is your energy level?

a) 如果對方表示精力異常低落，請繼續詢問：這種情況已經持續多久？

If they describe it as being unusually low, ask how long it has been that way.

b) 為了判斷是否可能不只是憂鬱症，而可能涉及雙相情緒障礙，可以詢問：是否曾有一段時間：精力特別旺盛？異常興奮？特別容易煩躁？而且持續超過短暫時間？

If you hear responses like "depressed" or "sad" or "hopeless," then you want to begin to ask questions relating to how often or how much of the day they are feeling that way.

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7. 請談談你是否有：罪惡感、覺得自己失敗之類的想法。

Tell me about any thoughts you might have that cause you to feel guilty or like you are a failure.

8. 你的專注力如何？請描述你處理工作或任務時的情況。完成事情的能力如何？

How is your concentration? Tell me what happens when you are working on tasks and how well you are getting things done.

- a) 請談談你每天與家人及朋友的互動情況。

Tell me about your daily activities with your family and with your friend.

- b) 你需要觀察是否出現：對日常活動失去興趣？退出原本參與的人際關係？遠離過去喜歡的活動等現象。

You want to look for signs to see if there is a loss of interest in daily activities and withdrawal from people and events they would normally be interested and involved in.

- C. 用來判斷是否需要轉介專業人士或撥打 119 的提問：

Questions to ask to determine if a referral to a professional is needed or if 119 should be called:

1. 對於正在經歷憂鬱症的人，無論是情境性憂鬱、某種類型的臨床憂鬱症，或是雙相情緒障礙，探詢其是否有自殺意念及/或自殺意圖，應是首要目標。這將幫助你判斷是否需要立即採取行動，以及建議何種治療方向。

In the case of someone dealing with depression, whether Situational, a type of Clinical Depression or Bi-Polar Disorder, probing for suicidal ideation and/or intent would be a primary goal to help you make decisions about whether or not immediate action is required and what course of treatment might be recommended.

2. 你是否曾經想過要傷害自己，或是結束自己的生命？

Have you thought about hurting yourself or killing yourself?

- a) 雖然提出這個問題可能會令人感到不自在，但針對這個議題，最好採取非常直接的提問方式。

Though it may be uncomfortable, it is best to be very direct in your questioning about this issue.

3. 你最近一次有這樣的想法是在什麼時候？

When was the last time you thought about that?

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4. 如果你真的要結束自己的生命，你會怎麼做？

If you were going to kill yourself, how would you do it?

- a) 如果對方的回答顯示他（或她）一直在思考自殺，你就需要繼續提出問題，以協助判斷危險是否迫在眉睫。他（或她）是否已有具體的計畫？是否擁有能夠執行該計畫的方法或工具？

If you get responses that let you know he (or she) has been thinking about suicide, you want to ask questions that will help you determine how imminent the risk is. Does he have an actual plan and does he have the means to carry it out?

- b) 如果他表示會用槍射殺自己，你需要詢問他是否擁有槍枝，或是否可以取得槍枝。

If he says he would shoot himself, you want to ask if he has a gun or has access to one.

- c) 如果他表示會服用藥物，你需要詢問他是否已經有藥物可用，或是否知道如何或在哪裡取得藥物。

If he indicates he would take pills, ask whether or not he has pills available or knows how or where to get them.

- d) 如果你發現對方同時具有自殺計畫以及取得執行工具的方法，那麼其危險程度將遠高於兩者皆不存在的情況。

If you get an indication that the person has both a plan and access to the means, the risk is much greater than if neither of those were true.

5. 你以前曾經試圖自殺過嗎？

Have you ever tried to kill yourself before?

- a) 如果答案是「有」，請進一步詢問相關細節，包括過去自殺未遂的經過、發生的次數，以及最近一次是在什麼時候。

If yes, ask questions about the details, the frequency of any previous attempts, and when the last attempt occurred.

6. 請告訴我你目前有沒有飲酒或使用毒品（藥物）的情況？

Tell me about any alcohol or drug use?

- a) 如果這個問題以及前一個問題的答案都是肯定的，就要繼續詢問他（或她）目前使用酒精或毒品（藥物）的情況，以及這些使用行為是否與過去的自殺企圖有任何關聯。

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If the answer to this and the previous question are both positive, then ask questions about his (or her) present use and any relationship to previous suicide attempts.

7. 在過去六個月內，你的生命中是否發生過任何重大的事件？在過去兩年內，你是否經歷過失去某位重要的人，或失去某件對你非常重要的事物？

Has something serious happened in your life the past six months? Have you experienced a significant loss of someone or something very important to you in the past two years?

8. 你目前是否正經歷任何嚴重的健康問題？

Are you experiencing any serious health problems?

- D. 如果你透過上述提問判斷，這個人正處於積極的自殺狀態，或是正在認真考慮傷害自己，則應立即採取行動，例如安排家屬陪伴，或轉介至急診室接受評估。

If you determine from your line of questioning that this person is actively suicidal or is seriously thinking about hurting themselves, then immediate action should be taken, either in the form of having a family member with him or her or a referral to an emergency room for evaluation.

1. 如果有家屬在場，而你發現當事人正處於積極的自殺狀態，若該家屬尚未參與晤談，應立即請他（或她）進入晤談中。與家屬共同討論目前的情況，以及立即介入的必要性，並制定一項立即採取行動的計畫。

If a family member is present and you discover that the person is actively suicidal, that family member should be called into the interview if they are not already present. Engage them in a discussion about the situation and the need for immediate intervention. Make a plan for immediate action.

2. 保密原則是諮商關係中一項重要的因素。然而，保護當事人的生命安全，其優先順序高於保密原則。起初，當事人可能會強烈反對讓其他人介入，或拒絕前往急診室接受評估。然而，在此情況下，保障當事人的安全，必須優先於取得他（或她）對你的認同或同意。

Confidentiality is an important factor within the counseling dynamic. However, protection of the individual takes precedence over the code of confidentiality. You may initially come up against even strong objections of the individual against getting anyone else involved or going to an emergency room. However, their protection has to be primary over their approval of you at that point.

3. 如果沒有家屬可以陪同，而你判斷危險已迫在眉睫，則應立即撥打 119，安排將當事人送往醫院接受評估，並視需要接受治療，以保障其人身安全。之後，你可以再聯絡家屬，向他們說明目前的情況。

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If a family member is not available and the potential danger seems imminent, 911 should be called and the individual taken for evaluation and possible treatment for their own protection. You could then follow up with a family member to apprise them of the situation.

4. 當涉及有自殺風險的情況時，牧師及教會都可能面臨相當大的法律責任風險。因此，寧可採取較為謹慎的作法並立即採取行動，也不要輕忽情況，等到真的發生憾事後，才因未採取保護當事人的措施而被迫追究責任。在這類情況中，確實曾有針對牧師及教會提出法律訴訟的案例。

A pastor and the church can have great liability risks in situations where there is a potential for suicide. It is better to err on the side of caution and take immediate action rather than not take it seriously, have something happen, and then be held responsible for not taking action to protect the individual. Lawsuits against both the pastor and the church have been filed in such situations.

