

Building Strong Families 建造強壯的家庭

“Secrets of Strong Families”, Dr. Nick Stinnet, Boston: Little, Brown & Co., 1985. Based on 14,000 families- marriage happiness & satisfaction in parent-child relationships. 25 Years of research, 27 countries, pp. 35-36 Swindoll (1st Article-1985)

「家庭強健的秘訣」Dr. Nick Stinnet, Boston: Little, Brown & Co., 1985. 根據14,000家庭-婚姻快樂度&滿意度-與孩子的關係。25年的研究,27各國家。(第一版文章於1985)

I. Strong families are committed to the family (To serve, love, sacrifice, promote others happiness.)

強健的家庭需要為家庭委身(服侍、愛、犧牲、使對方開心)

A. This is the keystone!-Covenant love (這是主要的要點-盟約的愛)

Who lives for the family? (誰為這個家活?)

What are you committed to? (你對什麼委身?)

Fame, fortune, power, pleasure, personal fulfillment

(聲譽, 財富, 權勢, 歡愉, 自我實現)

Mal 4:6 Turned hearts (瑪拉基書4:6 心意迴轉), 1969 Z.H., I Jn 4:20

You have your rightful place in my life. (在我的生命中你有一個適當的位置)

Ruth 1:16-18 Loyalty, Covenant (For better or worse) “Until Death do us part”
路得記1:16~18 忠誠、盟約(為了更好或更差)「至死都會做我們的部分」

Examples: 範例

1. My father's commitment to mom (我父親對我母親的委身)
2. Dr. Robertson McQuilkin, Pres. of Columbia Bible College for 22 years. Resigned in 1990 to take care of Muriel. Had promised 42 years earlier-”in sickness and health. (p. 96 Family Reformation)
3. Dave Reeve's wife-Vi

B. Family is a top priority. (家庭具有最高的優先順序)

Put first things first. (把該放在第一位的放在第一位)

Source of wounding, not giving members their rightful place, left overs

Phil 2:3-8 selfishness...personal interests; 20-21 seek...own interests. (What's in it for me? Family commitments confront our selfishness.

如果源頭受傷了, 不要讓其他的去取代了對的位置, 而遺忘了它。

腓立比書2:3~8 自私....個人的興趣; 20-21 尋找...自己的興趣(在我的裡面有什麼呢? 是否有遇到家庭的委身與自私間的選擇問題?)

C. Questions (問題討論)

1. Does your family/partner have their proper place in your life?
在你的家庭或伴侶中他們是否有在對的位置上?
2. Does your heart need to be turned to your home?
你家人的心是否需要回轉到你的家呢?
3. Do your family members confirm your answers to 1 and 2
你的家庭成員是否也同意你1和2的答案呢?

II. Strong families spend time together (強健的家庭需要花時間在一起)

A. #1 reason for close families-Gary Smalley

最主要的原因是建立親密的家庭- Gary Smalley

B. Priority-"I don't have time" How important is it to you? (Meeting Vi)

優先順序-我沒有時間，家對你有多重要呢？

Eccl. 3:1-8 There is a time for everything.

傳道書3:1~8 凡事都有定期

\$500,000 as a gift tomorrow at 3:00 p.m.

明天下午三點，就像\$500,000禮物一樣

C. Create family memories-visits to grand parents, working together, playing, celebrations, camping, family times (Strong families enjoy being together)

創造家庭的回憶-拜訪祖父母，一起工作，一起玩，一起慶祝，露營等家庭時間(強健的家庭享受在一起的時間。)

Family times-Planning, Teaching, Fun, Devotion, Problem solving.

Date nights, One on Ones

家庭時間-做計畫，教導，玩樂，奉獻，問題解決，約會，一對一。

Personal examples (個人範例)：

a. Breakfast with Jon and b. waiting up at night.

c. Fishing, hunting, d. basketball-17 games over 4 months.

D. Jesus-Gave himself (Eph 5:25)

耶穌奉獻他自己(以弗所書5:25)

The most important gift you can give to your family is yourself (I Thess. 2:8 Loved you so much we shared not only the Gospel, but our own lives.)

最棒給你家庭的禮物是將你自己獻給你的家庭(帖前2:8 愛不僅是分享福音，也是包括分享我們的生活。)

Not money, education or advice.

沒有錢，教育或忠告

Ten thousand teachers, but not many fathers. (I Cor 4:15)

師傅雖有一萬、為父的卻是不多(哥林多前書4:15)

Example: Track meet where my father attended.

