

Discarding Unbiblical Methods

摒弃非圣经的方法

THE BIG IDEA核心理念

Perhaps you have not thought through the methodology of your parenting; you just do it. You may be reflecting the parenting that was modeled for you, or you find things that you hear on a television news magazine compelling. You may be influenced by what friends say works for them. Whatever methods you employ probably have this in common. They are directed toward behavior—curbing behavior you do not want and encouraging behavior you think is good. Whether you threaten, encourage, yell a lot, bribe, offer stickers or some other rewards, the common objective is to modify behavior. The problem is that since the heart and behavior are so closely linked, whatever modifies behavior inevitably trains the heart. When you appeal to the fear of man (what will others think of you?) to get your children to perform, you train their hearts to the fear of man. When you appeal to the love of pleasure, you train their hearts to the love of pleasure. When you promise the trinkets and babbles they like, you train their hearts to the love of possessions. Whatever constrains behavior trains the heart. Methods, therefore, are important. The methods you use must focus on shepherding the heart toward understanding how to live as one created by God, for God.

也许你还没有仔细思考过你的育儿方法；你只是去做而已。你可能在照搬曾经为你示范过的育儿方式，或者你觉得在电视新闻杂志上听到的东西很有吸引力。你可能受到朋友们对他们的有效方法的影响。不管你采用什么方法，它们可能都有一个共同点。它们都是针对行为的——抑制你不希望的行为并鼓励你认为好的行为。无论你是威胁、鼓励、大喊大叫、贿赂、提供贴纸或其他奖励，共同的目标都是改变行为。问题在于，由于心和行为如此紧密相连，任何改变行为的方法不可避免地会影响到心。当你借助对人的恐惧（别人会怎么看你？）来让你的孩子得体时，你训练他们的心去恐惧人。当你借助对享乐的热爱时，你训练他们的心去热爱享乐。当你承诺他们喜欢的小饰品和玩具时，你训练他们的心去热爱财物。任何约束行为的方式都会训练心。因此，方法很重要。你使用的方法必须注重引导心灵，使人明白被神所造并为神所造的人当如何生活。

This chapter discusses the information in Chapter 7 of *Shepherding a Child's Heart*.

本章讨论了《牧养儿女的心》第七章中的信息。

DIGGING INTO THE WORD查考圣经

1. God is not simply concerned with the externals of behavior, God is concerned with the heart. How do these passages make this clear?

神不仅仅关注行为的外在表现，神关注的是内心。这些经文如何表明这一点？

Proverbs《箴言》4:23

1 Samuel《撒母耳记上》16:7

2 Chronicles《历代志下》16:9

Deuteronomy《申命记》 10:12–13

Ezekiel《以西结书》14:1–8

Joel《约珥书》2:12–13

2. The Bible also has much to say about the relationship of behavior to the heart. Notice how these passages make that connection.

圣经对行为与内心的关系也有很多论述。请注意这些经文如何建立这种联系。

Matthew《马太福音》5:28

Matthew《马太福音》15:18

Mark《马可福音》7:21–23

3. To take this all one step further, the Bible also teaches that when the heart is cleansed, the behavior will take care of itself.

更进一步，圣经还教导说，当心灵被洁净时，行为就会自然而然地产生。

Matthew《马太福音》23:26

Ezekiel《以西结书》36:25–27

No wonder David prays as he does in Psalms 51:10, 17:

难怪大卫在《诗篇》51:10, 17中这样祷告：

Create in me a pure heart, O God, and renew a steadfast spirit within me... The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

神啊，求你为我造清洁的心，使我里面重新有正直的灵。……神所要的祭就是忧伤的灵；神啊，忧伤痛悔的心，你必不轻看。

APPLICATION应用

1. Here is a question that we must think about. What is the point of appeal in many of our child training methods? The first couple blanks have been filled in for you.

这是一个我们必须思考的问题。许多儿童训练方法的吸引点是什么？前两个空白已经为你填写了。

Training method训练方法	Point of appeal吸引点
Bribery贿赂	Child's greed孩子的贪婪
Shaming children羞辱孩子	Child's emotions孩子的情绪
Offering prizes提供奖品	
Punishment惩罚	
Grounding禁足	
Contracts立约	
Ignoring bad behavior忽视不良行为	
Praising good behavior表扬良好行为	
Time out暂时隔离	

Yelling and screaming大喊大叫

I once thought the problem with these methods was that they did not shepherd the heart, but I came to realize that all we do shepherds the heart. These methods simply shepherd the heart in the wrong direction. They may train the heart to love money, to fear privation, to fear man, to desire approval, to demand rights, to live for rewards, naming just a few. The problem is not that they do not shepherd the heart; they shepherd it in the wrong direction. Behavior and the heart are joined in such a way that whatever constrains behavior, also trains the heart. Perhaps, like many people you can see the ways that many of the things you do not like about yourself are related to the ways the adults in your world constrained your behavior. Patterns of false guilt, fear of man, shame and so forth often reflect life experience.