E. 晤談過程中需要留意的警訊 Red flags to be aware of during the interview:

1. 一個人的非語言行為，例如他的整體神情與態度、眼神接觸、晤談過程中的專注程度，以及回答問題的方式與內容是否切題，都能在晤談中提供重要且有幫助的線索。

A person's non-verbal behaviors, such as their demeanor, eye contact, degree of focus during the interview, or the manner and relevancy of answers given, can provide helpful clues during the interview.

2. 由於憂鬱症與焦慮症常常同時存在，因此，當事人若出現焦躁不安或緊張等表現，應特別加以留意。若焦躁或易怒的程度異常偏高，則可能是躁期發作的一種徵兆。

Since depression and anxiety often go together, signs of agitation or nervousness are often present and should be noted. Abnormally high levels of agitation or irritability could be indicators of a "manic" type episode.

3. 如果當事人有酒精或其他藥物（包括非法藥物或處方藥物）的使用問題，應注意是否有酒醉或藥物中毒的跡象。這類物質的使用，常常只是掩蓋了原本就存在的臨床憂鬱症或其他既有的心理健康問題。然而，在酒精或藥物使用/濫用問題尚未處理之前，無法準確診斷當事人是否患有臨床憂鬱症（或任何其他原有的心理疾病）。

If an individual has problems with alcohol or other drugs (street drugs or prescription medications), signs of intoxication should be noted. It is not unusual that use of those substances covers up an under-lying and pre-existing form of Clinical Depression. However, no diagnosis of Clinical Depression (or any other pre-existing condition) can be accurately made until the substance use or abuse has been dealt with.

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4. 如果你發現有人承認自己最近曾有自殺意念，而且已有某種程度的計畫，也具備執行自殺的方法，但此刻卻顯得異常平靜，焦慮程度也大幅降低，這反而可能表示他已經作出了自殺的決定，並且已經決定了結束自己生命的時間。他先前內心掙扎是否要自殺的衝突，現在已經得到了解決。這是一個極度危險且迫在眉睫的時刻，絕不可忽視。此時，應進一步提出更多問題，以確認是否確實如此，而不是誤以為對方只是情況改善、情緒恢復穩定，重新找回了心理平衡。

If you find that someone admits to even recent suicidal ideation with some degree of planning and availability of means, but now seems perfectly at peace and much less anxious, it could mean they have actually made the decision and determined a definite time in which to end their life. Their agitation and struggle about whether or not to do it has been resolved. This is a time of imminent danger and should not be ignored. Further questioning would be warranted to determine if this is the case, as opposed to someone who is truly improving and regaining his or her equilibrium in the situation.

5. 如果你發現一個人曾經有自殺傾向，或目前仍有任何程度的自殺念頭，可以確定的是，他（或她）正在與絕望奮戰。重要的是，要以充滿愛心的方式，接納並承認他（或她）內心的絕望感與悲痛。此時並不是向對方說教，告訴他活著有哪些好處，或責備他為什麼自殺是不對的時候。在這裡，我們的目標不只是採取實際行動來保護他的生命，同時也要以憐憫與關懷回應他，在過程中強調神的愛，以及耶穌所帶來的盼望。

If you find that someone has been or is currently suicidal to any degree, you can be assured that they are struggling with a lack of hope. It is important to acknowledge his or her feelings of hopelessness and despair in a loving way. It is not a time to lecture on the advantages of being alive and why it is wrong to commit suicide. A goal here would be to respond not only with action to preserve their life but also with compassion and caring as you emphasize the love of God and the hope that Jesus offers.

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2 Critique and Counsel

聖經觀點 Biblical Insight

A. 聖經對憂鬱的觀點與相關描述 Scriptural View and Expressions of Depression

1. 《箴言》12:25 說：「人心憂慮，屈而不伸；一句良言，使心歡樂。」

Proverbs 12:25 (NKJV) says, “Anxiety in the heart of man causes depression, But a good word makes it glad.”

2. 《箴言》17:22 說：「喜樂的心乃是良藥；憂傷的靈使骨枯乾。」

Proverbs 17:22 says, “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”

3. 摩西一生中曾數次經歷某種形式的憂鬱。「摩西聽見百姓各在各家的帳棚門口哭號。耶和華的怒氣便大大發作，摩西也很憂愁。摩西對耶和華說：『祢為何苦待僕人呢？我為何不在祢眼前蒙恩，竟把管理這百姓的重任都加在我身上呢？』」（民數記 11:10 - 11）男性的臨床憂鬱症，往往會透過憤怒以及易怒的方式表現出來。

Moses experienced a form of depression several times in his life. “Then Moses heard the people weep throughout their families, every man in the door of his tent: and the anger of the Lord was kindled greatly; Moses also was displeased. And Moses said unto the Lord, Wherefore hast thou afflicted thy servant? And wherefore have I not found favour in thy sight, that thou layest the burden of all this people upon me?” (Numbers 11:10-11). *Clinical depression in men is often expressed through anger and increased irritability.*

4. 以利亞在戰勝巴力先知之後，陷入了憂鬱，甚至出現了自殺的念頭。「他自己在曠野走了一日的路程，來到一棵羅騰樹下，就坐在那裡求死，說：『耶和華啊，罷了！求祢取我的性命，因為我不勝於我的列祖。』」（列王紀上 19:4）

Elijah was depressed and even suicidal following his great victory over the prophets of Baal. “But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers” (1 Kings 19:4).

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5. 大衛王曾多次表達自己情緒低落或憂鬱的感受，尤其是在《詩篇》中。

《詩篇》73:2，他寫道：「至於我，我的腳幾乎失閃；我的腳險些滑跌。」《詩篇》42:5 上半節，他如此表達自己當時的心境：「我的心哪，你為何憂悶？為何在我裡面煩躁？」

King David had numerous expressions of feeling down or depressed, especially within the Psalms. In Psalm 73:2, he wrote, “But as for me, my feet were almost gone; my steps had well nigh slipped.” In Psalm 42:5a, he expressed his current state of mind, “Why art thou cast down, O my soul? And why art thou disquieted in me?”

6. 每當聖經中的人物（而符合這種描述的人物其實很多）表達被拒絕、孤單、自憐、失去盼望、極度悲傷，甚至希望自己從未出生等感受時，看起來他們所經歷的，並不只是暫時性的憂傷，而更像是情境性憂鬱或臨床憂鬱症的典型症狀。

Whenever biblical characters (and there are many of them who fall into this description) express rejection, loneliness, self-pity, hopelessness, overwhelming grief, and wish they had not been born, it seems they are expressing more than just a temporary sadness but classic symptoms of either Situational or Clinical Depression.

