

## A HUSBAND'S GUIDE TO COMPANIONSHIP

### 丈夫的伴侣关系指南

Read and study 1 Pet. 3:7-12 along with the expanded list below. As you consider the application questions, pray for humility (a learner's spirit) and an honest self-evaluation. Highlight problem areas (ask your wife for input!), confess sin (incl. sins of commission and omission) to God and your wife (when needed), prayerfully commit to change, and follow through with a concrete plan.<sup>1</sup>

带着以下列出的问题阅读和学习彼得前书 3: 7-12 节，当你思想以下应用中的问题时，祈求谦卑并且诚实地自我评估，重点突出有问题的部分（向你的妻子征求意见），向神和你的妻子认罪（包括不作为的罪），谦卑地承诺悔改，制定一个具体的计划：

#### 1. LIVE FOR RIGHTEOUSNESS 要为义而活

The bookends for this passage (1 Pet. 2:24-25 and 3:15) support a consistent theme in the epistles: the Christian's motivation for godly living is a passion for Christ and a deep appreciation for the work of the Gospel in our lives (cf. 1 Jn. 4:19; 1 Pet. 1:17-19). Since we will live for the things we treasure, true biblical obedience is impossible to sustain apart from a Gospel-centered perspective and passion.

彼得前书 2:24-25 和 3:15 的结尾部分得出了一个贯穿整个书信的主题：基督徒过敬虔生活的动力是：对基督的渴慕和感恩于福音在我们生命里的动工（参考约翰一书 4:19，彼得前书 1:17-19）。既然我们要为着我们所珍惜的事物而活，那么除了以福音为中心的视角和热情外，我们不可能真正做到基于圣经的顺服。

☐ Do you spend regular time with the Lord in prayer and reading, studying, and meditating upon His Word? Do you pray for your wife daily? (Ps. 1; Col.1:9-12)

你是否有花固定的时间祷告、读经、学习和默想神的话语来与神亲近？你是否每日为你妻子祷告？（诗篇 1，歌罗西书 1:9-12）

☐ Do you have an abiding conviction that nothing is worth sinning against God? Is obeying God more important than having your own way? (Ps. 119:104,128)

你是否有任何事都不值得你犯罪得罪上帝的坚定信念？顺服神的意思是否比自己意思行事更重要？（诗篇 119: 104、128）

☐ In times of temptation, do you employ thoughts centered on Gospel truths to motivate you to make wise choices? (Heb. 12:1-3)

在受试探的时候，你思想中是否充满以福音为中心的真理使你做出智慧的选择？（希伯来书 12:1-3）

☐ Do you take personal responsibility for your failures and repent? (Mt. 7:3-5; Jer. 31:29-30)

你是否为自己失败和悔改负责？（马太福音 7:3-5，耶利米书 31:29-30）

<sup>1</sup> This study is adapted from a variety of sources, including *The Complete Husband* by Lou Priolo (NY: Calvary Press Pub., 1999) and *Tying the Knot Tighter* by Peace & Crofts (NJ: P&R Pub., 2007).

- ☐ Are you continually learning how to relate the Scriptures to life and life to the Scriptures? Do you talk about them in the milieu of everyday life? (Col. 3:16)

你是否持续地在学习怎样把生活与圣经联系起来？你是否在你每一天的生活环境中谈论圣经？（歌罗西书 3:16）

- ☐ Do your habits and attitudes about the Scriptures set a God-honoring tone and example for your wife and children to follow? (Ps. 119:9-16)

你对圣经的习惯和态度是否为你妻子和孩子们树立了一个荣耀神的基调和榜样，使他们能效仿你？（诗篇 119:9-16）

- ☐ Do you honor the pattern of marriage as God has prescribed? (Eph. 5:22-33)

你是否荣耀了上帝所设计的婚姻の様式？（以弗所书 5:22-33）

- ☐ Do you have relationships with godly men that are transparent enough for them to provide biblical counsel and meaningful accountability in your life? Do you specifically request that from them? (2 Ti. 2:2; Titus 2:6-8)

你是否和敬虔的人建立了关系？使他们在你的生活中能足够敞开地为你提供圣经辅导和建立对你有意义的责任关系，你有专门请求他们这样做吗？（提摩太后书 2:2，提多书 2:6-8）

