

13 Teens— Goals and Methods

13 青少年：目标与方法

THE BIG IDEA核心理念

There is a great deal of complexity to shepherding kids through the teen years. The kids themselves are insecure and unstable, often influenced by a culture that is not easily quarantined. Parents are commonly both fearful and unsure about how to proceed. These are years in which many parents live in fear and dread of problems, both actual and potential. Many Christian parents disengage. They give up on the idea of being a nurturing influence in the life of their teen. They fail to see that the opportunity to shepherd is found in the problems that arise. All the issues that require parental correction, direction and involvement are opportunities for understanding and embracing our teens. Rather than living in fear and dread of these years, we must see them as years tailor-made for shepherding ministry. All the hopes, fear, aspirations, questions, doubts, goals and dreams of our teens are opportunities to shepherd their hearts. What our kids need is not rejection and stiffer rules; what they need is steady loving and gracious shepherding.

牧养少年度过青少年时期是一项非常复杂的任务。孩子们自身充满不安全感和不稳定性，常常受到外界文化的影响，而这种文化又很难完全隔离。父母通常既害怕又不确定如何继续前进。这些年里，许多父母生活在对问题的恐惧和担忧中，无论是现实的还是潜在的。很多基督徒父母会选择退缩，放弃了在青少年生活中发挥养育影响的想法。他们未能意识到，牧养的机会正存在于这些出现的问题中。所有需要父母纠正、指导和参与的问题，都是理解和拥抱我们青少年的机会。与其在这些年日里充满恐惧和忧虑，我们必须看到，这些正是为牧养事工量身定做的年日。青少年的所有希望、恐惧、抱负、疑问、怀疑、目标和梦想，都是牧养他们心灵的机会。我们的孩子需要的不是拒绝和更加严格的规则，而是稳定、充满爱意和恩典的牧养。

This chapter discusses the information found in Chapters 18 & 19 of *Shepherding a Child's Heart*.

本章讨论了《牧养儿女的心》第十八和十九章中的信息。

DIGGING INTO THE WORD查考圣经

Chapter 18 of *Shepherding a Child's Heart* presents three foundations for the teen years. We will revisit those here.

《牧养儿女的心》第十八章介绍了青少年时期的三个基础。我们将在这里重新审视它们。

The Fear of the Lord

敬畏耶和华

The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline. Proverbs 1:7

敬畏耶和华是知识的开端；愚妄人藐视智慧和训诲。《箴言》1:7

Modern evangelicalism emphasizes the immanence of God—God with us, God our friend and companion—almost to the exclusion of the transcendence of God—God as holy, powerful, glorious and excellent beyond description. The result is that children raised in this environment frequently have no sense of the glory of God.

现代福音派强调神的临在性——神与我们同在，神是我们的朋友和同伴——几乎排除了神的超越性——圣洁、大能、荣耀和卓越的神无法用语言描述。结果是，在这种环境中长大的孩子往往感觉不到神的荣耀。

1. Look at the following passages of Scripture and generate a list of the ways your teenager will benefit from knowing the fear of the Lord.

阅读以下圣经经文，列出你的青少年孩子从敬畏耶和华中受益的好处。

Job 28:28《约伯记》28:28

Psalm 19:9《诗篇》19:9

Psalm 34:11–12《诗篇》34:11–12

Psalm 111:10《诗篇》111:10

Proverbs 1:7《箴言》1:7

Proverbs 9:10《箴言》9:10

Proverbs 10:27《箴言》10:27

Proverbs 14:27《箴言》14:27

Proverbs 15:33《箴言》15:33

Proverbs 16:6《箴言》16:6

Proverbs 19:23《箴言》19:23

Proverbs 22:4《箴言》22:4

Ecclesiastes 8:13《传道书》8:13

Ecclesiastes 12:13《传道书》12:13

Isaiah 33:6《以赛亚书》33:6

Adherence to Parental Instruction

遵守父母的教诲

Listen, my son, to your father's instruction and do not forsake your mother's teaching.