智慧的勸勉 Wise Counsel

A 無論一個人所經歷的是情境性/反應性憂鬱，還是某種形式的臨床憂鬱症，仇敵（撒但）都會趁機而入，試圖擾亂並摧毀他們的信心，以及他們對自己有一天能夠改變的盼望。任何自殺意念的根本原因，都是想要結束內心的痛苦，以及徹底失去盼望，認為除了死亡之外，再也沒有任何方法能夠使這份痛苦停止。

Whether someone is experiencing a situational/reactive kind of depression or a form of Clinical Depression, the enemy will take advantage of the opportunity and try to disturb and destroy their faith and sense of hope of ever being any different. The basis of any suicidal ideation is a desire to end the pain and a complete loss of hope that the pain will be ended in any way other than death.

1. 對這類人士進行輔導的基本目標，包括幫助他們在情緒和屬靈生命上重新調整自己，以重新獲得在耶穌基督裡所能擁有的盼望。

Basic goals of counseling with these individuals include helping them realign themselves emotionally and spiritually to access the hope that is possible in Jesus Christ.

- a. 幫助他們確信：耶穌知道他們的感受。

Assuring them that Jesus knows how they feel:

1. 譬如：「因我們的大祭司並非不能體恤我們的軟弱。」（希伯來書 4:15 上半節）

E.g., “For we have not an high priest which cannot be touched with the feeling of our infirmities;” (Hebrews 4:15a).

2. 譬如：「祂自己既然被試探而受苦，就能搭救被試探的人。」（希伯來書 2:18）

E.g., "For in that he himself hath suffered being tempted, he is able to succour them that are tempted" (Hebrews 2:18).

b. 提醒他們：即使在這段期間，他們未必能夠「感受到」主的同在，但主始終與他們同在。

Reminding them that He is always with them even if, in these times, they cannot necessarily “feel” His presence:

1. 譬如：「我豈沒有吩咐你嗎？你當剛強壯膽，不要懼怕，也不要驚惶，因為你無論往哪裡去，耶和華你的 神必與你同在。」（約書亞記 1:9）

E.g., “Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest” (Joshua 1:9).

2. 譬如：「不要害怕，因為我救贖了你；我曾提你的名召你，你是屬我的。你從水中經過，我必與你同在；你趟過江河，水必不漫過你；你從火中行過，必不被燒，火焰也不著在你身上。」（以賽亞書 43:1 下半節－2 節）

E.g., "...Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee (Isaiah 43:1b-2).

c. 幫助他們重新掌管自己的思想生活，並攻破那些與憂鬱和絕望有關的思想與想像。

Helping them regain control of their thought life and “cast down” the imaginations connected with the depression and hopelessness:

1. 譬如：「因為我們雖然在血氣中行事，卻不憑著血氣爭戰。我們爭戰的兵器本不是屬血氣的，乃是在 神面前有能力，可以攻破堅固的營壘，將各樣的計謀，各樣攔阻人認識 神的那些自高之事一概攻破了，又將人所有的心意奪回，使它都順服基督。」（哥林多後書 10:3 - 5）

E.g., “For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high think that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ” (II Corinthians 10:3-5).

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

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E.g., "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Romans 12:2).

3. 譬如：「堅心倚賴祢的，祢必保守他十分平安，因為他倚靠祢。」（以賽亞書 26:3）

E.g., "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee" (Isaiah 26:3).

4. 譬如：「弟兄們，我還有未盡的話：凡是真實的、可敬的、公義的、清潔的、可愛的、有美名的；若有什麼德行，若有什麼稱讚，這些事你們都要思念。」（腓立比書 4:8）

E.g., "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8).

d. 幫助他們建立信心，相信主早已為他們預備出路，並且祂就是醫治他們的主。
Building up their confidence that the Lord already has made a way for them and is their Healer:

1. 譬如：「你們所遇見的試探，無非是人所能受的。神是信實的，必不叫你們受試探過於所能受的；在受試探的時候，總要給你們開一條出路，叫你們能忍受得住」（哥林多前書 10:13）。

E.g., "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it" (1 Corinthians 10:13).

2. 譬如：「……因為我耶和華是醫治你的」（出埃及記 15:26 下半節）。

E.g., "...for I am the Lord that healeth thee" (Exodus 15:26b).

3. 譬如：「祂被掛在木頭上，親身擔當了我們的罪，使我們既然在罪上死，就得以在義上活。因祂受的鞭傷，你們便得了醫治。」（彼得前書 2:24）。

E.g., "Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed" (1 Peter 2:24).

4. 譬如：「……祂差遣我報告：被擄的得釋放，瞎眼的得看見，叫那受壓制的得自由，醫治傷心的人。」（路加福音 4:18）

E.g., "...he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised," (Luke 4:18).

e. 與他們一同禱告，重新點燃（或建立）他們心中的盼望。

Praying with them to revive (or instill) the hope within them:

1. 譬如：「神願意叫他們知道，這奧祕在外邦人中有何等豐盛的榮耀；這奧祕就是 基督在你們心裡成了有榮耀的盼望。」**（歌羅西書 1:27）

E.g., "To whom God would make known what is the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory" (Colossians 1:27).

2. 譬如：「願頌讚歸與我們主耶穌基督的父 神！祂曾照自己的大憐憫，藉著耶穌基督從死裡復活，重生了我們，叫我們有活潑的盼望。」（彼得前書 1:3）

E.g., "Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead" (1 Peter 1:3).

3. 譬如：「我的心哪，你為何憂悶？為何在我裡面煩躁？應當仰望 神，因我還要稱讚祂；祂是我臉上的光榮，是我的 神。」（詩篇 42:11）

E.g., "Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God" (Psalm 42:11).

III. 作出初步判斷 Making an Initial Determination

A. 透過你的提問（如前文所建議），應能蒐集到足夠的資訊，幫助你對當事人的情況作出初步判斷：判斷他（或她）所經歷的是較輕微、較不嚴重的「悲傷」或憂鬱，還是已經嚴重到需要立即接受醫療處置的程度。如果判斷屬於前者，也並不表示當事人的處境或所面對的困難就可以被較不認真地看待，或得到較少的同理與關懷。對當事人而言，他（或她）所經歷的仍然是極其嚴重且真實的困擾，因此，仍然值得我們以最大的愛心、憐憫與盼望來回應並陪伴他（或她）。

Your line of questioning (as suggested above) should give you information that will help you make an initial determination of whether this person is experiencing a less serious or less critical form of "sadness" or depression or whether there are serious enough issues that immediate medical attention is required. If the former, that does not mean that the person's situation or concerns should be taken less seriously or less compassionately. To that person, it is still of very serious concern and deserves to be addressed with all the love, compassion and hope possible.

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1. 如果你察覺到任何跡象顯示當事人可能對自己造成危險，則應依照前述評估章節中的建議，立即採取適當的行動。

If you detect any indication that the person is a danger to him or herself, then, as suggested in the Assessment Section, immediate action should be taken.

