

# 十字架学习

基本的门徒课程



Husband ↔ Wife  
丈夫与妻子

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# 11. Husband ⇄ Wife

## 丈夫与妻子

**Faithful to my commitment.**

**忠诚于我的承诺**



God has designed and ordained the husband and wife relationship. Hidden within this most intimate of relationships God also has given us a special picture of His relationship with His people. Oneness speaks of unconditional commitment, complete identification, whole affection and unending devotion. This also provides couples with extra motivation to continually choose to build one other up in speech, attitude and action.

上帝为人设计了夫妻关系。在这种最亲密的关系里，神也启示我们，他和他的子民之间特别的关系，不仅仅是无条件的承诺、完全地认同、全部的感情和无止尽的奉献。这也给了夫妻双方额外的动力，让他们在言语上、态度上、行动上不断地彼此扶持。

### Becoming One

成为一体

A couple caught in the euphoric state of engagement has not yet come to the reality of what it is to live with another sinner. They live in the romanticism of their idealistic hopes. The realities of married life quickly settle in once the wedding is over. A few disagreements quickly subdue the glories of their special love. The disagreements don't mean that the couple has 'fallen out of love' as some might assume. Instead it calls them to focus on learning how to genuinely love each other.

当一对夫妇正处于订婚的兴奋状态时，还没有意识到未来的现实是：你要如何和另一个罪人一起生活？他们还生活在带着理想主义希望的浪漫中。当婚礼一结束，现实的生活就迅速开始了。两人的分歧会迅速地使他们那种特别的爱失去光彩。但是分歧并不像某些人想的那样，夫妻双方不再相爱了。这些分歧是要夫妻双方把重点放在学习如何真正地彼此相爱。

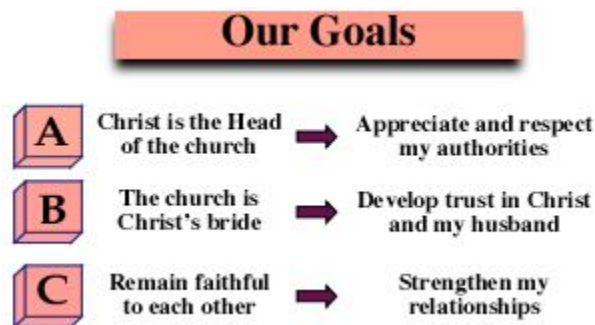
Each spouse must learn to live by the rules for a good marriage. There are not very many, but they are important. The Lord even gave us special instructions on how to gain a great marriage. But the unseen foundation of a happy marriage is one basic truth. Marriage is based on an unconditional commitment. God declared "the two shall become one." They don't come apart.



配偶双方必须学会用一个良好的婚姻规则来生活。这种规则不是很多，但是很重要。神甚至给了我们一些特别的“指南”教我们如何获得一个美好的婚姻。但是幸福婚姻是建立在一个看不见的基础上。这就是一个基本事实：婚姻是建立在无条件的承诺之上。当神宣布“二人合为一体”时，他们就不能分开了。

Commitment is the willingness to stay faithful and be kind no matter what happens. Marriage is a 'for as long as you both shall live' commitment. That is the reason our Lord uses the marriage relationship to further our understanding of the intimacy He desires to have with His own people.

承诺是指无论发生什么事情，双方仍然愿意忠诚对方，并仁慈对待对方。婚姻是一种“直到双方死亡”的承诺。这就是为什么神用婚姻的关系来让加深对亲密关系的理解。他的意愿是要有自己的子民。



### 我们的目标

- A耶稣是教会的头 → 重视珍惜我们的权威
- B教会是基督的新娘 → 加强对基督和丈夫的信任
- C彼此忠诚 → 加强我们彼此的关系

## **A** Christ is Head 基督是教会的头

**Understand and appreciate authority.**

### 了解并珍视权威

#### 1) Understanding Headship and Authority

##### 1) 理解领头人的角色和职权

Authority is a very misunderstood topic. Let's first see what the Bible says about this matter. Fill in the blanks below from the verses below.

