

Getting to the Heart of Behavior

触及行为的「心」

THE BIG IDEA核心理念

The heart is the control center of life. All behavior flows from the heart. This is why Jesus says, “For out of the overflow of his heart his mouth speaks.” (Luke 6:45). What comes out in the words and actions of your children reflect the abundance of their hearts. Correction and discipline, therefore, must be concerned with heart issues. Your concern is to unmask your child’s sin, helping him to understand how it reflects a heart that has strayed. Correction provides opportunities to show the glories of God who sent His Son to change hearts and free people enslaved to sin.

This chapter discusses the information found in Chapter 1 of *Shepherding a Child’s Heart*.

心是生命的控制中心。所有的行为都源于内心。这就是为什么耶稣说：「因为心里所充满的，口中就说出来」(路加福音6:45)。孩子话语和行为的流露，反映了他们内心的丰富。因此，纠正和管教必须关注内心的问题。你的职责是揭露孩子的罪，帮助他理解这些罪行如何反映出他们偏离的心。纠正提供了展示神荣耀的机会，祂差派祂的儿子改变人心，释放被罪奴役的人。

本章讨论了《牧养孩子的心》第一章中的信息。

DIGGING INTO THE WORD查考圣经

1. God is concerned with heart issues. Make notes on the following passages. How do they show God’s focus on the heart?

神关心心灵的问题。请记录以下经文。它们如何表明神关注心灵？

Proverbs《箴言》4:23

Deuteronomy《申命记》 10:12

Jeremiah《耶利米书》 17:10

Luke《路加福音》12:34

2. To shepherd your child’s heart into a biblical understanding of behavior, you must know the terms the Bible uses to describe the thoughts and purposes of the heart. Look up and write out Hebrews 4:12

要想引导孩子的心灵理解圣经中的行为，你必须知道圣经用来描述心灵思想和目的的术语。查阅并写下《希伯来书》4:12。

3. The Bible is robust and sufficient. It gives you all the categories of thought you need to understand and evaluate behavior. From the list of Scripture texts below identify the heart issues that inevitably lead to sin.

圣经是完备而充分的。它为你提供了理解和评估行为所需的所有思想范畴。从以下经文中找出必然导致罪的心灵问题。

Romans《罗马书》 12:19

Proverbs《箴言》29:25
Psalm《诗篇》10:4
Psalm《诗篇》56:3,4,11
Deuteronomy《申命记》7:25
Ecclesiastes《传道书》4:4
Proverbs《箴言》10:12
James《雅各书》3:14,16
Psalm《诗篇》17:10
Acts《使徒行传》5:17
1 Corinthian《哥林多前书》3:1,3
1 Corinthian《哥林多前书》10:14
Romans《罗马书》3:14

The passages listed above are only suggestive, not exhaustive. Develop a notebook in which you collect the attitudes of heart that the Bible uses to describe things that motivate behavior. Write the texts that describe these heart attitudes. Think of stories in the Scripture that can illustrate these character qualities both positively and negatively. Show how they work out in the lives of Bible characters. Hezekiah, for example, could be enlisted as an illustration of pride.

上面列出的段落仅供参考，并非详尽无遗。制作一个笔记本，收集圣经用来描述激励行为的心灵的态度。写下描述这些心态的文字。想想圣经中可以正面和负面地说明这些品格特质的故事。展示它们如何在圣经人物的生活中发挥作用。例如，希西家可以作为骄傲的例证。

Look at the list of heart attitudes above and think of biblical terms that describe the opposite quality. For example, opposite hatred, place love. In your notebook generate a list of contrasting attitudes of heart. Train yourself and your children to think and speak of motivation using biblical terminology.

看看上面的心态列表，想想描述相反品质的圣经术语。例如，与仇恨相反的是爱。在你的笔记本中列出一个对比心态的列表。训练你自己和你的孩子用圣经术语来思考和谈论动机。

When we assign terms to heart attitudes that are not biblical terms, we move our thinking away from the Bible as a means of understanding our motives and attitudes. For example, what does a person mean when he describes himself as frustrated? Does he mean angry, or something different? No passages of Scripture speak to frustration because it is not a biblical term. Until we identify those feelings with biblical terminology, we cannot use the Bible to understand them.

