

Embracing Biblical Methods

Communication

拥抱圣经的方法：沟通

THE BIG IDEA核心理念

If asked whether you have good communication skills, you would probably think of your ability to express your ideas with words. But the finest art of communication is not the ability to express your ideas and thoughts; it is the ability to understand the thoughts of others. Good communication is not just the ability to explain and instruct; it is the ability to understand the other person and help them articulate the inner world of their thoughts and ideas. Each of us has had conversations in which we spoke with someone who understood us and made it easy for us to express our ideas. Have you not found such conversations delightful and savored them with joy? You need to know how to communicate with your children in ways that make it easy for them to express their ideas and thoughts. You have to get to the heart. Remember, they live out of their hearts.

如果有人问你是否具备良好的沟通能力，你可能会想到你用语言表达自己想法的能力。但最精湛的沟通艺术并不是表达自己思想的能力，而是理解他人思想的能力。良好的沟通不仅仅是能够解释和指教，更是能够理解对方，并帮助他们表达内心世界的思想和想法。我们每个人都曾有过这样的对话，在对话中，对方理解我们，并使我们轻松地表达自己的想法。难道你没有发现这样的对话令人愉快，使人乐在其中吗？你需要知道如何与你的孩子沟通，让他们轻松表达自己的想法和思想。你必须深入他们的内心。记住，他们的生活是从内心发出来的。

This chapter discusses the information found in Chapter 8 of *Shepherding a Child's Heart*.

本章讨论了《牧养儿女的心》第八章中的信息。

DIGGING INTO THE WORD查考圣经

In this Bible study section, you will be presented with a series of passages. The questions about these passages are designed to lead your thinking to a dimension of communication that focuses on understanding others rather than merely expressing your own thoughts and ideas. There is a valid place for learning to express your ideas more fully. We will explore that in the next chapter.

在这个查经部分中，你将看到一系列经文。关于这些经文的问题旨在引导你思考一种沟通的维度，这种沟通专注于理解他人，而不仅仅是表达你自己的想法和观点。学习如何更完整地表达你的观点是有意义的，我们将在下一章探讨这一点。

A fool finds no pleasure in understanding but delights in airing his own opinions.
Proverbs 18:2

愚昧人不喜爱明哲，只喜爱显露心意。「箴言」18:2

1. What is communication all about for this man who is called a fool?
对于被称为愚昧人的人来说，沟通意味着什么？
2. What is it like to talk with someone who delights in understanding you? What kinds of activities would the person who delights in understanding undertake in conversation? Describe a conversation with a person who delights in understanding you.
对这个愚昧人来说，沟通是自我为中心的。他更关心表达自己的意见，而不是理解他人。他不寻求连接、学习或关心别人如何思考或感受；他的唯一目的是让别人听见他的话。与喜爱理解你的人交谈是什么感觉？这个喜爱理解别人的人在谈话中会采取哪些活动？描述一次与喜爱理解你的人的对话。
3. What is it like to talk with someone whose only interest in conversation is airing his own ideas and thoughts (especially if you are being reproved by those ideas and thoughts)? Describe a conversation in which you are being corrected and rebuked, but the person speaking to you is not really interested in your reasoning and thoughts.
与一个只关心表达自己思想和观点的人交谈是什么感觉（尤其是当你被这些思想和观点斥责时）？描述一次你被纠正和斥责的谈话，但与你说话的人对你的推理和想法并不真正感兴趣。
4. Why is the person whose focus of conversation is airing his own opinion, rather than delighting in understanding, considered a fool?
为什么那些只注重发表自己意见而不乐于理解的人被认为是愚昧人？
5. How many times have you been a fool in conversation? (No number is needed, its just something to think about.)
在对话中你曾多少次像愚昧人一样行事？（不需要数字，只是供你思考。）
He who answers before listening—that is his folly and his shame. Proverbs 18:13
未曾听完先回答的，便是他的愚昧和羞辱。「箴言」18:13
6. It seems so obvious that you should not answer before listening. What would prompt you (or me) to do that?
你不应该在聆听之前就答复，这似乎是显而易见的。是什么促使你（或我）这样做？
7. Why would Solomon call this shameful communication?
为什么所罗门称这种沟通方式为羞耻的？
8. What do you experience when someone responds to you before you have had the opportunity to fully express yourself?
当有人在你还没有充分表达自己之前回应你时，你会有什么感受？

It is interesting to note that the proverb before this one speaks of pride—“Before his downfall a man’s heart is proud, but humility comes before honor” (v. 12)—and the one after it speaks of a crushed spirit—“A man’s spirit sustains him in sickness, but a crushed spirit who can bear?” (v. 14). Could it be that pride is what causes a person to answer before listening and the result of doing so produces a crushed spirit?