权威是一个非常容易让人误解的概念。首先让我们来看看圣经上是怎么教导这个概念的。在以下空白处填入圣经的教导：

*For the husband is the head of the wife, as Christ also is the head of the A, He Himself being the savior of the body (Ephesians 5:23).*

因为丈夫是妻子的头，如同基督是教会的头。他又是教会全体的救主。(以弗所书 5:23)

\_\_\_\_\_ is the head of \_\_\_\_\_

\_\_\_\_\_ is the head of \_\_\_\_\_

\_\_\_\_\_ 是 \_\_\_\_\_ 的头； \_\_\_\_\_ 是 \_\_\_\_\_ 的头。

The 'is' in the above sentences leaves no question to the fact of these two assertions. Can you without exception state this is so? Why or why not? Does a bad experience change these truths?

句子中“是”这个谓语毫无疑问地告诉我们这两个不争的事实。你是否认为这是无例外的事实呢？为什么呢？是否有不愉快的经历改变这些事实？

## 2) Crises with Authority

### 2) 权威的重要

If you have seen hypocritical leaders, insincere husbands or just listen to the media, you might be one of the many people who strongly detest any form of authority. Along with this critical perspective is a strongly negative attitude that anything good can come from such an arrangement. Here are three challenges to confront and overcome in order to gain a great marriage or a good Christian experience in the modern context.

如果您已经见过虚伪的领导人，不忠诚的丈夫或者只听媒体的报道，您可能会像许多人一样强烈憎恨任何形式的权威。因此许多人常带着“听从这样的安排有什么好处？”疑问，他们带着坚决否定的态度。为了获得一个美好的婚姻或一个美好的基督徒生活，我们要正视并战胜现代生活环境中的三个错误观念的挑战：

(1) Man believes he has a right to choose what he wants. He is 'in charge' of his own destiny. Humanism considers authority evil including the idea of headship in the context of Christianity or marriage.

(1)人总是相信自己有权力选择自己想要的东西。他决定自己的命运。人文主义认为权威是邪恶的，包括基督徒被神带领的生活，或婚姻。

(2) Modern man believes that he can change his mind about prior commitments as he sees fit. A person's changing viewpoint is more important than a vow. Divorce and remarriage become options.

(2)现代人相信如果自己愿意就可以改变他原先的承诺。一个人不断变化的观点比作出的誓言更加的重要。离婚和再婚就变成了另一种选择。

(3) Submissiveness or compliance is considered a weakness and quite unable to sustain a person for normal living in the context of our modern world. It is looked at with disdain.

(3)在现代的世界概念里，顺服或者服从被认为是软弱，无法维持正常生活的表现。这是被鄙视的。

### 3) Our Hope: The Word of God

#### 3) 我们的希望：神的话

Because of the challenges to our faith, God has given us commands to direct us when we are confused and unsure about what is right. In particular, God has given a similar directive for both wives and the church.



因着这些对我们信仰的挑战，神已经给我们命令，要我们在困惑和不知道什么是正确的时候让他来指导我们。特别的是，神已经给妻子和教会一个相似的指示：

*Wives, be subject to your own husbands, as to the Lord. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything (Ephesians 5:22,24).*

你们作妻子的，当顺服自己的丈夫，如同顺服主。因为丈夫是妻子的头，如同基督是教会的头。他又是教会全体的救主。教会怎样顺服基督，妻子也要怎样凡事顺服丈夫。（以弗所书 5：22-24）

These commands for the church and wives are not optional. All Christians must submit to Christ's commands. All wives must subject themselves to their husbands. In the above verses, circle the phrase, "in everything."

这些给妻子和教会的命令是不可以选择的。所有的基督徒必须遵守基督的命令。所有的妻子必须顺服她们的丈夫。在上面的章节中，圈出词语：“凡事”。

**Application:** The need for a proper response demands a change in how we respond to the one in authority over us.

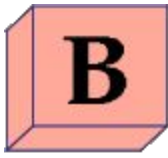
生活应用：我们若想做出恰当的反应，那么当我们面对上头的权威时就必须做出改变。

(1) Accept subjection as God's best. Plan to always obey.