They will be a garland to grace your head and a chain to adorn your neck. Proverbs 1:8–9

我儿，要听你父亲的训诲，不可离弃你母亲的法则；因为这要作你头上的华冠，你项上的金链。《箴言》1:8–9

The father here is his own advocate. He is urging on his son the importance of parental instruction and guidance. In our culture young people don't feel the need for this sort of help. The culture encourages emancipation and independence. You must become skilled at helping your teens to see the benefits of adhering to the things that you have modeled and taught.

这里的父亲为自己的教诲辩护。他敦促儿子重视父母的教诲和指导。在我们的文化中，年轻人往往不觉得需要这种帮助。文化鼓励他们追求解放和独立。但你必须学会帮助你的青少年看到遵守你所树立的榜样和教导的益处。

2. What other passages of Scripture emphasize remembering your parent's words?

还有哪些经文强调了要记住父母的话语？

Disassociation from the wicked

与恶人断绝来往

My son, if sinners entice you, do not give in to them. Proverbs 1:10

我儿，恶人若引诱你，你不可随从。《箴言》1:10

Your teens will face the enticement of the wicked. Sinners will seek to interest them in drugs, illicit sex, pornography, alcohol and all manner of evil. The sinners who entice your kids will not be old men in trench coats with moles on their faces. They will be young people who come into your home, and who may even call you Mr. and Mrs.

你的青少年将面临恶人的引诱。罪人会试图让他们对毒品、非法性行为、色情、酒精和各种邪恶的事物产生兴趣。引诱你孩子的罪人不会是穿着风衣、脸上有痣的老人。他们会是那些进入你家中的年轻人，甚至可能称你为「先生」和「夫人」。

3. Note how these passages warn against association with the wicked.

注意这些经文如何警告不要与恶人交往。

Psalm 1:1–6《诗篇》1:1–6

Psalm 9:16《诗篇》9:16

Psalm 10:4《诗篇》10:4

Psalm 11:5–6《诗篇》11:5–6

Psalm 32:10《诗篇》32:10

Psalm 37《诗篇》37

Psalm 55:23《诗篇》55:23

Psalm 141:4《诗篇》141:4

Psalm 145:20《诗篇》145:20

Psalm 147:6《诗篇》147:6

Proverbs 3:33《箴言》3:33

Proverbs 4:14《箴言》4:14

Proverbs 4:19《箴言》4:19

Proverbs 5:22《箴言》5:22

Proverbs 10:6–7《箴言》10:6–7

Proverbs 10:24–30《箴言》10:24–30

Proverbs 11:21《箴言》11:21

Proverbs 11:23《箴言》11:23

Proverbs 12:5–7《箴言》12:5–7

Proverbs 14:32《箴言》14:32

Proverbs 15:3《箴言》15:3

Proverbs 15:8–9《箴言》15:8–9

Proverbs 21:19《箴言》21:19

Proverbs 22:5《箴言》22:5

Proverbs 24:1《箴言》24:1

Proverbs 24:19–20《箴言》24:19–20

Proverbs 25:26《箴言》25:26

Proverbs 28:4《箴言》28:4

Proverbs 29:7《箴言》29:7

Proverbs 29:16《箴言》29:16

Proverbs 29:27《箴言》29:27

What you must do is design some winsome way of using all this biblical data to persuade your teen of the dangers that track with association with the wicked.

你需要设计一种吸引人的方式, 利用所有圣经材料来说服你的青少年与恶人交往的危险。

APPLICATION应用

All the biblical principles of communication that we studied in Chapters 6–8 of this Parent Handbook apply when dealing with teens. All of your interaction must be done in a manner that makes your wisdom attractive. Angry, threatening parents are a poor advertisement for wisdom. They confirm the teen’s suspicion that Mom and Dad really don’t have anything of value to say.