- ☐ Do you guard against self-pity and bitterness by cultivating gratitude and contentment in your life? (1 Thes. 5:18)

你会在生活中常常感恩知足吗？以此避免自怜和苦毒。（加拉太书 5:18）

- ☐ Do the problems you experience seem “light” and “momentary” to you because of your focus on the “eternal weight of glory far beyond all comparison” that awaits you in Heaven? Are you free from sinful concern (worry)? (Phil. 4:4-9; 2 Cor. 4:16-18)

你经历的问题是否看起来对你是很至暂至轻的？因为你的眼光聚焦在天上那无与伦比的永恒的荣耀之上，你是否摆脱了罪性的忧虑？（腓立比书 4:4-9，哥林多后书 4:16-18）

- ☐ Can your family cite clear evidence of your passionate love for the Lord and your family? (Phil. 4:4-5)

你的家人是否能清楚地指出你热切爱主和家庭的证据？（腓立比书 4:4-5）

- ☐ Do you exercise regularly and eat well? (1 Cor. 6:19-20)

你是否有规律地锻炼和持续健康的饮食？（哥林多前书 6:19-20）

## 2. SUBMIT YOURSELF (V. 7) 要顺服（7 节）

This is tied into the passage by the “Likewise”. While he is not to submit to his wife as his leader (cf. Eph. 5:23-24), a Christian husband is to be sensitive to his wife’s needs, fears, and feelings to the extent that he places his needs as secondary to hers. This is part of what it means to deny yourself as with Christ’s example for us and command to us (Lk. 9:23-24).

“同样的”一词将上下文连接起来。然而他不是以领导者的角色来顺服他的妻子（参考以弗所书 5:23-24），一个基督徒丈夫要敏锐妻子的需要、恐惧以及把自己的需要置于妻子之后的感受，这部分意味着你要舍己，正如基督给我们树立的榜样，祂也命令我们要这样做。（路加福音 9:23-24）

- ☐ Are you a loving, learning, sacrificial leader for her even when you don’t feel like it? (1 Cor. 13:5b “Love does not seek its own way”; 1 Cor. 13:7)

你是一个有爱的、受教的，愿意为妻子牺牲的领袖吗？即便有的时候你并不想这样做？（哥林多前书 13:5“爱是不求自己的益处”，哥林多前书 13:7）

☐ Do you seek to love your wife as you love yourself? (Mt. 22:36-40; Eph. 5:28-33)

你是否像爱你自己一样爱你妻子？（马太福音 22:36-40，以弗所书 5:28-33）

☐ Do you prefer her whenever possible? How often do you spend time with her doing something she likes to do? (Ro. 12:10)

你是否尽可能地把她的需要放在首位？你多久抽一次时间和她一起做她想要做的事？（罗马书 12:10）

☐ Do you respect her requests even if they don't seem important to you? (Phil. 2:3-4)

你是否尊重她提出的要求？即使那些事情看起来对你并不重要。（腓立比书 2:3-4）

☐ Do you ultimately trust the Lord for your wife's sanctification or do you try to be her personal Holy Spirit? (1 Cor. 3:4-15)

你是否相信上帝最终会让你妻子成圣，或者你有尝试去充当她个人的圣灵去引导他吗？（哥林多前书 3:4-15）

### 3. STUDY HER (V. 7) 向她学习（7 节）

This means to live with her in an “understanding way” (NASB), “according to knowledge” (KJV). You must be a student of every aspect of your wife – joyfully willing to put in the diligent effort this takes for as long as you both live.

这意味着你要按照对她的了解和认识用容易被理解的方式与她生活。只要你们都还健在，你应该欢欢喜喜心甘情愿地付出辛勤地努力在每个方面都做你妻子的学生。

☐ Do you know more about your favorite sports teams, hobbies, your computer, etc., than you know about her? (1 Pet. 3:7)

你是否对你最喜欢的球队、你的爱好或者你的电脑等比你妻子还了解？（彼得前书 3:7）

☐ Do you make enough time in your “schedule” to prioritize these kinds of activities, even if it means sacrificing something you otherwise enjoy doing? Is this activity as important to you as it is to God? (1 Pet. 3:7b)