有趣的是，在这句谚语之前的谚语谈到了骄傲——「败坏之先，人心骄傲；尊荣以前，必有谦卑。」（第12节）——而这句谚语之后的谚语谈到了忧伤的灵——「人有疾病，心能忍耐；心灵忧伤，谁能承当呢？」（第14节）。会不会是骄傲导致人在听完之前就作答，而这种行为最终使人的灵魂被压伤？

There is another perspective from which we may look at this area of understanding the person with whom we are speaking. The writer of Hebrews makes quite a point of Jesus' identification with us in our humanity.

我们可以从另一个角度来察看理解我们交谈对象这一领域。希伯来书的作者非常强调耶稣与我们在人性上的认同。

Both the one who makes men holy and those who are made holy are of the same family. So Jesus is not ashamed to call them brothers . . . Since the children have flesh and blood, he too shared in their humanity . . . For this reason he had to be made like his brothers in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. Because he himself suffered when he was tempted, he is able to help those who are being tempted. Hebrews 2:11, 14, 17-18

因那使人成圣的和那些得以成圣的，都是出于一。所以，祂称他们为弟兄也不以为耻...儿女既同有血肉之体，祂也照样亲自成了血肉之体...所以，祂凡事该与祂的弟兄相同，为要在神的事上成为慈悲忠信的大祭司，为百姓的罪献上挽回祭。祂自己既然被试探而受苦，就能搭救被试探的人。

God, in redeeming, did not stand off in His heavens and merely speak to us words of reproof, correction and condemnation; he came and dwelled with us.

神在救赎中，并没有站在天堂里，仅仅对我们说责备、纠正和谴责的话；祂来了，且与我们同住。

9. Locate phrases in the verses written above that describe Jesus' thorough identification with us.

在上面的经文中找出描述耶稣与我们完全认同的短语。

Here is the point. Jesus came to earth and lived in a body like yours. He experienced life in this world. He was sinned against. He faced the hostility of sinful men and women. He experienced the temptations that you experience (without sinning). He is able to enter into your world. He has looked at life through your eyes. And the writer even indicates that his capacity to help us when we are tempted is tied to his experience of temptation(Hebrews 2:18).

重点是，耶稣来到地球上，生活在像你一样的身体里。祂经历了这个世界的生活。祂被罪孽所冒犯。祂面对来自有罪的男人和女人的敌意。祂经历了你所经历的诱惑（没有犯罪）。祂能够进入你的世界。祂通过你的眼睛看待生活。作者甚至指出，当我们受到诱惑时，祂帮助我们的能力与祂所经历的诱惑有关（希伯来书 2:18）。

10. Some of the implications of Christ's incarnation and identification with us are worked out in Hebrews 4:14-16. What makes our great high priest able to sympathize with our weaknesses; what is the hope for you in your weakness?

关于基督道成肉身和与我们认同的含义在「希伯来书」4:14-16中得到进一步阐述。什么使我们伟大的大祭司能够同情我们的软弱？在你的软弱中，是什么盼望支撑着你？

11. Notice in Hebrews 5:2 how the high priest is described. How does he deal with those who are ignorant and go astray?

注意「希伯来书」5:2对大祭司的描述。祂如何对待那些无知和走迷路的人？

APPLICATION应用

1. If you are to make application of all this to your interaction with your children when they face temptation or weaknesses, or when they require correction and discipline, what are

some models, principles and perspectives you can draw out of these passages in Hebrews 2, 4 and 5?

如果你要将所有这些应用到你与孩子的互动中，尤其是在他们面对试探或软弱时，或者在他们需要纠正和管教时，你能从「希伯来书」第2、4和5章中的内容中提取哪些模式、原则和观点？

2. As a godly parent you wish to get beyond the surface issues in the correction, discipline and motivation of your children. You have a genuine desire not just to reprove your children, but to understand them. What seems to get in the way of those desires when you are interacting with your children—especially if they have done something requiring correction, and direction?

作为一个敬虔的父母，你希望在纠正、管教和激励孩子时能够深入表面问题。你不仅仅希望责备他们，还希望理解他们。在与孩子互动时，尤其是在他们做了需要纠正和指引的事情时，是什么妨碍了你实现这些愿望？

3. Look at Hebrews 4:12. It tells you that the Bible has been given to help you understand the things that lie beneath and motivate behavior—“the thoughts and attitudes of the heart.” The Bible provides adequate descriptions of both the positive and the negative things that motivate behavior. Make a list of as many biblical terms as you can find that describe the “thoughts and attitudes of the heart.” I will get you started.

Godly thoughts & attitudes Ungodly thoughts & attitudes

看看「希伯来书」4:12。这节经文告诉你，圣经是为了帮助你理解那些隐藏在行为背后的动机——「心中的思念和主意」。圣经对驱动积极和消极行为的动机都有充分的描述。列出你能找到的尽可能多的用来描述「心中的思念和主意」的圣经术语。我来帮你开始：

Humility Pride

谦卑 & 骄傲

Submission Rebellion

顺服 & 叛逆

Love Hatred

爱 & 仇恨

Ungodly thoughts and attitudes are not exclusive to your children. You, too, struggle with those things. When you are drawing the deep waters of motivations out of your children (Proverbs 20:5), you have the opportunity to identify with them. “Honey, Daddy, (Mommy) understands what you are struggling with (remember we do not have a high priest who is unable to sympathize with our weaknesses) and there is hope for people like you and Daddy. It is found in Jesus, who is full of grace and mercy(Hebrews 4:16).

