

以神的恩慈彼此相待

TURN GOD'S GRACE TO YOUR SPOUSE

歌羅西書 Colossians 3:12-13

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¹²所以，你們既是神的選民，聖潔蒙愛的人，就要存憐憫、恩慈、謙虛、溫柔、忍耐的心。¹³倘若這人與那人有嫌隙，總要彼此包容，彼此饒恕；主怎樣饒恕了你們，你們也要怎樣饒恕人。

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.



思考以下這些問題 Consider the following questions:

- 你是否因為他(她)的一些生活習慣而感到十分的挫折與無奈? Do you become frustrated over little things your spouse does?
- 他(她)是否因為一些小事就惹怒了你? Does your spouse have certain behaviors that irritate you?
- 你是否很想要改變他(她)，但又覺得無能為力? Are you tired of trying to change your spouse to no avail?
- 他(她)是否曾向你抱怨，實在受不了你的嘮叨? Does your spouse accuse you of nagging and nitpicking?
- 你是否發現自己對他(她)很沒耐心，動不動就發脾氣? Do you find yourself regularly losing patience and getting grumpy with your spouse?
- 每當和他(她)發生爭執時，你是否總是往最壞的地方去想? Do you assume the worst about your spouse or jump to negative conclusions?
- 你是否總是挑剔或批評他(她)? Are you overly critical of your spouse?
- 你對他(她)最大的抱怨是什麼? What's the one thing of your spouse that upsets you the most?

婚姻是什麼？

What's Marriage?

- 婚姻是神的工作，為要彰顯神的榮耀
Marriage is the doing and display of God.
- 婚姻完全是神的恩典 Marriage is firmly based
on the grace of God.

人要離開父母，與妻子連合，二人成為一體。這是極大的奧祕，但我是指著基督和教會說的。For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. This is a profound mystery—but I am talking about Christ and the church. (弗 Eph 5:31–32)

神的恩典包含了容忍與饒恕

**God's grace includes
forbearing and forgiving.**

容忍 Forbearing

我如何容忍我的配偶？

How can I bear with my spouse?

a) **耶穌已容忍我的過犯 God is patient with my sins.**

然而，我蒙了憐憫，是因耶穌基督要在我這罪魁身上顯明他一切的忍耐，給後來信他得永生的人作榜樣。 But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life. (提前1 Tim 1:16)

b) 我要先去掉自己眼中的橈木 I will take the plank out of my eyes first.

為甚麼看見你弟兄眼中有刺，卻不想自己眼中有橈木呢？你不見自己眼中有橈木，怎能對你弟兄說：容我去掉你眼中的刺呢？你這假冒為善的人！先去掉自己眼中的橈木，然後才能看得清楚，去掉你弟兄眼中的刺。 Brother, let me take the speck out of your eye, when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother's eye. (路 Luke 6:41-42)

c) **我要快快聽，慢慢動怒 I will be quick to listen but slow to anger.**

你們各人要快快地聽，慢慢地說，慢慢地動怒，因為人的怒氣並不成就神的義。 Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. (雅 James 1:19-20)

饒恕 Forgiving

饒恕是維護婚姻必須做的一件事

Forgiving is the one thing you must do
to preserve your marriage.

a) 耶穌已經赦免了我 Christ has forgiven me.

並要以恩慈相待，存憐憫的心，彼此饒恕，正如神在基督裡饒恕了你們一樣。 And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. (弗 Eph 4:32)

b) 我以感恩的心禱告 I pray with thanksgiving.

應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。神所賜、出人意外的平安必在基督耶穌裡保守你們的心懷意念。 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (腓 Phil 4:6-7)

- c) 我求主先來改變自己 I ask God to change me first.