E. American Fathers (美國的父親)

1. Six minutes/week of meaningful interaction between a father and his teenage son, apart from eating & sleeping (50 seconds)

除了睡吃和睡(50秒)以外，父親與他們的青少年而兒子間的有意義的互動約只有六分鐘。

2. Thirty eight seconds/day-Father's interaction with a preschool child

每天只有38秒的時時間-父親跟學齡前的孩子有互動。

F. Quality time vrs. quantity-time is like oxygen. We need quality and large quantities.

時間的量與品質-時間就像是氧氣一樣，我們需要品質也需要大量。

1. Families waste time together. Importance of just being around.

家庭花大量的時間在一起。很重要的就是花時間在那裡。

2. Deut 6:4-6 Imparting a way of life-30 second commercial break

申命記6:4-6 給予生命的道路-30秒的廣告時間

G. Questions: (問題討論):

How much time do you spend as a family, couple, etc.?

你花多少時間與家人或伴侶...等?

Will you make these commitments? 1. A regular "Family Time," 2. A couple meeting, and 3. One-on-one bonding times.

你會做下列問題的委身嗎? 1. 定期的家庭時間 2. 夫妻會議時間 3. 一對一的特別時間。

III. Strong families have positive communication. 強健的家庭需要有正面的溝通

The area of greatest concern for couples.(對夫婦而言，這是極為重要的部分)

A. Strong families do not automatically have a good communication system. They have to desire it, work at it, re-evaluate it and consistently maintain it.

強健的家庭並不會自動有好的溝通系統，他們是必須有強烈的渴望，並努力經營，並不斷的更新而且持續維持的。

B. Levels of Communication-From superficial to intimate.

溝通的層次-從表面的到親密的

1. Greeting 2. Things 3. Others 4. Yourself 5. Your Relationship 6. Spiritual (Vi and I communicate in prayer)

1. 打招呼 2.事情的闡述 3.其他的闡述 4.你自己的闡述 5.你關係的闡述 6.屬靈上的闡述 (VI 並且交通、禱告)

C. Goal-Mutual Understanding (Not Agreement!)

目標-成熟的瞭解 (並非只是同意)

D. Awareness wheel-Observations, Interpretations, Feelings, Intentions, Actions.

體認輪-觀察、闡述、感受、意圖、行動

1. Learning to speak for yourself, and learning to say what you 1. observe,

2. think, 4. feel, 5. want and 6. do.

學習去述說你自己的，述說你所學習還有你的觀察、思想、感受、想要的、行為)

Example: My desires in the morning.

範例：今天早上我的渴望是、、、

E. Skills can be learned, attitudes can be changed. 60% of divorces occur over these issues.

技巧是可以學習的，態度是可以改變的。60%的離婚議題都發生在這個上面。

Example: Empowering Vi with hand signal. (Exit strategy, “Who has the floor?”)

Need for structures for couples who are stuck. 夫妻需要去建構出他們所容忍的!

Disrespectful無禮的, interruptions阻礙, put downs情緒低落, cut offs隔離.

Prov. 18:13-Answer before listening (箴言 18:13 回答前先傾聽)

James 1:19-Quick to listen, slow to speak (雅各書1:19快快的聽、慢慢的說)

F. The number one destroyer of a family is a closed spirit

多數家庭的拆毀者他們是封閉的靈。

Eph 4:1-3 make every effort to keep the unity of the spirit

以弗所書4:1~3 ...竭力保守聖靈所賜合而為一的心...

IV. Strong families express appreciation to each other. 強健的家庭需要對彼此感謝

(Some people just think about it 只有某些部分的人有想過它)

A. This area leaped out to the researchers.

這對研究人員來說是很突出的部分

B. Mt 3:17 This is my beloved Son

馬太福音3:17 這是我的愛子

C. South African diamond mines. Focus on one bad grade.

在南非鑽石礦產，他們只專注在等級的差！

D. Examples: (範例)

a. Violet: Verbalize/cards/letters-Vi one note for each day for five weeks.

b. Jonathan: “We are thankful to have a son like you” Some sons cause family grief, You have been a blessing, still attending church. We appreciate your attitude, & your choices. No drugs, virgin, good relationship.

Sincere compliments: Writing on the back of people.