2. 對於那些看起來屬於較不嚴重的憂鬱，且可能是因生命中某個創傷事件或特殊事件所引發的人，在一段時間持續接受輔導與協助後，通常比較能對上述的輔導步驟產生正面的回應，並逐漸恢復情緒上的平衡。當然，前提是你已經確認沒有任何真正的自我傷害風險。

For individuals experiencing what appears to be the less critical forms of depression that are perhaps related to a traumatic or unusual event in their lives, they should be more able to respond positively to the above steps over a period of time of counseling and assistance and regain their balance. This is provided, of course, that you have not determined any real risk of self-harm.

3. 對於那些看起來正經歷較嚴重的情境性憂鬱或臨床憂鬱症，但沒有任何自我傷害的風險，也沒有精神病性妄想或幻覺等症狀的人：

For individuals who appear to be experiencing one of the more serious forms of Situational or Clinical Depression (without any evidence of the potential for self-harm or psychotic forms of delusions or hallucinations):

a. 你可以選擇持續陪伴他們，按照前述各項步驟進行輔導，同時觀察他們是否有任何進展，例如：情感表達或情緒是否有所改善；整體神情與精神狀態是否有所好轉；是否較能恢復日常生活中的基本功能與作息。

You may choose to work through the above steps with them and see if any progress is being made, as in improvement in their affect (mood), their demeanor, or ability to function on a day-to-day basis.

b. 如果在輔導過程中，當事人幾乎沒有任何改善，或改善非常有限，那麼就可能到了需要轉介專業人士進一步評估與協助的時候。當事人可能需要接受醫療介入，而是否需要醫療處置，應由你所轉介的專業諮商師或心理師作出專業判斷。

If little or no progress is being made in your counseling with them, it may be time to refer them to a professional for further assessment and assistance. There may be a need for medical intervention which can be determined by the professional counselor or psychologist the person is referred to.

c. 任何轉介至專業人士的過程，都應當以尊重、充滿愛心的方式進行，避免讓當事人感受到：自己已經「沒有希望了」；或覺得身為牧師與輔導者的你，正在以任何方式「拒絕」他（或她）。相反地，應讓當事人明白，轉介是為了讓他（或她）獲得更完整、更適切的幫助，而不是放棄或拒絕他（或她）。

Any referral to a professional should be done in a very respectful, loving way so as not to project the idea that they are "hopeless" or that you, as their pastor and counselor, are "rejecting" them in any way.

3

Application and Prayer

對於那些看起來正經歷某種類型的憂鬱，但沒有任何自我傷害、自殺風險、妄想或幻覺跡象的人，以下建議可作為實際的步驟，幫助他（或她）開始面對並處理目前的處境。

For those who seem to be experiencing a type of depression that does not have any evidence of a danger of self-harm, delusions or hallucinations, the following suggestions can be practical steps to help him or her begin to address the situation.

幫助找出問題的根源。

Help Identify the Root Problem.

a. 了解她的身體健康狀況。確認她的身體狀況是否良好，並排除憂鬱是否由生理因素所引起，例如腦部化學物質失衡、藥物副作用或其他生理因素等。鼓勵她與自己的醫師討論，確認是否存在上述可能性。如果最後確認憂鬱具有生理上的原因，醫師可能會開立短期藥物治療，協助她改善目前的狀況。

Get information about her physical condition. Make sure she is physically well and that the cause of her depression is not physiological (chemical imbalance, reaction to medications, etc.). Encourage her to talk to her physician to check out that possibility. If it is found to have a physical basis, her physician may prescribe a short-term medication to help her.

b. 如果目前的憂鬱狀態，看起來是源於過去尚未被處理的傷害，就幫助他採取必要的步驟，朝向情緒醫治前進。協助他了解各種可行的方法，例如：閱讀相關書籍（請參閱本教材後面的閱讀清單）；尋求專業人士的協助；並且始終仰望主，尋求祂的引導，以及祂充滿醫治能力的愛。

If the current state of depression appears to stem from unresolved hurts from the past, help him do what is necessary to work toward emotional healing. Assist him in looking at the different options of working through relevant books (see Resource List), seeking the help of a professional, looking always to the Lord for His guidance and healing love.

c. 如果憂鬱看起來是因為悖逆或尚未認罪的罪所造成，就帶領她作認罪悔改的禱告，並協助她發現自己生命中有哪些地方需要改變。此外，你也可能需要幫助她學習如何面對生命中的各樣試探。

If the depression appears to be due to disobedience and unconfessed sin, help her through a prayer of confession and to discover what changes she needs to make in her life. You may need to look at helping her deal with temptations in her life.

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d. 如果憂鬱似乎是由於苦毒或缺乏感恩的態度所引起，就帶領他一步一步學習：放下內心的苦毒與怨恨；每一天數算神所賜的恩典與祝福；並開始主動與他人分享自己所感恩的事情。

If the depression appears to be caused by bitterness or an ungrateful attitude, lead him through the steps for learning to let go of any bitterness or resentment and to look daily at his blessings and to begin to share with others the things he is grateful for.

e. 幫助她檢視自己的內在對話，是否正在持續加深自己的憂鬱。例如：「事情永遠不可能變好。」「我根本無法承受這一切。」「這實在令人無法忍受，而且永遠都不會改變。」並幫助她學習操練管理自己的思想，使自己的心思意念受到約束，順服基督。（參閱哥林多後書 10:3 - 5）

Help her look at ways her "self-talk" may be perpetuating the depression (e.g. "things will never get any better," "I can't handle this," "this is unbearable and will always be this way") and learn the tools to help discipline her mind and bring it into captivity to the obedience of Christ (2 Corinthians 10:3-5).

f. 幫助他解決問題。協助他思考各種可能的解決方案，並一起訂定一份由小而容易達成的目標所組成的計畫。當他完成每一個小步驟時，都要給予鼓勵與肯定，幫助他一步一步向前邁進。

Help him problem solve. Help him look at options and make a plan of small, easily achievable goals. Encourage him as he takes each of these steps.

應用 Application

1. 鼓勵他起身活動。處於憂鬱和不活動的狀態會剝奪大腦充足的氧氣，進而加劇憂鬱並導致無法清晰思考。鼓勵他或她去……

Get him or her up and moving. Being depressed and inactive deprives the brain of sufficient oxygen, thereby feeding the depression and inability to think clearly. Encourage him or her to...

a. 開始某種身體活動，例如散步或運動計畫；

Begin some kind of physical activity, such as walking or an exercise program;

b. 在一天中增加一項愉快的活動，盡可能包含另一個人參與；

Add an enjoyable activity to her day, something involving another person as often as possible;

c. 為別人做點事，最初以簡單的方式關懷他人，例如：寄卡片、打電話；

Do something for someone else, reaching out to others initially in simple ways, e.g., sending a card, making a phone call;

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e. 加入某種團體，好讓他能與他人互動參與。

Join a group of some kind so he can become involved with others.

3. 鼓勵他或她在此期間不要做出任何重大的生活決定，而是專注於療癒、恢復到更具功能性的日常生活水平、實踐屬靈操練，並深化他或她與主的關係。

Encourage him or her not to make any major life decisions during this time but focus on healing, returning to a more functional level of daily living and spiritual disciplines and a deepening of his or her relationship with the Lord.