你是否花了足够多的时间在这些被你优先放在日程表中地活动上，即使这意味着你要牺牲一些你喜欢做的事情？这些活动对你来说和上帝一样的重要吗？（彼得前书 3:7）

☐ What pleases your wife? 什么能使你的妻子欢心？

☐ What annoys your wife? 什么能使你的妻子厌烦？

☐ What are your wife's strengths and weaknesses? 你妻子的优点和缺点是什么？

☐ What are your wife's burdens and concerns? 你妻子的重担和担忧是什么？

☐ Are you knowledgeable about godly women in the Bible? How can you use this to help your wife become more like Christ? (Eph. 5:26-27)

你是否对圣经中敬虔的妇人清楚的认识？你如何运用这些认识帮助你的妻子变得更有基督的样式？（以弗所书 5:26-27）

#### 4. PROTECT HER (V. 7) 保护她（7 节）

The phrase “weaker vessel” refers to a physical weakness, not an intellectual or spiritual inferiority (cf. Gal. 3:28). This is part of your mandate as your wife’s protector, and it includes an attitude of honor and respect for her.

“软弱的器皿”这个词指的是身体上的软弱，而不是指智力上或灵性上的缺陷（参考加拉太书 3:28）这是你作为妻子的保护者职责的一部分，并且也包含了一种荣耀和尊敬她的态度。

- ☐ Is your wife overburdened in her activities? If so, is it because she also has to do part (or all) of your job as the leader in the home? What changes can you help her make? Are there some things you can take on in her place? (Gal. 6:2)

你妻子的负担过重吗？如果是，是否因为她也不得不承担你在家里的部分职责？你能帮她做出什么改变？有什么事是你能够代替她做的呢？（加拉太书 6:2）

- ☐ Do you make sure that your wife has relationships with godly women that provide wise and meaningful accountability in her life? (Titus 2:3-5)

你能确保你的妻子与敬虔的妇人建立关系吗？她能在生活中给予你的妻子提供智慧的有意义的问责吗？（提摩书 2:3-5）

- ☐ Do you make sure that your wife has enough time in her daily schedule for personal time in the Word and in prayer? (Ps. 1; Col.1:9-12)

你能确保你妻子在日常的时间表里有足够的个人时间来读经和祷告吗？（诗篇 1，歌罗西书 1:9-12）

- ☐ Do you instill in your children a priority of joyfully honoring their mother, even when she behaves sinfully? (Ex. 20:12; Eph. 6:1-3)

你是否给你的孩子们灌输这样地观念——首先重要的就是心甘情愿地尊荣他们母亲，即使当她犯错的时候（出埃及记 20:12，以弗所书 6:1-3）

- ☐ Do you quickly repent and ask forgiveness in order to avoid bitterness between the two of you? (Eph. 4:31-32; Mt. 5:23-24)

为了避免你们夫妻之间的苦毒，你是否能很快地悔改并祈求宽恕吗？（以弗所书 4:31-32，马太福音 5:23-24）

#### 5. HONOR HER (V. 7) 荣耀她（7 节）

As v. 7 elaborates, she is a fellow heir in the “grace of life”, which refers to God’s common grace extended to everyone whom He allows to live on His earth. This is manifested as well in His gift of marriage; the best human relationship life has to offer. As an image-bearer of God Himself, your wife is also to be given due honor and respect in how you treat her. The end of the verse bears a warning that emphasizes how important this is to God: “so that your prayers will not be hindered”.

根据彼得前书 3 章 7 节的详细描述，她同样承受了生命之恩，这意味着上帝的普遍恩典临在每个他所创造并活在地上的人。这也体现在神赐给我们婚姻的礼物——这个人类生活中最美好的关系。你的妻子拥有神自己的形象，同样要求你在对待她的方式上给予她尊荣和尊重。这节经文的最后提出了一个警告，强调了对神来说这有多重要：“如此你的祷告便不会有拦阻。”

- ☐ Do you honor “appointments” with your family the same way you would honor a meeting appointment with your company CEO?