我们在《家长手册》第六到八章中研究的所有沟通的圣经原则在与青少年打交道时同样适用。你与青少年的互动必须以一种让你的智慧变得吸引人的方式进行。愤怒和威胁的父母对于智慧来说是一个糟糕的广告。他们会使青少年确信父母再没有什么有价值的话可说了。

Galatians 6:1–2 provides a nice paradigm for understanding how to engage your teens in constructive ways:

《加拉太书》6:1–2 为理解如何以建设性方式与青少年互动提供了很好的范例：

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Carry each other’s burdens, and in this way you will fulfill the law of Christ.

弟兄们, 若有人偶然被过犯所胜, 你们属灵的人就当用温柔的心把他挽回过来; 又当自己小心, 恐怕也被引诱。你们各人的重担要互相担当, 如此, 就完全了基督的律法。

Let’s note some keywords here.

让我们注意一些关键词。

Caught—your teens get caught in sin. This is not to deny the volitional aspect of sin. They make choices. But there is a “caught in sin” aspect to it as well. Sin is deceitful (Hebrews 3:13) and sin ensnares. Your children get “caught in sin” because they have accepted and believed the hollow and deceptive philosophies of this world. Your task is to help them see that they have been caught in sin.

被胜过——你的青少年被过犯所胜。这并不是否认罪的意志选择方面。他们会做出选择。但也有「被困在罪中」的一面。罪是迷惑性的(《希伯来书》3:13), 罪会设下陷阱。你的孩子「被困在罪中」, 是因为他们接受并相信了这个世界的空洞和欺骗性的哲学。你的任务是帮助他们看到自己被困在罪中。

Restore—your teens who have been “caught in sin” need restoration. The essential ministry is positive, not negative. You must move toward them as a restoration expert, not as a demolition crew. The objective is the positive objective of restoration.

挽回——被「困在罪中」的青少年需要被挽回。这项必不可少的事工是积极的, 而不是消极的。你必须以一个修复专家的身份走向他们, 而不是拆除队。目标是正面的挽回目标。

Gently—Paul adds this adjective to describe how the restoration process must take place. Restoration work requires patience and gentleness. You can make the mistake of thinking that if you get mad enough and get in your teen’s face, then you will accomplish your goals. You may get the teen’s attention, but you have forgotten that a gentle tongue can break a bone. (Proverbs 25:15). Remember, your teens will never respond properly to life because you got mad enough to put them in their place (James 1:19–20).

温柔——保罗添加了这个形容词来描述挽回过程必须以何种方式进行。挽回工作需要耐心和温柔。你可能会犯错，认为如果你当着青少年的面足够生气，就能实现你的目标。你也许能吸引青少年的注意，但你忘记了柔和的舌头能折断骨头（《箴言》25:15）。记住，不会因为你生气到可以让你的青少年就范，他们就会正确地回应生活（雅各书 1:19-20）。

Watch—This passage reminds you that even when you are restoring your teens you must be guarding your own heart. You must restore with a humility that acknowledges your own capacity to sin in any way that your teen sins. That realization humbles you and keeps you from self-righteousness that will hypocritically distance you from your teen and keep you from any ministry of restoration.

小心——这一段经文提醒你，即使在挽回青少年时，你也必须守护自己的内心。你必须以谦卑的心态来修复，承认你自己也有像青少年一样以任何方式犯罪的能力。这种意识会使你谦卑，避免自以为义，这种自义会伪善地使你与青少年疏远，阻碍你的挽回事工。

Carry—It is easy for you to feel like you do not have the time and should not have to be bothered with time consuming shepherding at this stage of the game. After all, your child is a teen, they should know and understand by now. You are reminded in this passage that we are called to carry one another's burdens. You are called to the task of being a carrier during this season of life.