4. 灌輸盼望。幫助他確信上帝與他同在，且祂來是要醫治傷心的人，賜給我們讚美衣代替憂傷之靈（以賽亞書 61:1,3），並且靠著祂，凡事都能（馬太福音 19:26）。

Instill hope. Help him know with assurance that God is with him and that He *came to bind up the brokenhearted* and to give us *the garment of praise for the spirit of heaviness* (Isaiah 61:1,3) and that through Him, *all things are possible* (Matthew 19:26).

禱告 Prayer

「主啊，我們知道祢能體恤我們軟弱的感受，並在這艱難的時刻對_____滿有憐憫。我們現在求祢伸出祢的安慰與祢醫治的手來觸摸（他/她），並在（他/她）這段療癒的旅程中，指引祢渴望（他/她）所行的道路。求祢幫助（他/她）知道（他/她）並不孤單，並且祢對（他/她）有計劃和未來。在我們一同走過這死蔭幽谷時，求祢引導並指引我們，帶領_____進入祢對（他/她）生命最完美的旨意中。」

“Lord, we know that You can touch the feelings of our infirmities and have compassion on _____ in this difficult time. We ask right now that you reach out with Your Comfort and Your Healing Hand to touch (him/her) and give (him/her) direction in the path You would have (him/her) take during this healing journey. Help (him/her) know that (he/she) is not alone and that you have plans and a future for (him/her). Guide and direct us as we walk together through this valley and bring _____ into Your Perfect Will for (his/her) life.”

5 Taking it to the Church

一般教育／自助書籍

Stephen Arterburn 《Healing Is A Choice: Ten Decisions That Will Transform Your Life & Ten Lies That Can Prevent You From Making Them》《醫治是一種選擇：十個改變你生命的決定，以及十個阻止你作出這些決定的謊言》Thomas Nelson，2011。

Matt Bays 《Finding God in the Ruins: How God Redeems Pain》《在廢墟中尋見神：神如何救贖痛苦》David C Cook Distribution，2016。

June Hunt 《Depression: Walking From Darkness Into The Dawn》《憂鬱：從黑暗走向黎明》Rose Publishing，2013。

June Hunt 《Suicide Prevention: Hope When Life Seems Hopeless》《預防自殺：當人生看似毫無盼望時仍有希望》Perfect Paperback，2013。

Dr. David Jeremiah 《When Your World Falls Apart》《當你的世界崩塌時》Thomas Nelson，2004。

Anne Graham Lotz 《Why? Trusting God When You Don't Understand》《為什麼？當你無法理解時仍然信靠神》W Publishing Group，2004。

Max Lucado 《You'll Get Through This: Hope and Help for Your Turbulent Times》《你一定能走過去：在動盪時刻帶來的盼望與幫助》Thomas Nelson，2013。

James MacDonald 《When Life Is Hard》《當人生艱難時》Moody Publishers，2010。

Joyce Meyer 《Beauty for Ashes: Receiving Emotional Healing》《以華冠代替灰塵：領受情感的醫治》Warner Books，1994。

Joyce Meyer 《Be Anxious for Nothing: The Art of Casting Your Cares and Resting in God》《應當一無掛慮：將憂慮交託並安息於神的藝術》Warner Books，1998。

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John Piper 《When the Darkness Will Not Lift: Doing What We Can While We Wait for God—and Joy》《當黑暗遲遲不散去：在等候神與喜樂臨到的日子裡，盡我們所能去行》 Crossway Books，2006。

Andy Stanley 《Enemies of the Heart: Breaking Free from Emotions That Control You》《心中的敵人：擺脫控制你的情緒》 WaterBrook Multnomah，2011。

Charles R. Swindoll 《Hope Again: When Life Hurts and Dreams Fade》《再次擁有盼望：當人生受傷、夢想褪色時》 W Publishing Group，1996。

禱告／靈修主題書籍

Stormie Omartian 《Prayers for Emotional Wholeness》《為情感得完全醫治的禱告》 Harvest House Publishers，2007。

Ed Strauss 《Devotions for Difficult Times》《艱難時刻的每日靈修》 Barbour Publishing，2016。

一般（非基督教）書籍（教育性並附實際步驟）

John W. James 《The Grief Recovery Handbook, 20th Anniversary Expanded》
《走出悲傷恢復手冊（20週年增訂版）》 HarperCollins，2009。

Laura L. Smith、Charles H. Elliott 《Depression For Dummies》《憂鬱症完全入門（For Dummies 系列）》 Wiley Publishing, Inc.，2003。

General Education/Self-Help Books

Arterburn, Stephen. *Healing Is A Choice: Ten Decisions That Will Transform Your Life & Ten Lies That Can Prevent You From Making Them.* Thomas Nelson, 2011.

Bays, Matt. *Finding God in the Ruins: How God Redeems Pain.* David C Cook Distribution, 2016.

Hunt, June. *Depression: Walking From Darkness Into The Dawn.* Rose Publishing, 2013.

Hunt, June. *Suicide Prevention: Hope When Life Seems Hopeless.* Perfect Paperback, 2013.

Jeremiah, Dr. David. *When Your World Falls Apart.* Thomas Nelson, 2004.

Lotz, Anne Graham. *Why? Trusting God When You Don't Understand.* W Publishing Group, 2004.

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Lucado, Max. *You'll Get Through This: Hope and Help for Your Turbulent Times*. Thomas Nelson, 2013.

MacDonald, James. *When Life Is Hard*. Moody Publishers, 2010.

Meyer, Joyce. *Beauty for Ashes: Receiving Emotional Healing*. Warner Books, 1994.

Meyer, Joyce. *Be Anxious for Nothing: The Art of Casting Your Cares and Resting in God*. Warner Books, 1998.

Piper, John. *When the Darkness Will Not Lift: Doing What We Can While We Wait for God--and Joy*. Crossway Books, 2006.

Stanley, Andy. *Enemies of the Heart: Breaking Free from Emotions That Control You*. Waterbrook Multnomah, 2011.

Swindoll, Charles R. *Hope Again: When Life Hurts and Dreams Fade*. W Publishing Group, 1996.

Topical Prayer/Devotion Books

Omartian, Stormie. *Prayers for Emotional Wholeness*. Harvest House Publishers, 2007.

Strauss, Ed. *Devotions for Difficult Times*. Barbour Publishing, 2016.

Secular Books (Educational With Practical Steps)

James, John W. *The Grief Recovery Handbook, 20th Anniversary Expanded*. HarperCollins, 2009.

Smith, Laura L, and Elliott, Charles H. *Depression For Dummies*. Wiley Publishing, Inc., 2003.