你是否尊荣你与家庭成员之间的见面如同你尊荣和公司的 CEO 会见一样？

- ☐ Does she get a sense that her concerns and what she has to say is important to you because it is important to her? (Gen. 2:24)

她是否感觉得到你很重视她的担忧和她将要说的事情，因为那对她很重要？（创世纪 2:24）

- ☐ In what ways does your love for your wife reflect the love Christ has demonstrated for His bride (the church)? (Study: Ro. 5:6-8; 1 Jn 4:19; Jn. 3:16; Eph. 5:2; Mt. 20:8; Jn. 15:13)

在哪些方面，你对妻子的爱反映出了基督对他新娘（教会）的爱？（学习：罗马书 5:6-8，约翰一书 4:19，约翰福音 3:16，以弗所书 5:2，马太福音 20:8，约翰福音 15:13）

- ☐ Do you treat your wife as well in private as you treat your [pastor, neighbor, friends, etc.] in public?

你私下里对待你妻子和你在公开场合对待你的牧师、邻居、朋友们等的态度一样吗？

- ☐ When you talk about her to others, is it always in a positive light? Never slander her, even if what you are saying is true. (Eph. 4:29; Col. 4:6)

当你和别人谈起她时，是否总是以积极正面的方式？永远不要中伤她，即使你说的是事实。（以弗所书 4:29，歌罗西书 4:6）

- ☐ Are you warm and gracious to her family and friends? Is your commitment to her obvious to them? (Gen. 2:24; 1 Pet. 4:9; Col. 4:6)

你是否满有热情和恩慈地对待她的家人和朋友？他们都清楚地了解你对她的委身吗？（创世纪 2:24，彼得前书 4:9，歌罗西书 4:6）

- ☐ Do you contradict her in front of others or compare her unfavorably with other women? (Eph. 4:29)

你在别人面前让她为难或者不合宜地拿她与其他女人比较吗？（以弗所书 4:29）

- ☐ Do you put her first over the children, your parents, your friends, job, men's Bible study, etc.? (Gen. 2:24)

在你的孩子，父母，朋友，工作，圣经学习中，你是否把她优先放在第一位？（创世纪 2:24）

- ☐ Do you seek to always believe the best of her in any given circumstance? (1 Cor. 7b "Love believes all things")

你是否在任何情况下都愿意相信她最好的一面？（哥林多前书 13:7，爱是凡事相信）

## 6. BE OF "ONE MIND" WITH HER (V. 8) 与她同心合意（8 节）

Cultivate oneness with her, pursuing peace and unity as opposed to disruption and disharmony.

培养与妻子的合一，追求和睦和团结，而不是关系破裂、不和睦。

- ☐ Do you spend regular time with her in the Word (i.e., at least once a week)?

你是否定期与她一同学习神的话语？（例如至少一周一次）

- ☐ Have you thoughtfully and wisely chosen a good church home for you and your wife? Do you encourage her (mostly by your example) to give careful attention to the preaching and teaching of the Word? (1 Ti. 4:13)

你是否深入考虑并智慧地为你和你妻子选择一个好的教会家庭？你是否鼓励她（主要是以你为榜样）重视讲道和教会教导的神的话语？（提摩太前书 4:13）

☐ What attitude do you set in your home about Sundays and the church? How do you articulate this attitude?

你在家对主日和教会持怎样的态度？你怎样明确的表达你的态度？

☐ Do you lead your family in serving your church? (Eph. 4:16)

你会带领家人服侍你的教会吗？（以弗所书 4:16）

☐ Do you know what areas your wife desires to change the most? Are they biblical desires? If so, how are you helping her to search the Word for God's answers? (2 Ti. 3:16-17)

你知道你妻子最渴望在哪些方面改变吗？那些渴望合乎圣经吗？如果是，你怎么帮助她在的话语中寻求答案？（提摩太后书 3:16-17）

☐ Do you regularly share your personal need for change and growth with your wife and seek her assistance and prayers?

你是否定期和你的妻子分享你个人需要的改变和成长，并寻求她的帮助和代祷？

☐ Do you make decisions based on Scriptural principles that you have carefully and prayerfully considered? Do you gather (and value) input from your wife when a decision affects her? (Jas. 4:15)

你所做的决定，是否经过了认真地考虑和祷告并基于圣经原则？当一个决定影响到你妻子时，你是否会从她那里寻求意见？（雅各书 4:15）

☐ When you cannot give your wife something she wants, do you make every effort to provide her with valid Scriptural reasons?