(1) 接受神要我们顺服的命令，随时准备顺服。

(2) Confess bad behaviors and attitudes toward the one in authority over you.

(2) 向神承认你对拥有权威的人的坏行为及态度。请求神的原谅。



# The Church as Wife

## 教会是妻子

### Developing trust in His irresistible leadership.

### 相信神无可置疑的带领

#### 1) The Commitment Questioned

##### 1) 承诺遭到质疑

Some Christians question whether Christ needs to be a person's Lord if He is their Savior. This is like the wife that reserves the option to not submit to her husband. Marriage is similar to our Christian faith in the way that the commitment seals how we respond to our spouse or the Lord. Underline the husband and wife's duties in the following verses.

某些基督教徒有疑问，如果基督是我们的拯救者，基督为什么还要当我们的主？这就像一个妻子服从不服从她的丈夫是有选择的一样。婚姻是类似于我们基督徒信仰的方式，承诺是我们回应配偶或神的方式。在以下圣经章节中划出丈夫和妻子的责任。

*This mystery is great; but I am speaking with reference to Christ and the church. Nevertheless let each individual among you also love his own wife even as himself; and let the wife see to it that she respect her husband (Ephesians 5:32-33).*

这是极大的奥秘，但我是指着基督和教会说的。然而你们各人都当爱妻子，如同爱自己一样。妻子也当敬重她的丈夫。（以弗所书 5：32-33）

#### 2) Appreciating God's Design

##### 2) 重视神的计划

Every time we depart from God's design, we run into all sorts of problems. We tend to assume our feelings or decisions are better than the Lord's, They never are. Have you been tempted to think that way? Probably. We all have. We need to resist those temptations. It helps to understand that God gives us commands to help and protect us.

每次我们偏离神的计划，我们就有种种的问题。我们总是臆想我们的感觉、我们的决定比神的更好。但不是这样的。你是不是也这么想过呢？也许。我们都是这样。我们都要抵制这种诱惑。这样可以帮助我们了解到，神给我们命令是为了帮助我们，为了保护我们。

- They remind us of God's way even when our experiences tell us differently.
- 它们提醒我们神的方式是不同的，即使我们有过经验。
- They arrange the relationship in such a way that there is no friction.
- 这些命令使我们的关系没有任何摩擦。

- They maximize the depth of joy.
- 它们将喜乐的深度最大化。
- They protect the unity from threatening forces.
- 在暴力的威胁下，它们保护我们，让我们同心协力。

God's commands preserve and aid in obtaining the very best whether it be in a marriage or in our Christian life. Let's look at the reason for this.

无论是在婚姻或是我们基督徒的生活上，神的命令保护并帮助我们，使我们获得最好的祝福。让我们来看看原因。

### 3) Love Never Fails

#### 3) 爱永不止息

Christ loves the church. His love is constant and sure. He is very involved with all aspects of our lives. We can trust Him during times of distress or confusion. We simply need to trust Him as the Spirit of Christ leads our lives. The husband is given this same charge to unconditionally love his wife. The wife needs to rest in his care for her.

基督爱教会。他的爱是不变的，是真实的。他涉及我们生活的各个方面。我们有痛苦，困惑的时候，我们要相信他。因为基督的灵在带领着我们的生活，所以我们只需要相信他。丈夫也是一样将这样无条件的爱给予他的妻子。妻子只要在他的照顾下安息。

*Husbands, love your wives, just as Christ also loved the church and gave Himself up for her. ... so husbands ought also to love their own wives as their own bodies (Ephesians 5:25, 28).*

你们作丈夫的，要爱你们的妻子，正如基督爱教会，为教会舍己。...丈夫也当照样爱妻子，如同爱自己的身子。爱妻子，便是爱自己了。（以弗所书 5：25，28）

The Christian and the wife both need to trust that all the love that is needed is always provided. As they do, their tempers and persons will be sweetly shaped to allow God's love to shine through their lives.