当我们用非圣经术语来描述心态时，我们的思维就偏离了圣经，不再以圣经作为理解我们动机和态度的手段。例如，当一个人描述自己感到沮丧时，他的意思是什么？他是指愤怒，还是其他什么？圣经中没有一节经文提到沮丧，因为它不是一个圣经术语。在我们用圣经术语识别这些感受之前，我们无法用圣经来理解它们。

The purpose for describing the attitudes of heart that motivate behavior is not to assign motives to your child with greater precision. Never use these insights from Scripture to club your child with his failure and inner wickedness. The reason to hone your understanding of these biblical terms is to enable you to help your child understand how the Scriptures describe the things that motivate what he says and does. You are using your knowledge to increase his sensitivity to and understanding of what pushes and pulls his behavior.

描述激励行为的心态的目的，并不是要更准确地为你的孩子指定动机。永远不要用圣经中的这些见解来打击你的孩子，指出他们的失败和内心的邪恶。磨练你对这些圣经术语的理解，是

为了让你能够帮助你的孩子理解圣经如何描述激励他所说和所做的事情。你正在用你的知识来提高他对左右他行为的因素的敏感度和理解力。

Your task is to explore with your child the possible motives for his actions and to help him to learn to discern what is going on within. Your integrity in dealing with these issues of motivation in your own life will both give you insight and credibility as you seek to deal with these things in your children. You can never teach what you have not learned.

你的任务是与你的孩子一起探索他行为的可能动机，并帮助他学会辨别内心正在发生的事情。你在处理自己生活中的这些动机问题时所展现的诚实，将为你处理孩子身上的这些问题时提供洞察力和可信度。你无法教授你没有学到的东西。

APPLICATION应用

1. What are some of the reasons you get sidetracked with behavior?
哪些原因会让你因行为而分心？
2. Why is changed behavior not an adequate goal in correction?
为什么改变行为不是纠正足够的目标？
3. Note what these passages say about behavior change that is not tied to heart change.
请注意这些经文中对未与心改变相结合的行为改变的论述。

Matthew《马太福音》15:8

Matthew《马太福音》23:25-28

4. How does understanding that behavior is only a reflection of the attitudes of the heart change the focus in correction and discipline?
明白行为只是内心态度的反映后，如何改变纠正和管教的重点？
5. Focusing on behavior rather than on the heart has negative results. Focus on changing behavior will tempt you to become a behaviorist. Behaviorism is the attempt to control or constrain behavior through offering negative or positive consequences. What are some of the things you have done to change behavior without focusing on heart issues?
专注行为而不是内心会产生负面结果。专注改变行为会诱使你成为行为主义者。行为主义是通过提供消极或积极后果来控制或约束行为的尝试。你做过哪些事情来改变行为而不关注内心问题？

There are times when you must constrain behavior. For example, if your son is hitting his sister on the head with a baseball bat, you must constrain his behavior. You cannot wait for his heart to change. The behavior must be stopped. But, even when you require him to stop hurting his sister in that way, you do so in the knowledge that the problem is not necessarily addressed just because the wrong behavior has stopped. You must still explore with him the heart issues behind this wrong behavior that requires restraint.

有时你必须约束行为。例如，如果你的儿子用棒球棒击打他妹妹的头，你必须约束他的行为。你不能等他改变心意。这种行为必须停止。但是，即使你要求他停止伤害他的妹妹，你也要知道，问题并不一定因为错误行为停止而得到解决。你仍然必须和他一起探索这种需要约束的错误行为背后的内心问题。

Remember, in correction and discipline, you are interested in what is happening in the heart. How has the heart gone astray? Concern for heart issues leads to the cross of Christ. Concern for heart issues underscores the need for a Savior. It provides you with opportunities to point your children to the willing, able, powerful Savior of sinners. He _____ is the only One who

does heart transplant surgery. He removes hearts of stone and implants hearts of flesh. (Ezekiel 36:26).