当你不能给你妻子想要某样东西时，你会尽力提供合乎圣经原则的理由吗？

## 7. SHOW SYMPATHY AND COMPASSION (V. 8) 表达同情和关切（8 节）

Her problems, hurts, and struggles are also yours. As "one flesh" with her (Gen. 2:24) and leader of the home, you are to take compassionate ownership of such things alongside her.

她的问题、伤害、挣扎同样也是你的，因为你已经和她成为一体了（创世纪 2:24）。你是家里的头，你要满有同情地在这些事情上与她一同面对！

☐ Are you sympathetic towards her when she is not feeling well or are you indifferent or impatient? (1 Thes. 4:15)

当她感觉不舒服的时候你是否对她表达同情，还是表示冷漠或不耐烦？（帖前 4:15）

☐ Does she take better care of you when you are sick than you do of her when she is sick?

当你生病时她照顾你是否比你在她生病时照顾她做得更好吗？

☐ Do you encourage your wife when she experiences setbacks and discouragements? (2 Cor. 1:3-4; 1 Thes. 5:14)

你是否在她经历挫折和感到气馁时鼓励她？（哥林多后书 1:3-4，帖撒罗尼迦前书 5:14）



## 8. BE HER FRIEND (V. 8) 成为她的朋友 (8 节)

“Brotherly love” means you show affection to her as to a friend. A husband is to be his wife’s closest companion and friend.

弟兄般的爱意味着你要像朋友一样对她表达关切。丈夫本应是妻子最亲密的伙伴和朋友。

☐ Do you save some of your energy for her every day? Do you conscientiously guard against laziness? (Pro. 6:6-11)

你每天都为她预留一些精力吗？你是否十分警惕自己的懒惰？(箴言 6:6-11)

☐ Do you lead in making the dinner time one that is enjoyable?

你是否带头使晚餐的时间成为让人享受得时光？

☐ Do you joyfully lead in the area of being socially interactive with other couples?

你是否乐于带头与其他夫妇进行社交活动？

☐ Do you encourage and welcome opportunities to show hospitality to others? (1 Pet. 4:9; Heb. 13:1-2)

你是否鼓励和欢迎那些可以款待他人的机会？（彼得前书 4:9，希伯来书 13:1-2）

☐ What types of entertainment (e.g., music, movies, TV, etc.) do you subject her to? Are they a hindrance to her spiritual maturity? (Ps. 101:3)

你倾向于让她有哪种类型的娱乐（如，音乐，电影，看电视等）？它们是否对她灵命的成熟有阻碍？（诗篇 101:3）

## 9. BE KINDHEARTED (V. 8) 给予恩慈 (8 节)

☐ Also translated “tenderhearted”, this quality is the opposite of anger and malice (cf. Eph. 4:31-32). This can be demonstrated in your tone of voice, how you listen to her, how you show preference for her, your patience with her, etc.

也可以翻译成心地温柔的，这种品质与愤怒、怨恨是正好相反的（参考以弗所书 4:31-32）。这可以体现在你对她说话的语气语调上，还有你如何聆听她说话，如何表达对她的重视，以及你对她的耐心等等

☐ Do you avoid using sarcasm with her (e.g., mocking, ridiculing, mean-spirited joking, etc.)? (Jas. 3:9-10)

你是否避免使用挖苦来对待她？（嘲笑、愚弄、低俗的玩笑等）（雅各书 3:9-10）

☐ Is your speech to her ever condescending (e.g., talking to her as if she were unintelligent, a child, or inferior)? (Col. 4:6)

你对她说话是否总是居高临下的（例如跟她说话时表现得她好像不够聪明，像个孩子，或者低人一等）？（歌罗西书 4:6）

☐ Does your communication have a good balance of depth and light-heartedness?

你们的沟通是否能在交流的深度和氛围的轻松上有很好的平衡？

Are you fun to be around at home?

你呆在在家里时，你感到开心吗？

☐ Are you attentive to her when she talks to you (e.g., you stop what you are doing, turn to her, look her in the eyes, and listen intently)?

当她跟你说话的时候你很留心去听吗？（例如，停下你正在做的事，转向她，看着她的眼睛，认真地听她讲）

#### 10. SHOW HER COURTEOUSY (V. 8) 彰显谦卑（8 节）

When you are truly humble and lowly in your thinking, you will be courteous (chivalrous) to your wife. Humility invites God's grace (cf. 1 Pet. 5:5).