“The deepest principle in human nature is the craving to be appreciated” William James

E. Prov 31:10 her worth is far above jewels, 31:30...she is to be praised

箴言31:10才德的婦人、誰能得□呢、他的價值遠勝過珍珠。

F. S of Solomon- 7:2, 4, Praise and delight, belly-heap of wheat, nose tower of

Lebanon. Hair-black raven, Eyes-doves, lips-red ribbon, legs-marble pillars

雅歌-7:2,4你的肚臍如圓杯、不缺調和的酒。你的腰如一堆麥子、周圍有百合花。...

你的頸項如象牙臺。你的眼目像希實本巴特拉併門旁的水池。你的鼻子彷彿朝大馬色的利巴嫩塔。

G. Assignment-Write a love letter. A letter of appreciation. Describe their beauty-spiritual, physical, personality, character.

任務-寫一封情書，一封感激的信，形容他們的美善-屬靈方面，身體方面，個性方面，特色上。

V. Strong families are able to solve problems in a crises.強健的家庭能夠解決危機的問題
(Conflict resolution衝突解決)

A. Bonding through crises times.連結是透過危機時刻

Family council, pull together家庭會議，將大家拉聚在一起。

Mom's blood vessel, cancer, Ken's crises, drugs, divorce.

媽媽的血管問題，癌症、Ken's 危機、毒癮、離婚、、、

B. Unrealistic expectations in many families-Looking for an illusion.

在很多家庭當中有不切實際的期待-看上去會有錯覺。

Good families are not conflict free. They find grace to resolve conflicts.

好的家庭不是沒有衝突，而是他們用恩典的方式解決衝突。

C. Conflict resolution- Two keys, Humility and Forgiveness (Mt 5 and Mt 18)

衝突的解決-兩個重點，謙卑與饒恕（馬太福音5和馬太福音18）

Long walks and cold wars長時間的散步而且是冷戰的！

Eph 4:26 Not letting sun go down, Mt 5:21-26, (Joe Levin 1974-1994)

Avoid late nights, tired bodies and global statements.

以弗所書4:26不可含怒到日落，馬太福音5:21~26

避開很晚時，身體疲累時和總體狀況

D. Do you have conflicts that are unresolved? Do you need to take steps of humility or forgiveness?

你是否還有衝突還沒有解決？你是否需要採取謙卑或者是饒恕？

VI. Strong families have a spiritual commitment.強健的家庭需要有屬靈的委身
(Most important最重要的)

A. No other foundation-I Cor 3:11

沒有其它的根基-哥林多前書3:11

B. In Him all things hold together-Col 1:17

萬有靠祂而立-歌羅西書1:17

C. Testimony of Vi and myself Go to prayer, change of heart. I Cor 13, "Fear of the Lord."

見證屬靈的委身而且為自己禱告，心意更新變化 哥林多前書13"敬畏神"

D. Reconciliation in the Cross-Eph 2:14-18, Grace and power to love, yield and humble.

透過十架「合好」-以弗所書2:14~18，恩典、大能的愛，結果子和謙卑

- E. Example: Praying together-Family Life couple holding hands with clenched teeth.
範例：一起禱告-家庭生活夫婦生活在一起，雖緊握雙手但是心裡卻是咬牙切齒。
- F. The best thing you can do for your family is to submit your life to Jesus Christ.
最好你能夠作的事情就是將你的生活交託給主耶穌基督
- G. Gives a sense of purpose/destiny. Gives guidelines for living. Access to the Power of God.
將自己的計畫、命運交託給萬能的上帝引導我們每天的生活。
- H. Scriptures (經節)
Josh 24:15 As for me & my house we will serve the Lord
約書亞記24:15 至於我、和我家、我們必定事奉耶和華。
- I. Families live for something outside themselves. What is the testimony of your family?
家庭生活外顯的樣式。什麼是你家庭生活的見證？
- J. Do you need to commit yourself to the Lord?
你自己需要對主委身嗎？

VII. Response: (回應)

- A. Rate each of these areas from 1-5, 1=Dissatisfied, 5=Satisfied
請給予每一個部分打分數1~5 1=不滿意 5=很滿意
- B. Discuss your reasons for this rating.
請針對你打分數的理由給予說明
- C. Discuss ways to improve or strengthen these areas in your family/marriage.
F請討論在你的這些部分當中，如何在你的家庭或婚姻當中去改善或加強
- D. Conclude by praying together.
在結束時彼此代禱
- E. Review and sign the Family Mission Statement.
總覽並寫下你家庭事奉的宗旨。