基督徒，妻子都要相信：你们一直都拥有你们需要的爱。如果这样做，你们的脾气和性格将被塑造得很甜美，神的爱将在妻子的生命显耀出来。

### 4) But if ...

#### 4) 若有.....

Things are not always so easy for wives. What does Peter recommend? Underline the phrase starting with, "even if ..."

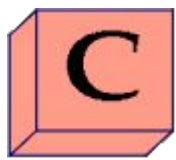
对妻子来说，事情总不是那么容易的。彼得是怎么劝告的呢？划出从“若有”开始的词语：

*You wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives (1 Peter 3:1).*

你们作妻子的，要顺服自己的丈夫。这样，若有不信从道理的丈夫，他们虽然不听道，也可以因妻子的品行被感化过来。（彼得前书 3：1）

**Application:** Thank God for your relationship with God and your spouse. Ask Him to build up your trust.

生活应用：为你和神，和配偶之间的关系，感谢神。请求神建立你们彼此的信任。



## Faithfulness & Charity

## 忠诚与仁慈

### Living out our oneness.

### 活出我们的“一体”

#### 1) Working Out Your Oneness

##### 1) 活出你们的“一体”

Oneness, the indivisible unity in marriage, describes both the married couple as well as a Christian's relationship to Christ. Whether wading through some difficulties or just enriching your relationship, use this teaching to help you!

一体，婚姻中不可分割的统一，既是指已婚夫妇双方，也指一个基督徒和基督的关系。无论是遇到了困难，还是要加强彼此的关系，用这个教训来帮助你！

#### 2) Never Two

##### 2) 不可分开

*Consequently they are no longer two, but one flesh. What therefore God has joined together, let no man separate (Matthew 19:6).*

既然如此，夫妻不再是两个人，乃是一体的了。所以神配合的，人不可分开。（马太福音 19：6）

As much as we might sense a strain in our relationship, we need to refuse to accept it. This might sound a bit strange, but it is perfectly in line with what Jesus said. We affirm our oneness and refrain from doing anything that separates: negative criticism, hitting, yelling, name calling, blaming, etc..

当我们感觉到两人之间的关系紧张，我们必须拒绝这样的感觉。这听起来有些奇怪，但它是完全符合耶稣说的话。我们证明我们的“一体性”，不做任何分裂的事，如：消极的批评，打架，大叫，大声直呼名字，指责，等等。

**Reflection:** When a wife has a moody day, she can get critical and antagonistic. A husband can really feel the ‘twoness’ and can easily reflect that feeling by ignoring her need for constant love. Instead, remember your commitment to her. You don’t feel like loving her but consciously decide that you will love her. You will choose to be more influenced by what is true - ‘the two are one.’ Make a decision not to wound her but only provide your support and care for her as if she was you (she is) (Ephesians 5:28). It works. Anything less than this interferes with solving the real problem.

生活应用：

当妻子情绪化的时候，她会变得爱批判并且有敌对情绪。这个时候，丈夫会感觉到“二重性”，很可能忘记用持续的爱来回应她，反而无视妻子的需要。相反，丈夫要记得你给她的承诺。你感觉不想爱她，但要有意识地决定去爱她。你要选择“两人合二为一”作为你的信念，改变自己。下定决心，不再伤害她，而是给予她你的支持和关心，就像她就是你一样（她就是你）（以弗所书 5：28）。这是很有用的。如果做不到这一点，那么事情的解决就会遇到障碍。

### 3) Pure and Faithful

#### 3) 纯洁和忠诚

Jesus’ words “*every one who looks on a woman to lust for her has committed adultery with her already in his heart*” are well-known (Matthew 5:28). At times we will be tempted to be attracted to another person, especially when our marital relationship is experiencing rough times.

耶稣说：“凡看见妇女就动淫念的，这人心里已经与她犯奸淫了。”（马太福音 5：28）有时候我们容易被其他人所吸引，特别是在夫妻关系正经历比较困难的时期。

We need to affirm a life of purity. As a single, you train your mind to steer clear of its lustful path. If married, you remember your oneness and reject such wanton thoughts. Fix your mind on purity even if you need to first repent.