不敬虔的思想和态度不仅仅是你的孩子们会面对的。你自己也在与这些东西斗争。当你在试图从孩子们的行为中探究深层的动机时(箴言 20:5)，你有机会与他们产生共鸣。你可以说：「亲爱的，爸爸(妈妈)理解你在挣扎的是什么(记住，我们的大祭司并非不能体恤我们的软弱)，对于像你和爸爸(妈妈)这样的人来说，是有盼望的，这盼望在耶稣里，祂充满恩典和怜悯(希伯来书 4:16)。」

You can sympathize with your child's temptation without excusing his sin. Isn't this what Jesus does?

你可以体谅孩子所受的诱惑，而不为他的罪开脱。这不正是耶稣所做的吗？

STRATEGIC QUESTIONS策略性问题

It is clear that if you are going to draw out the “deep waters” of the heart of your child, you must be looking at the “deep waters” of your heart as well.

很明显，如果你想引导出孩子内心的「深水区」，你也必须审视自己内心的「深水区」。

1. Look back at your lists of godly and ungodly attitudes of heart from the application section above. Which of these are things concerning which you need to seek God for grace and help?

回顾一下上面应用部分中的敬虔和不敬虔的心态清单，哪些是你需要寻求神的恩典和帮助的呢？

Your children are not self-conscious about the things that motivate them. Part of what you must do with your children is develop ways of encouraging them to think about what pushes and pulls behavior.

你的孩子对促使他们行为的动机并没有清晰的意识。作为父母，你的一部分责任是帮助他们思考是什么在推动和牵引他们的行为。

One way to do that is to provide formative correction. This is “before the event” correction. Think of formative correction as giving them ways of thinking that are biblical and true. Then in corrective discipline, “after the event” discipline, you can appeal to things they have already learned and thought about.

做到这一点的方法之一是提供塑造性的纠正。这是「事件发生前」的纠正。你可以将塑造性的纠正视为给他们提供符合圣经的而且真实的思维方式。然后在纠正性管教中，即「事件发生后」的管教中，你可以借助他们已经学到和思考过的内容。

Take the time to discuss attitudes of heart with your children. Have them study the Bible with you and make little notebooks of terms and descriptions of attitudes of heart. Help them find biblical examples and illustrations. For example, look up all the verses you can find on pride and humility. Discuss what pride and humility look like in a child. This gives them some ways of understanding themselves and the things that push and pull their behavior.

花时间与孩子讨论内心态度。让他们和你一起学习圣经，并制作小笔记本，记录内心态度的术语和描述。帮助他们找到圣经中的例子和说明。例如，查找所有关于骄傲和谦卑的经文。讨论孩子身上的骄傲和谦卑是什么样的。这让他们了解自己以及那些推动和牵引他们行为的因素。

2. Think about a typical correction or discipline situation that you often face. What are some questions that you can ask to draw out some of the things you have been talking about in your formative correction times. Let me help you get started.

思考一个你经常面对的典型的纠正或管教情形。你可以提出哪些问题来引导出在塑造性纠正过程中你们讨论过的内容？让我帮助你开始。

“Help me understand what you were thinking when ...”

「帮助我理解你在...时的想法。」

CONCLUDING THOUGHTS结语

You have been confronted with some biblical ways of thinking about yourself and your children. You know that these things are true. People are heart driven. The Bible has been given to describe the thoughts and attitudes of the heart. The function of communication is not just

expressing your ideas and thoughts, but understanding the person with whom you are talking. All these concepts are firmly rooted in God's revelation, the Bible.

你已经面对了一些圣经中关于你自己和你孩子的思维方式。你知道这些都是真的。人们受心灵驱动。圣经被用来描述心灵的想法和态度。沟通的功能不仅仅是表达你的想法和思想，更是理解与你交谈的人。所有这些概念都牢牢扎根于神的启示，即圣经中。

1. Describe some ways that you wish to see your communication with your child change.
描述一下你希望与你孩子沟通方式发生改变的一些方面。
2. What are some ways that you need to seek God for internal change in order to change the ways you talk with your children?
为了改变你与孩子的谈话方式，有哪些内在改变的方面是你需要寻求神的？
3. What passages of Scripture can you find to encourage yourself with the hope of internal change—the kind of change needed for you to shepherd the hearts of your children?
你能找到哪些圣经经文来够鼓励你自己，怀着内在改变的盼望，帮助你成为能够牧养孩子内心的父母？
4. Sometimes writing out a prayer of confession and commitment helps us to articulate our deepest longings for change and renewal. Express to God your prayers for better communication with your children.
有时写下认罪和承诺的祷告可以帮助我们表达对改变和更新的深切渴望。向神表达你希望与孩子有更好沟通的祷告吧。