记住，在纠正和管教中，你感兴趣的是内心发生了什么。内心是如何误入歧途的？对内心问题的关注通向基督的十字架。对内心问题的关注强调了对救世主的需要。它为你提供了机会，让你的孩子走向那位愿意、有能力、强大的罪人的救世主。祂_____是唯一做心脏移植手术的人。祂移除了石心，植入了肉心。(以西结书36:26)。

STRATEGIC QUESTIONS策略性问题

1. What are some of the ways that you have been a behaviorist rather than a shepherd of the heart of your child?
在哪些方面你更像是一个行为主义者而不是孩子心灵的牧者？
2. In what ways would identifying the thoughts and intents of the heart help you to correct and discipline with a more Christ centered focus?
识别心灵的想法和意图在何种程度上能帮助你以更以基督为中心的方式进行纠正和管教？
3. What questions can you develop (questions that cannot be answered “yes” or “no”) that will help you draw your children out in ways that focus correction and discipline on heart issues?
你可以设计哪些问题(不能用「是」或「否」来回答的问题)来帮助你在纠正和管教中关注内心问题，从而引导孩子？
4. What changes in your style of interacting with correction and discipline would help you to apply the ideas in this chapter?
在与孩子互动时，改变哪些纠正和管教的方式可以帮助你应用本章的理念？
5. How should your goals in correction and discipline change?
你的纠正和管教目标应该如何改变？
6. How do you need to apply these truths to your life in order to move toward your children with integrity and insight?
你需要如何将这些真理应用到你的生活中，以便以诚信和洞察力对待孩子？
7. What are some ways that you must pray for yourself and your children if you are to apply these things to your correction, discipline and motivation of your children?
如果你要将这些原则应用到对孩子的纠正、管教和激励中，你需要如何为自己和孩子祷告？

CONCLUDING THOUGHTS结语

You know that you are on the right track when you are trying to understand the thoughts and the motives of the heart, because this is one of the primary functions of the Bible.

当你努力去理解内心的想法和动机时，你就知道你走在正确的道路上，因为这是圣经的主要功能之一。

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

——Hebrews 4:12

神的道是活泼的，是有功效的，比一切两刃的剑更快，甚至魂与灵，骨节与骨髓，都能刺入、剖开，连心中的思念和主意都能辨明。

——希伯来书4:12

One of the implications of this passage is that you must know the Scriptures. Unless the Word of God dwells richly in you, you will be ineffective in using it as a means of helping your children understand the overflow of their hearts.

这段经文的一个含义是，你必须了解圣经。除非神的道丰丰富富地住在你里面，否则你将无法有效地用它来帮助你的孩子理解他们内心的流露。

1. Hebrews 4:12 raises this question: What are the thoughts and attitudes of your heart in correction and discipline? Make a list of wrong thoughts and attitudes of heart that may divert and confuse your focus in the discipline, correction and motivation of your children. 《希伯来书》4:12提出了这个问题：在纠正和管教时，你的心灵的想法和态度是什么？列出可能在纠正、管教和激励孩子时分散和混淆你焦点的错误想法和态度。
2. The temptation when you are confronted with penetrating issues from the Bible is to become discouraged and think that we can never learn to do these things, or that it will be too little, too late, or that perhaps your children are too hard. Whatever the temptation that you face, you may be assured of God's power and strength to bring change. 当你面对来自圣经的深刻问题时，很容易感到灰心，认为我们永远无法学会这些事情，或者认为现在做得太少，太晚，或者你的孩子太难教了。无论你面对什么样的诱惑，你都可以确信神的能力和力量能够带来改变。

What phrases in the verses below fill you with joy, hope and courage as you strive to provide biblical structures of discipline for your children?

当你努力为你的孩子提供符合圣经的纪律结构时，下面经文中的哪些短语让你充满喜悦、希望和勇气？

Ephesians《以弗所书》3:20

2 Peter《彼得后书》1:3-4

2 Chronicle《历代志下》16:9

Psalm《诗篇》139:23-24

Since God has given us His Word to be a means of understanding the thoughts and attitudes of the heart, you are in sync with God's objectives as you strive to understand the overflow of the heart issues in correction and discipline. You may be assured of His help and grace as you shepherd the hearts of your children.

既然神已经赐给我们祂的话语来理解心灵的想法和态度，当你努力理解在纠正和管教中心灵的问题时，你就与神的目标一致。你可以确信，在牧养孩子心灵的过程中，神会给予你帮助和恩典。