

VI. 《聖經》輔導的步驟 – 提後 3: 16

Steps in Biblical Counseling – II Timothy 3:16

1. 教導 – 神是怎麼樣的一位神，祂的吩咐是什麼。
Teaching: What kind of God is God? What are God's requirements/commands?
2. 督責 – 我們如何的犯了罪，得罪了神。
Reproof: How have we sinned and offended God?
3. 使人歸正 – 禱告悔改，立志改過。
Correction – bring people to pray, repent, and commit themselves to change.
4. 教導人學義 – 操練敬虔，有紀律的生活。
Training for righteousness – learn to be disciplined, godly in life.

VII. 給人們的盼望 Give People Hope: There is Hope

1. 人需要盼望，因為除起初面對的挫折，還因受了非《聖經》的輔導而失望或絕望。
People need hope because, in addition to the original setback in life, people became more disappointed (even despair) because they received non-biblical counseling.
2. 我們要給人盼望：但不要亂開支票：你丈夫不會跟你離婚的！（你我怎麼知道？）
We must give people hope: but let's not write "blank checks," e.g.: "Your husband won't divorce you!" (How do you know he won't?)
3. 真正的盼望：你有盼望，若願意按照上帝的話面對你的情況，不論你感受如何。
Real hope: We can say: "There is hope for you, if you are willing to face your problems God's way, regardless of how you feel."
4. 林前 10: 13:
(一) 你不孤獨，你面對的問題不是過於人能擔當的。
(二) 上帝是不變的，信實的。
(三) 有盼望，有出路（若你願意按照祂的話來面對，回應你的問題，無論感受如何）。
(四) 出路不是逃避，乃是經過，忍受得著。

Hope from I Cor.10:13:

- (i) You are not alone. The problem(s) you face are not greater than what man can handle.
- (ii) God is unchanging, faithful.
- (iii) There is hope, there is a way out (if you are willing to face this problem according to His Word – regardless of how you feel).
- (iv) The way out is not to avoid the problem, but to go through it, to endure it.

VIII. 基督徒與非基督徒的不同 Is a Christian Different from a Non-Christian?

既然基督徒也會犯罪，那末，基督徒與非基督徒有什麼不一樣？

Since Christians also sin, what's the difference between a Christian and a non-Christian?

1. 重生的基督徒，會對自己的罪完全誠實面對。只有真正重生的基督徒才會。
A born again Christian (and only a born again Christian) is honest about his sin.
2. 重生的基督徒，會懂得如何面對罪：他會到十字架面前。只有重生的基督徒才會。
A born again Christian (and only a born again Christian) knows what to do with sin: he comes to the cross.
3. 重生的基督徒，在對付罪，勝過罪這事上，是有進步的。
A born again Christian makes progress out of sin.

IX. 如何面對家庭背景，如何面對過去

Facing Family Background, Facing Our Past

1. 我們要知道求助者的過去家庭背景，傷害等。可是每人必需為自己負責，如何面對過去。我們的過去

與現在，都是上帝美好的安排，我們必需學習感恩。

We should understand the family background, and past injuries experienced by the counselee.

However,

everyone must be responsible for his/her own responses. Our past and present is part of God's wise providence. We must learn how to give thanks to God.

2. 我們要為過去所犯的罪，少年的私欲求上帝赦免。上帝必定在基督裏赦免我們的罪，這是祂的保證！

We should ask God to forgive us for the sins of our youth. God will forgive us in Christ:

this is the guarantee of his Word.

3. 接受上帝的赦免之後，我們要為生命裏的疤痕感謝祂。疤痕（特別是回憶）不一定是懲罰；上帝不咒

詛我們一生作次等公民！要從十字架的角度（恩典）來面對過去。基督徒生活肯定會有苦難；原因：

一，我們生活在一個墮落的世界裏，罪一定帶來苦難；二，基督徒須要為主，為福音受苦；

三，我們

因別人犯罪而受苦；四，我們自己犯罪因此受苦。

After we receive God's forgiveness, thank God for the scars in our lives. Scars, especially our memory, may

not be punishment from God – God does not curse us to be second-class citizens for life! View our past from

the perspective of the cross (grace). Christians will have suffering; there are several reasons for this: 1.

We do

live in a fallen world. Sin will bring suffering. 2. Christians will suffer for Christ, for the gospel. 3. We will suffer

because of someone else's sin. 4. We sin, therefore suffering comes upon us.

X. 面對死亡 Facing Death

通常有六種面對死亡的方法：Usually, people face death in one of six ways:

1. 否定對方已經去世。Denial: denying that the loved one has died.

2. 憂傷以致憂鬱。不能正常的工作。

Depression: sorrow to the level of depression, so that we cannot work/function normally.

3. 靠自己的力量面對。（很孤單）

Defiance: we face the death of our loved one with our own strength. Very lonely to do this.

4. 向上帝發怒，問：為什麼？Anger at God – asking “Why, God?”

5. 向家人發洩怒氣，弟兄姐妹之間不和。

Anger directed at family/loved ones. Strife, no harmony in the family during period of grief.

6. 內疚。這是特別侵蝕我們心靈的！Guilt. This “eats away” at our soul!

7. 上面六條都是死路。Each one of these six ways is a “dead end street.”

只有依靠上帝，才能有效的面對憂傷，勝過憂傷。

Only if we rely on (trust in) God, can we effectively face our grief, and overcome our grief.

如何依靠上帝？以感謝來回憶過去。感謝上帝將已去世的家人（親友）賜為我們，在地上活了這些年日。

How to depend on God? Remember the past with a heart of thanksgiving. Thank God for giving this (deceased)

loved one to us, that this person lived for these years on earth with us.

賞賜的是耶和華，收取的是耶和華，耶和華的名是應當稱頌的。

The Lord gives, the Lord takes away. Blessed be the name of the Lord.

8. 換言之，我們要靠上帝的恩典與已去世的親人道別 (Say Good-bye)，從今以後，以感恩來回憶。

In other words, we should “say good-bye” by God's grace to our deceased loved one. From now on, remember him/her with thanksgiving to God.