我曾经认为这些方法的问题在于它们没有牧养孩子的心，但我后来意识到我们所做的一切都在牧养孩子的心。这些方法只是将心牧养向错误的方向。它们可能训练孩子的心去爱钱财，害怕缺乏，害怕人，渴望认可，要求权利，为奖励而活，仅举几例。问题不在于它们不牧养心，而在于它们将心牧养向错误的方向。行为和心是如此紧密相连，以至于任何约束行为的方式，都会训练到心。或许，像许多人一样，你可以看到，许多你不喜欢自己的地方与你周围的成年人限制你行为的方式有关。虚假的罪恶感、对人的恐惧、羞耻感等等，往往反映了生活经历。

One of the problems with unbiblical methods is that they are some form of behaviorism. The goal is changed behavior. The method is designed to produce a change from unacceptable to acceptable behavior. Effective behaviorism works. It is possible to employ behaviorism and modify the behavior of a child. An illusion is created that things are under control and the child is getting better. But if we peel back the layers and look at the heart issues, things are far more bleak. The child who is trained by behaviorism is learning a false basis for ethics. He is taught that the basis for right behavior is not the being and existence of God and his revelation (who the Lord is and what he has said). It is rather, "What will get me what I want or help me avoid what I don't want?" Either way (whether the point of appeal is negative or positive) the child is being taught a self-centered basis for ethics. No wonder Paul warns us against the influence of the culture.

非圣经方法的一个问题是它们是某种形式的行为主义。目标是改变行为。方法是为了将不可接受的行为改变为可接受的行为。有效的行为主义是有用的。可以通过行为主义来改变孩子的行为。这制造了一个假象，似乎一切都在控制之中，孩子也在变好。但如果我们将剥开层层外衣，看看心的问题，情况要黑暗得多。通过行为主义训练的孩子正在学习一种错误的伦理基础。他被教导说，正确行为的基础不在于神的存在和祂的启示（即主是谁以及祂说了什么）。而是「什么能让我得到我想要的或者帮助我避免我不想要的？」无论如何（诉求点是消极的还是积极的），孩子都在被教导一种以自我为中心的伦理基础。难怪保罗警告我们要防范文化的影响。

2. Think about these passages and how they apply to the discussion at hand.

思考这些经文以及如何把它们应用于当前的讨论。

See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.

你们要谨慎，恐怕有人用他的理学和虚空的妄言，不照着基督，乃照人间的遗传和世上的小学就把你们掳去。

Colossians 2:8
歌罗西书 2:8

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

不要效法这个世界，只要心意更新而变化，叫你们察验何为神的善良、纯全、可喜悦的旨意。

Romans 12:2

罗马书 12:2

STRATEGIC QUESTIONS策略性问题

You need to ask yourself some tough questions like the following:

你需要问自己一些严肃的问题，比如：

• What am I expecting will motivate my child to hear my correction?

我期望什么能激励我的孩子听从我的纠正？

• What am I using in this discipline situation to encourage behavior that I think is appropriate?

在这种管教情况下，我用什么来鼓励我认为合适的行为？

• In this discipline situation, what is the point of appeal to my child?

在这种管教情况下，什么对我的孩子有吸引力？

• Am I speaking to the root issue or to the fruit issue?

我是在谈论根本问题还是结果问题？

• How will this correction, discipline or motivational statement move him to right behavior from right motives?

这种纠正、管教或激励性陈述如何能使他出于正确的动机做出正确的行为？

Remember, unbiblical methods that focus on constraining behavior in some manner will inevitable lead to superficiality in our parenting. Since they only address behavior they will miss the point of biblical discipline. When you are tempted to be an externalist like the Pharisees (Matthew 23:5), remember Jesus' words to the Pharisees in Matthew 23:26, "Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean."

记住，那些专注于以某种方式约束行为的不符合圣经的方法，不可避免地会导致我们肤浅地育儿。由于它们只关注行为，因此会错过圣经管教的重点。当你受到诱惑成为像法利赛人那样的外表主义者时(马太福音23:5)，请记住耶稣对法利赛人说的话(马太福音23:26)：「你这瞎眼的法利赛人，先洗净杯盘的里面，好叫外面也干净了。」

For you to change your style of parenting and focus on root issues rather than fruit issues will require change in your ways of thinking. Identify some of those changes.

要想改变你的育儿方式，进而关注根本问题而不是结果问题，就需要你改变思维方式。找出一些其中的变化。

CONCLUDING THOUGHTS结语

1. God is your ally as you seek to deal with root issues in your parenting. God is the searcher of hearts. Make notes on the ways this is expressed in the following passages.当你寻求解决养育子女中的根本问题时，神是你的盟友。神是心灵的搜索者。在以下经文中记下这是如何表达的。

Psalm《诗篇》139:23–24

Hebrews《希伯来书》4:12–13

1 Chronicles《历代志上》28:9

Psalm《诗篇》26:2

While you are not the searcher of hearts and you must avoid assigning motivations to your children, you can pray that God, who does search hearts, will help you and your children to understand the things that push and pull their behavior.

尽管你不是探察人心的人，你就必须避免将动机归咎于你的孩子，但你可以祷告，愿那探察人心的神帮助你和你的孩子理解那些左右他们行为的事物。

The things you have been thinking about in this chapter place you squarely into spiritual warfare. It is not easy to deviate so radically from the norms and practices of the culture around you. You risk being misunderstood. You may sometimes feel lonely. You will have times of doubting whether you are on the right track.

你在本章中所思考的事情把你直接置于属灵的争战中。如此彻底地偏离周围文化的规范和做法并不容易。你有被误解的风险。你有时会感到孤独。有时你会怀疑自己是否走在正确的轨道上。

2. The Word of God fortifies you for spiritual battle. Take time to read through Ephesians 6:10–18 and make notes of encouragement for yourself.

神的话语会为你在属灵争战中提供力量。花点时间阅读《以弗所书》6:10-18，并做一些鼓励自己的笔记。