我们必须保证过纯洁的生活。单身的时候，你要训练自己，避开淫荡的道路。如果结婚了，记得你和你的配偶已经是一体，要克制那种邪恶的念头。先忏悔祷告，将你的想法集中在纯洁的关系上。

### 4) Kindness and Caring

#### 4) 仁慈和关心

God’s commands help us affirm our oneness. “*Bearing with one another, and forgiving each other, whoever has a complaint against any one; just as the Lord forgave you, so also should you. And beyond all these things put on love...*” (Colossians 3:13-14).

神的命令帮助我们坚固我们的“一体性”。“倘若这人与那人有嫌隙，总要彼此包容，彼此饶恕。主怎样饶恕了你们，你们也要怎样饶恕人。在这一切之外，要存着爱心。...”（歌罗西书 3：13-14）

We affirm our oneness when we refuse to act on upon those actions that separate us and deliberately decide to do those things that draw us closer together. Circle the actions below that affirm oneness between a married couple.

我们要拒绝去做那些使我们分裂的事情，要去做那些让我们彼此更加亲密的事情，要证实我们已经“成为一体”。划出下面能促使结婚双方“合为一体”的行为：

*No divorce* 不离婚    *Bitterness* 挖苦    *Complaints* 抱怨    *Yell* 吼叫    *Listen* 倾听  
*Prideful* 骄傲    *Put up with one another* 彼此忍让    *Critical* 爱批评人的  
*Patience* 忍耐    *Stubborn* 顽固    *Love* 爱

**Application:** Choose two areas that you will work on. Accompany your decisions with concrete actions and prayer. See the take home project.

生活应用：选择你将做的两个方面。在你做决定的同时，作出行动和祷告。做以下家庭作业。

## Summary

### 总结

***Authorities are God-ordained. I will accept and respect them.***

A 权威是神赐予的，我们要接受并尊重权威。

***I will always obey those in authority over me.***

B 我要顺服在我之上的权威。

***I affirm my oneness with my spouse by doing only those things that build up our relationship.***

C 我保证我和我的配偶合二为一，一起做能够使我们的关系稳固的事情。

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## Take Home Projects

- **Memory Verses** Colossians 3:13-14
- 记诵圣经章节 歌罗西书3：13-14

*Bearing with one another, and forgiving each other, whoever has a complaint against any one; just as the Lord forgave you, so also should you. And beyond all these things put on love, which is the perfect bond of unity (Colossians 3:13-14).*

倘若这人与那人有嫌隙，总要彼此包容，彼此饶恕。主怎样饶恕了你们，你们也要怎样饶恕人。在这一切之外，要存着爱心。爱心就是联络全德的。（歌罗西书 3：13-14）

• **Head & Toes**

• 头和脚趾头

What do you do when someone in authority over you directs you to do something that you don't like? Write your response down in your spiritual journal. Do this for at least two situations. Be sure to include observations on your actions, words and attitudes. Discern whether your response was pleasing to the Lord. Pray, confess any sin and change your response to please Him.

当你上头的权威让你去做你不愿意做的事情的时候，你是怎么做的呢？在你的灵修日记写下你的反应。至少写出两项。记住要将你对自己的行为，言语和态度的观察都写进去。要辨明你所做的反应是不是神所喜悦的？祷告，承认你的罪，改变你的反应，让神喜悦。

Issue	Response	Good/Not	Steps to Improve
	Words	<input type="checkbox"/> <input type="checkbox"/>	
	Actions	<input type="checkbox"/> <input type="checkbox"/>	
	Attitudes	<input type="checkbox"/> <input type="checkbox"/>	

事情	回应	好	不好	如何提高
	行为			
	言语			
	态度			

• **Oneness Forever**

• 永远合一

From part 'C' pick out two things that will help you to affirm your marriage. If you are not married, that is fine, just do this with your relationship to the Lord. The same application works. Write down the two areas on the left and actual steps to take that affirm oneness.

从“C”中选出两项能让你坚固你的婚姻的东西。如果你没有结婚，也没关系，当作是为了你和神之间的关系而做的。在左边写下那两项，然后用实际行动来证实你们“成为一体”。

- (1)
- (2)