当你真正思想谦卑和降卑，你对你妻子将会是谦恭的（有绅士风度的）。谦卑会带来上帝的恩典。（参考彼得前书 5:5）

☐ Do you regularly praise her and express gratitude to her or do you have a critical spirit towards her? (Ro. 13:7)

你有经常赞美她并且向她感恩还是以心怀挑剔地对待她？（罗马书 13:7）

☐ Do you exercise tolerance for her little offenses, peculiarities, or quirks? (Eph. 4:1-3)

对于她一些小过犯和特别的地方或者癖好，你是否有操练对她的耐心？（以弗所书 4:1-3）

☐ Do you receive correction in a gracious manner so as to be a student of your critic, or do you respond with a defensive posture, attack her, etc.? (Mt. 7:3-5)

你是否以谦和方式回应她的校正，仿佛你是一个面对评论家的学生还是以一种防卫甚至是攻击的姿态去回应？（马太福音 7:3-5）

☐ Do you commonly overreact or are you hypersensitive to her comments, actions, etc.?

对于她的评价或一些行动你是否经常反应过度，或者太敏感？

#### 11. BLESS HER, EVEN WHEN SHE ATTACKS (V. 9) 祝福她，即使当她冒犯你时（9 节）

You do not have the right to return evil for evil (cf. Ro. 12:14-21; 1 Pet. 2:23), but instead are to aggressively return good. This means never pushing her buttons or pouring gas on a flame. This means to seek out ways to serve her, pray for her salvation or spiritual growth, express gratitude for her, speak well of her, and desire her well-being. This unnatural behavior is to be fueled by the realization that God has given you undeserved blessing instead of judgment (cf. 1 Jn. 4:19).

你没有权利以恶报恶，而是要以善报恶（参考罗马书 12:14-21，彼得前书 2:23）。这意味着你永远不要挑衅她或者火上浇油，意味着你要找到方法来服侍她，为她的得救和灵命成长来祷告，对她表示感恩，赞美她，希望她过得好。这些有异于天然反应的行为是因你认识到神给你的是你不配有的祝福而不是审判，并被此所激励。（参考约翰 1 书 4:19）

☐ When your wife sins, is your response characterized by humility, grace, mercy, and gentleness or spiritual pride and impatience? (Mt. 5:5,7; Gal. 6:1)

当你的妻子犯罪时，你的回应表现出的谦卑，仁慈，怜悯，温柔的品格还是灵里骄傲和不耐烦？（马太福音 5:5,7，加拉太书 6:1）

☐ Do you tend to withdraw from her during conflict (e.g., cold shoulder, silent treatment, etc.)? (Eph. 4:26-27)

你是否会倾向于在冲突中退缩逃避她？（例如冷战或者沉默相对）（以弗所书 4:26-27）



☐ When she displeases you, are you vengeful towards her (e.g., getting even, trying to hurt back, etc.)? (Ro. 12:14-21)

当她让你不开心时，你是否想要报复她？（例如加倍报复，或者试着伤害回去）（罗马书 12:14-21）

☐ When your wife sins, do you reprove her gently and in private so as to give her hope and point her to the Lord? (Gal. 6:1; Mt. 18:15; Lk. 17:3)

当你妻子犯罪时，你是否在私下里温柔地指出以便能给她盼望并把她带到上帝面前(加拉太书 6:1，马太福音 18:15，路加福音 17:3)

☐ Is “keeping the peace” simply an excuse to avoid pursuing biblical reconciliation? (Mt. 5:23-24; Ro. 12:21)

“保持内心的平安”是否只是避免用合乎圣经的方式来和解的一个借口，？（马太福音 5:23-24，罗马书 12: 21）

## 12. GUARD YOUR TONGUE (V. 10) 谨守口舌（10 节）

Here you are exhorted to guard your tongue from sinful, deceitful speech. Rather, you are to speak the truth in love so as to edify (“build up”) and give grace to your wife (cf. Eph. 4:15, 29; Col. 4:6).