担当——在这个阶段，你很容易感到没有时间，并且认为不应该被耗时的牧养工作所困扰。毕竟，你的孩子已经是青少年，他们应该知道和理解这些。这个经文提醒你，我们被召是去彼此担当重担。在这个人生阶段，你被召唤去作这项任务的承担者。

STRATEGIC QUESTIONS策略性问题

1. Colossians 3:16 says, “Let the Word of Christ dwell in you richly as you teach and admonish one another with all wisdom . . .” What are some things you can do to engage in solid Bible study with your teen so that he can see the wisdom and vitality of the Word of God?

《歌罗西书》3:16说，「当用各样的智慧，把基督的道理丰丰富富地存在心里，...彼此教导，互相劝戒...」

Suggested study topics:

建议的学习主题：

- Courtship and Dating示爱与约会
- Sexuality性
- Relationships人际关系
- Friendship友情
- Teen years as preparation for life为人生预备的青少年时期
- Developing wisdom and discernment培养智慧和辨别力

2. If the attraction of association with wicked teens is belonging and camaraderie, what can you do to ensure that your home is a place to belong?

如果与不良青少年交往的吸引力在于归属感和志同道合，那么你可以做些什么来确保你的家是一个有归属感的地方？

3. What are some fun things and activities you can do with your teen to ensure that every contact with your teen is not just business? What can you look forward to doing together?

你可以和你的青少年一起做哪些有趣的事情和活动, 以确保你们的每次接触不仅是事务性的? 你们可以期待一起做什么?

4. Every parent of a teen has been in conversations in which he has become emotional and upset. What are some ways you and your spouse can signal to each other and encourage each other to disengage temporarily when things are heating up?
每个青少年的父母都经历过让他情绪激动和心烦意乱的谈话。在气氛紧张时, 你和你的配偶可以采取哪些方式相互提醒和鼓励对方暂时脱离情境?
5. Critique your style of parenting your teen to discern ways that you respond that are not helpful and never bear good fruit. Ask your spouse for constructive help.
审视你养育青少年的方式, 辨别那些没有帮助且没有结出好果子的回应方式。向你的配偶寻求建设性的帮助。

CONCLUDING THOUGHTS结语

For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light. Colossians 1:9–12

因此, 我们自从听见的日子, 也就为你们不住地祷告祈求, 愿你们在一切属灵的智慧悟性上, 满心知道神的旨意; 好叫你们行事为人对得起主, 凡事蒙他喜悦, 在一切善事上结果子, 渐渐地多知道神; 照他荣耀的权能, 得以在各样的力上加力, 好叫你们凡事欢欢喜喜地忍耐宽容; 又感谢父, 叫我们能与众圣徒在光明中同得基业。《歌罗西书》1:9–12

This prayer of the Apostle Paul for the Colossian church can be your prayer for yourself as the parent of teens. Meditate on some of these phrases, making notes about your prayers for yourself.

使徒保罗为歌罗西教会的祷告也可以成为你为自己作为青少年父母的祷告。默想这些短语, 并记下你为自己祷告的内容:

- asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding
祈求神在一切属灵的智慧悟性上, 满心知道神的旨意
- that you may live a life worthy of the Lord
好叫你们行事为人对得起主
- and may please him in every way:
凡事蒙祂喜悦
- bearing fruit in every good work,
在一切善事上结果子
- growing in the knowledge of God
渐渐地多知道神
- being strengthened with all power according to his glorious might
照祂荣耀的权能, 得以在各样的力上加力
- so that you may have great endurance

好叫你们凡事忍耐

- and patience
和宽容
- and joyfully giving thanks to the Father,
又欢欢喜喜地感谢父
- who has qualified you to share in the inheritance of the saints in the kingdom of light.
叫我们能与众圣徒在光明中同得基业

This passage reminds us that all we need to do this task of shepherding the hearts of our children is found in God and his grace and enabling power.

这段经文提醒我们，牧养儿女的心所需要的一切都可以在神和祂的恩典及赋予的能力中找到。