3

Application and Prayer

〈走過幽谷〉

Walking Through the Valley

作者：席薇雅·克萊蒙斯 Sylvia Clemons

重點：探討聖經中有關「幽谷」經歷的表達，以及神為人預備的得勝計畫。檢視我們如何造成自己陷入「幽谷」，以及如何避免那些陷阱，同時建立堅固且持之以恆的屬靈操練。

Focus: Discuss the biblical expressions of "valley" experiences, along with God's plan for victory. Look at ways we help create our own "valleys" and ways to avoid those pitfalls while developing strong and consistent spiritual disciplines.

經文 Lesson Text:

詩篇 23 篇 耶和華是我的牧者；我必不致缺乏。祂使我躺臥在青草地上，領我在可安歇的水邊。祂使我的靈魂甦醒；為自己的名引導我走義路。我雖然行過死蔭的幽谷，也不怕遭害；因為祢與我同在；祢的杖，祢的竿，都安慰我。在我敵人面前，祢為我擺設筵席；祢用油膏了我的頭；使我的福杯滿溢。我一生一世必有恩惠慈愛隨著我；我且要住在耶和華的殿中，直到永遠。

Psalm 23 (KJV) The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.

主題經文 Focus Verse:

詩篇 42:11 我的心哪，你為何憂悶？為何在我裡面煩躁？應當仰望神，因我還要稱讚祂。祂是我臉上的光榮（或：拯救），是我的神。

Psalm 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

A. 聖經中對幽谷經歷的描述 Biblical Expressions of Valley Experiences

1. 大衛王是在他的兒子押沙龍背叛他的那段期間寫下詩篇第 23 篇的。那是大衛生命中許多黑暗時期之一，而他也正是在那些時期寫下了許多詩篇。然而，大衛並不是聖經中唯一經歷人生「幽谷」的人。

King David wrote Psalm 23 during the time of his son Absalom's rebellion against him. It was one of many dark times in David's life and he wrote many of the psalms during those periods. But David was not the only person in the Bible who experienced the "valleys" of life

2. 夏甲帶著以實瑪利流浪到曠野，把他放到離自己稍遠的地方，因為她不忍心看著他死去，便坐下來痛哭。

Hagar wandered out into the desert with Ishmael, put him away from her so she wouldn't have to see him die and sat down and wept.

3. 哈拿因為一直不能懷孕，日夜哭泣，甚至不肯吃飯。

Hannah wept night and day and wouldn't eat because she couldn't get pregnant.

4. 摩西在殺了那個埃及人之後，心生懼怕，逃到了曠野。

Moses became fearful and fled into the desert after killing the Egyptian.

5. 拿俄米因著所遭遇的一切，告訴眾人不要再叫她拿俄米，而要叫她瑪拉，意思是「苦」。

Naomi told everyone to call her Mara, meaning "bitter" because of all that had happened to her.

6. 掃羅被惡靈攪擾，需要藉著大衛所彈奏的音樂來安撫。

Saul had an evil spirit that troubled him and needed soothing with David's music.

7. 耶利米被稱為「流淚的先知」。

Jeremiah was known as "the weeping prophet."

8. 尼希米身居國王酒政的重要職位，但當他聽見耶路撒冷的城牆被拆毀時，就哭泣、悲哀並禁食。他如此憂傷，以致連國王都注意到了，並問他究竟發生了什麼事。

Nehemiah had a prominent position as the king's cupbearer, but when he heard about the walls of Jerusalem being broken down, he wept and mourned and fasted so much that the King noticed it and asked him what was going on.

9. 以利亞才剛剛大大戰勝巴力的眾先知，但當他聽見耶洗別要追殺他時，便逃進曠野，甚至求死。

Elijah had just won a stunning victory over the prophets of Baal but when he heard Jezebel was after him, he went into the wilderness and wanted to die.

10. 約伯的三位朋友陪他坐在地上，整整七天七夜。在那七天裡，沒有人說一句話，因為他們看見他的憂傷是何等深重。

Job's three friends sat down with him on the ground for seven full days and nights. For those seven days, nobody said a word because they saw how great his grief was.

11. 施洗約翰在監獄裡開始失去盼望，陷入絕望，因此差遣幾個門徒去問耶穌，祂是否真的是那一位將要來的。

John the Baptist began to lose hope and began to despair in the prison so he sent several of his disciples to ask if Jesus was really the One.

12. 加略人猶大意識到自己所做之事之後，陷入絕望，最終自殺，以最極端的方式失去了盼望。

Judas Iscariot realized what he had done; he despaired and committed suicide in an ultimate loss of hope.

B. 墮落世界中的人生 Life in a Fallen World

1. 雖然聖經只有少數版本使用「憂鬱」這個詞，但它卻使用了許多不同的詞語來描述可能歸屬於這個範疇的狀態，例如：憂悶、憂傷、淒涼、灰心、心灰意冷、哀傷、憂慮不安、痛苦、絕望以及傷心。用今天的術語來說，我們可能統稱這些狀態為憂鬱。

While the Bible uses the term "depression" in only a few versions, it does use many different terms for what might fall under that label, such as downcast, sad, forlorn, discouraged, downhearted, mourning, troubled, miserable, despairing, and brokenhearted. In today's terms, we might just call it depression.

2. 這些詞語表達了人類生活在一個艱難且墮落的世界中所共同經歷的情緒。在這個世界裡，「因為祂叫日頭照好人，也照歹人；降雨給義人，也給不義的人。」（馬太福音 5:45）許多時候，這些艱難的人生經歷會使我們開始質疑神，以及祂對我們的愛。它們可能會動搖我們信心最深的根基。在那些時刻，仇敵會試圖利用這樣的處境，誘惑我們偏離自己的信仰，開始心生懷疑。牠會誘惑我們，把焦點轉向黑暗，而不是光明。然而，神已經為我們所面對的每一個試探，都預備了得勝的方法。

These terms express common emotions that humanity experiences living in a difficult and fallen world where it rains on the just and the unjust (Matthew 5:45). Many times these difficult life experiences can cause us to question God and His Love for us. They can shake our faith to its core. During those times, the enemy will try to take advantage of the situation and tempt us to turn aside from our faith and begin to doubt. He will tempt us to turn our focus toward the darkness and away from the Light. But God has provided a way to deal with every temptation we face.

哥林多前書 10:13 你們所遇見的試探，無非是人所能受的。神是信實的，必不叫你們受試探過於所能受的；在受試探的時候，總要給你們開一條出路，叫你們能忍受得住。

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1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

當我們發現自己正經歷人生的「幽谷」時，我們必須作出選擇。我們是否要擁抱這個「幽谷」，並開始在那裡建立永久的居所？我們是否要向仇敵的試探屈服，開始自憐自艾，對別人因為他們「對我們所做的事」而心生憤怒，甚至因神容許某個處境發生而對神感到憤怒？

When we find ourselves experiencing the "valleys" of life, we have choices to make. Will we embrace the "valley" and begin to build permanent dwelling places there? Will we give in to the enemy's temptation to feel sorry for ourselves, angry at others for what they have "done to us," even angry at God for allowing a particular circumstance to take place?