这里你被告诫要保守你的舌头脱离罪，欺骗的讲论。宁愿凭爱心说诚实话来修正（建造）你的妻子并给予恩慈。（参考以弗所书 4:15,29，歌罗西书 4:6）

☐ Does your relationship suffer from frequent arguments or the inability to resolve conflicts? (Eph. 4:26-27)

你们的关系正苦于频繁的争吵和不能解决的冲突吗？(以弗所书 4:26-27)

☐ Do you have a habit of angry outbursts? If so, what form(s) do they typically take (e.g., raised voice, threats, throwing, hitting, etc.)? (Jas. 1:20)

你有经常发脾气的习惯吗？如果有，它们通常是怎样的形式（例如，提高音调，威胁，扔东西，打人等）（雅各书 1:20）

☐ Are your words to her kind, soft, and gentle? Are they pure and delightful, and do they bring comfort to her heart? (Col. 4:6)

你对妻子的言辞，恩慈，温柔，温和吗？是清洁和令人开心的吗？它能抚慰你妻子的心吗？（歌罗西书 4:6）

☐ Do you speak to her in a way that builds her up instead of tears her down; this includes your nonverbal communication (e.g., facial expressions, tone of voice, posture, etc.)? (Eph. 4:15,29; Pro. 21:19)

你是用建造她还是拆毁她的方式和她讲话？这包括你的非言语交流（例如面部表情，语调，肢体动作等）以弗所书 4:15 29，箴言 21:19）

☐ Do you frequently talk for her or interrupt her or do you listen carefully so as to understand her? (1 Cor. 13:5a “Love is not rude”; Jas. 1:19)

你是经常替她说话或者打断她，还是认真倾听和理解她？（哥林多前书 13:5a，爱是不张狂）

☐ Do you frequently speak to her about the joys of meditating on the Lord and His Word? (Ps. 9:14; Phil. 4:4-5)

你是否经常对她谈起默想神和以及神的话语的喜乐吗？（诗篇 9:14，腓立比书 4:4-5）

- ☐ Do you frequently praise her for biblical character traits she is growing in, even in “small” ways (e.g., reverence, self-control, discretion, love, joy, peace, etc.)?

你是否经常为着一些小事来赞美她，因为它们显明她正在合乎圣经的好品格上成长？即使是在很小的方面（比如尊重人，自我控制，谨慎，爱，喜乐，平安等）

**13. TURN AWAY FROM EVIL; PURSUE PEACE AND DO GOOD (V. 11) 脱离邪恶，追求和睦和善行（11 节）**

You are to “flee youthful lusts and pursue righteousness” (2 Ti. 2:22); constantly cultivate and guard your purity and any strong desire that would enslave you and thereby cause you to neglect your duties to God and to your wife. Also, pursue peace with diligence, since fighting and conflict come naturally to the fallen sinner.

你要逃避少年人的私欲，追求公义（参考提摩太后书 2:22），不断培养和保守你心灵的纯洁，不要落入任何会辖制你私欲中，那会使你忽视你对妻子和上帝的责任。同时也要竭力追求和睦，因为争竞和冲突容易使你成为跌倒的罪人

- ☐ Is your sexual relationship with your wife an example of biblical love, which is characterized by giving (rather than receiving)? (Jn. 3:16; 1 Cor. 7:3-5)

你和你妻子的性关系符合圣经里爱的样式吗，它能体现给予的爱吗（而不是索取）？（约翰福音 3:16，哥林多前书 7:3-5）

- ☐ Do you make demands of her sexually that make her uncomfortable or provoke impure thoughts/desires in you? (1 Cor. 7:4)

你提出使她不舒服的性爱，或者在你里面有产生不纯洁的想法或欲望吗？（哥林多前书 7:4）

- ☐ Do you have any personal habits, mannerisms, hygiene issues, etc. that hinder your wife’s enjoyment of sexual relations? (Yes, you’ll actually have to ask her!)

你是否有一些个人的爱好，怪癖，不良卫生习惯等妨碍了你妻子在性关系中享受快乐？（如果有，你要去问她）

- ☐ What improvements would your wife have you make to improve your physical intimacy with her? (Ask her!)

你妻子希望你做出哪些改变来改善你和她身体上的亲密关系？（问她）

- ☐ Are you affectionate towards your wife? Does your affection include a balance of non-sexual forms? How would your wife answer this (find out!)?

你对你的妻子充满关爱吗？你对她关爱是否也包含一些非性行为的平衡？你妻子怎么看待这个问题？（去找出答案）