或者，我們是否能夠將自己的「幽谷」看作是生活在這個墮落世界中的一部分，並把它視為一段神能夠安慰我們、引領我們走到幽谷另一端的時期，使我們變得更加剛強，也更加像祂？即使我們擁有這樣的觀點，我們仍然必須承認，在經歷人生艱難的過程中，痛苦是真實存在的。我們仍然必須承認那份痛苦，走過那份痛苦，並從其中成長，而不是被困在「幽谷」裡。雖然幽谷充滿痛苦，但它也可能是一片肥沃之地，蘊藏著極大的成長潛力。

Or will we be able to see our "valley" as a part of living in a fallen world and a time in which God can comfort us and lead us to the other side of the valley where we will be stronger and more like Him? Even with this perspective, we must still recognize the pain that comes with living through life's difficulties. We must still acknowledge the pain, walk through it and grow from it without getting stuck in the "valley." Though painful, valleys can also be fertile places with a great potential for growth.

C. 憂鬱的幽谷 The Valley of Depression

我們所謂的憂鬱，可能以各種不同的方式出現。它可能是事件所造成的結果，當我們無法適當地表達並處理所發生的事情而產生的悲傷和／或痛苦時，憂鬱便可能出現。當我們把那些感受壓抑下去時，身體往往會以各種不同的症狀作出反應，包括生理上的症狀以及情緒上的症狀。

What we call depression can come in a variety of ways. It can come as a result of life events where we are not able to appropriately express and process our feelings of grief and/or pain related to what has happened. In "de-pressing" those feelings, the body often reacts with a variety of symptoms, both physical and emotional.

當喜樂被壓抑下來；情緒被壓制；對周遭事物和人的興趣被壓下來；食慾和睡眠模式也可能被壓抑。而在這些情況下，我們通常會退出與周遭的人和活動的互動。我們切斷了，或壓抑了那些維持生命的重要連結——與他人的連結，甚至常常也包括與主的連結。於是，那個「幽谷」便變得越來越深，也越來越寬。

Joy at life is "de-pressed" or pushed down; emotions in general are "de-pressed;" interest in things and people around us is "de-pressed"; appetite and sleep patterns can be "de-pressed." And in these instances, we generally withdraw from people and activities around us. We disconnect or

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"de-press" our life-sustaining connections to other people and often to the Lord Himself. And the "valley" gets deeper and wider.

憂鬱也可能是由身體內的化學失衡所引起，或因其而產生。造成化學失衡的原因，可能包括生活型態、不健康的飲食習慣、為其他健康問題所服用的藥物，或其他源自生理因素的原因。由身體因素所引起的憂鬱，往往也會導致前面所列舉那些相同的情緒和行為表現，也就是「憂鬱」的表現。對於因生理因素所造成的憂鬱，有時候可能需要服用藥物，幫助身體重新恢復正常運作，並在一段時間之後，再次學會自行完成它原本應該做到的功能。就這方面而言，藥物可以具有矯正性的作用。服用藥物可能只是暫時性的，也可能需要長期服用，這取決於身體憂鬱狀況的實際性質，以及身體恢復正常功能的能力。

Depression can also be initiated by or come as a result of chemical imbalances in the body, perhaps caused by lifestyle, by unhealthy eating habits, by medications being taken for other health issues or other physically generated causation. The physical genesis of a depression then often leads to the same emotional and behavioral expressions of the "de-pression" that are listed above. For the physically generated depression, it can become necessary at times to take a medication to help the body "right" itself again and learn to do what it needs to do on its own after a period of time. Medications can be corrective in that respect. Taking medication may be temporary or long-term depending on the actual nature of the body's depression and its ability to rebound.

在某些情況下，憂鬱可能嚴重到一個程度，使一個人失去與現實接觸的能力，出現某種形式的精神病性症狀，並／或產生自殺傾向，深信事情永遠不可能改變，也永遠不會變得更好，因此完全失去盼望。在這種情況下，為了保護並照顧當事人，醫療與專業人士的介入始終是必要的。

In some instances the depression can be so severe that a person loses touch with reality and experiences a form of psychosis and/or becomes suicidal, believing there is no hope of things ever being different or better. In those cases, medical and professional interventions are always necessary for the protection and care of the individual.

D. 回應憂鬱 Responding to Depression

作為基督徒／教會 As Christians/The Church:

憂鬱症可以是一種疾病，就像糖尿病或癌症是一種疾病一樣。我們不會讓罹患糖尿病或癌症的人因自己的疾病而感到羞愧，也不會讓他們因談論自己的病情而覺得不好意思。然而，有時候我們卻以不同的方式看待那些與情緒有關的疾病，把它們視為羞於啟齒、不應該談論的事。在教會裡，我們常常會請大家為患有糖尿病、努力控制血糖的蘇西阿姨代禱。但是，我們卻很少會自在地請大家為正與憂鬱症搏鬥、甚至可能有自殺傾向的喬治叔叔代禱。

Depression can be an illness in a similar sense that diabetes or cancer are an illness. We don't try to make people feel shameful for being diabetic or having cancer and make them feel bad for talking about it. But sometimes we treat more emotion-related illnesses differently and look upon them as shameful and not to be talked about. In church, we will often ask for prayer for Aunt

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Susie who is diabetic and struggling to keep her blood sugar at a good level. But we rarely feel comfortable asking for prayer for Uncle Joe who is struggling with depression and may be suicidal.

我們不會告訴蘇西阿姨不要施打胰島素，叫她單單相信神，不靠胰島素，等候神醫治她。但是，曾經有一些出於善意的基督徒，卻告訴患有憂鬱症的人停止服用抗憂鬱藥物，因為服藥表示他們缺乏對神醫治大能的信心。然而，若沒有按照適當的方式逐步減藥，而立即停止服用某些藥物，是非常危險的。我們必須學習認知到，神可以選擇用各種不同的方法來醫治。除了直接施行神蹟般的醫治之外，祂也賜給我們許多醫治的途徑，包括專業人士、醫療人員，甚至藥物治療。無論祂使用的是哪一種「方法」，祂始終都是醫治的源頭。

We don't tell Aunt Susie not to take her insulin because she needs to trust that God is going to heal her without it. But there have been times when very well-meaning Christians have told people to stop taking their anti-depression medications because it shows a lack of faith in God's healing power. It can be very dangerous to immediately stop taking some medications without weaning off appropriately. We must learn to recognize that God can choose to heal in any number of different ways. He has given us many avenues for healing in addition to direct miraculous healing, including professional and medical personnel and even pharmaceutical interventions. He always is the Source, regardless of the particular "method" He uses.

我們必須學習，以愛心、憐憫和鼓勵來回應那些正經歷各種情緒疾病或心理疾病的人。神常常藉著我們向他人彰顯祂的愛，來完成祂一些最美好的工作。當我們代表祂，與人建立連結並支持他人時，我們便能成為那醫治過程中的一部分。

We must learn to respond with love, compassion and encouragement toward people experiencing any form of emotional or mental illnesses. God chooses to do some of His best work as He works through us to show His love to others. We can be a part of the healing process that comes from being connected to and supported by other people as we represent Him.

針對個人 As Individual:

無論所經歷的憂鬱是源於何種原因，也無論我們採取的是哪一種治療方式，當我們面對「憂鬱的幽谷」以及其他許多情緒或心理疾病時，我們都必須對自己的回應作出選擇。我們作出這些選擇的容易程度，會與我們所經歷疾病的嚴重程度，以及我們屬靈生命的成熟程度有關。當一個人正經歷最嚴重形式的憂鬱症，或其他情緒、心理疾病時，要作出這些選擇就會變得更加困難。這些選擇可能需要被分解成較小的步驟，也可能需要更多來自周圍人的支持與鼓勵；然而，靠著神的幫助，這些仍然是可以做到的。因為我們知道，「在人這是不能的，在神凡事都能。」（馬太福音 19:26）

Regardless of the origin of the depression being experienced and regardless of the specific treatment regime we adhere to, we have choices to make in our responses to the "valley of depression" as well as many other emotional or mental illnesses. The ease with which we make those choices will relate to the severity of the illness being experienced and our level of spiritual maturity as well. With the most serious forms of depression or other emotional or mental illness, it becomes more difficult to make those choices. They may have to be broken down into smaller

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steps and may call for more support and encouragement from others around us, but they can still be done with God's help. For we know that through Him *all things are possible* (Matthew 19:26).

由於仇敵總是會趁著我們處於低潮的時候伺機攻擊我們，因此，我們必須對憂鬱所帶來的屬靈影響保持高度警覺。我們必須學習操練自己的心思意念，使心意不斷更新，好讓我們持續轉向神，從祂那裡尋求我們各樣困境的解答。

Because the enemy will always try to take advantage of us when time we are "down," we must be very alert to the spiritual implications of having a form of depression. We must learn to discipline and renew our minds in order to continue turning to God for the solution to our dilemmas.

哥林多後書 10:3-5 3 因為我們雖然在血氣中行事，卻不憑著血氣爭戰。4 我們爭戰的兵器本不是屬血氣的，乃是在神面前有能力，可以攻破堅固的營壘，5 將各樣的計謀、各樣攔阻人認識神的那些自高之事，一概攻破了，又將人所有的心意奪回，使它都順服基督；

2 Corinthians 10:3-5 (KJV) For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

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。

Romans 12:2 (KJV) And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

彼得前書 1:13 所以要約束你們的心[a]，謹慎自守，專心盼望耶穌基督顯現的時候所帶來給你們的恩。

1 Peter 1:13 Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

腓立比書 4:8 弟兄們，我還有未盡的話，凡是真實的、可敬的、公義的、清潔的、可愛的、有美名的，若有什麼德行，若有什麼稱讚，這些事你們都要思念。

Philippians 4:8 (KJV) Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

E. 我們必須確信，神是與我們同在，而不是與我們為敵。

We must find assurance that God is with us and not against us.

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耶利米書 29:11 耶和華說：我知道我向你們所懷的意念是賜平安的意念，不是降災禍的意念，要叫你們末後有指望。

Jeremiah 29:11 (KJV) For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

希伯來書 13:5 你們存心不可貪愛錢財，要以自己所有的為足；因為主曾說：「我總不撇下你，也不丟棄你。」

Hebrews 13:5 (KJV) Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

以賽亞書 43:1 下 - 2……不要害怕，因為我救贖了你；我曾提你的名召你，你是屬我的。你從水中經過，我必與你同在；你趟過江河，水必不漫過你。你從火中行過，必不被燒，火焰也不著在你身上。

Isaiah 43:1b-2 (KJV) ...Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

F. 我們必須學習在患難中呼求主

We must learn to call on the Lord in our troubles:

詩篇 18:3 我要求告當受讚美的耶和華，這樣，我必從仇敵手中得救。

Psalms 18:3 (KJV) I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies.

耶利米哀歌 3:55 - 58 耶和華啊，我從極深的坑中求告祢的名。祢曾聽見我的聲音；我求祢解救，祢不要掩耳不聽我的呼求。我求告祢的日子，祢臨近我，並且說：「不要懼怕。」主啊，祢為我的案件伸冤；祢救贖了我的性命。

Lamentations 3:55-58 (KJV) I called upon thy name, O LORD, out of the low dungeon. Thou hast heard my voice: hide not thine ear at my breathing, at my cry. Thou drewest near in the day that I called upon thee: thou saidst, Fear not. O LORD, thou hast pleaded the causes of my soul; thou hast redeemed my life.

詩篇 38:15 耶和華啊，我仰望祢；主我的神啊，祢必應允我。

Psalms 38:15 (KJV) For in thee, O LORD, do I hope: thou wilt hear, O Lord my God.

耶利米書 29:12 - 13 你們要呼求我，禱告我，我就應允你們。你們尋求我，若專心尋求我，就必尋見。

Jeremiah 29:12-13 (KJV) Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart.

哥林多後書 4:16–18 所以，我們不喪膽。外體雖然毀壞，內心卻一天新似一天。我們這至暫至輕的苦楚，要為我們成就極重無比、永遠的榮耀。原來我們不是顧念所見的，乃是顧念所不見的；因為所見的是暫時的，所不見的是永遠的。

2 Corinthians 4:16-18 (KJV) For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

羅馬書 12:12 在盼望中要喜樂；在患難中要忍耐；禱告要恆切。

Romans 12:12 (KJV) Rejoicing in hope; patient in tribulation; continuing instant in prayer;

詩篇 3:2–6 有許多人議論我說：「他得不著神的幫助。」（細拉）但耶和華啊，祢是我四圍的盾牌；是我的榮耀，又是叫我抬起頭來的。我用我的聲音求告耶和華，祂就從祂的聖山應允我。（細拉）我躺下睡覺，我醒著，耶和華都保佑我。雖有成千上萬的人四面圍攻我，我也不懼怕。

Psalms 3:2-6 (KJV) Many there be which say of my soul, There is no help for him in God. Selah. But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head. I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah. I laid me down and slept; I awaked; for the LORD sustained me. I will not be afraid of ten thousands of people, that have set themselves against me round about.

- G. 我們必須學習明白，「幽谷的經歷」能教導我們許多在山頂上永遠學不到的功課。它們能促進我們生命的成長，使我們越來越像我們的主和救主——耶穌基督。

We must learn to understand that "valley experiences" can teach us things that we could never learn while on the mountain top. They can stimulate growth in us that makes us more like Jesus Christ, our Lord and Savior.

羅馬書 8:28 我們曉得，萬事都互相效力，叫愛神的人得益處，就是按祂旨意被召的人。

Romans 8:28 (KJV) And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

羅馬書 8:36–38 如經上所記：「我們為祢的緣故終日被殺；人看我們如將宰的羊。」然而，靠著愛我們的主，在這一切的事上，我們已經得勝有餘了。因為我深信：無論是死，是生，是天使，是掌權的，是有能的，是現在的事，是將來的事，……

Romans 8:36-38 (KJV) As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,