



Fireproof your Marriage

Participants Guide

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Bible translations used, taken from YouVersion.com, printed in red:

1. English: New International Version (NIV)
2. Chinese: 新译本 (CNVS)

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English	Chinese
Fireproof your Marriage	《炼爱》
Introduction	前言
Session 1 He said/she said	第一部分 各抒己见
Watch session 1 video clip on your <i>Fireproof Your Marriage</i> DVD	观看《炼爱》DVD 的第一部分剪辑
<p>Question 1</p> <p>Caleb claims Catherine “doesn’t _____ him”. What word does he use? What emotion(s) do you think he’s feeling at the time?</p>	<p>问题 1</p> <p>卡雷说凯萨琳“没有_____他”。他用的是哪个词？你认为他当时的情绪如何？</p>
<p>Question 2</p> <p>Catherine has some complaints about Caleb. What are some of the things she says he doesn’t do? Why do you think those things are important to her?</p>	<p>问题 2</p> <p>凯萨琳对卡雷有些抱怨。她说他不去做的一些事是指什么？你认为为什么那些事情对她很重要？</p>
<p>Question 3</p> <p>Caleb suspects his wife is meeting with her friends and “making me sound like a criminal.” How does he seem to feel about Catherine complaining to others about him?</p>	<p>问题 3</p> <p>卡雷怀疑他的妻子正在和她的朋友们见面，并说“使我听起来像个罪犯”。对于凯萨琳向其他人抱怨他有什么样的感觉？</p>
Discussion	讨论
Read Genesis 1:27	阅读《创世纪》1:27
So God created mankind in his own image, in the image of God he created them; male and female he created them.	于是，神照着自己的形象创造人；就是照着 神的形象创造了他们；他所创造的有男有女。
Read Genesis 5:2	阅读《创世纪》5:2
He created them male and female and blessed them. And he named them “Mankind” when they were created.	他创造了一男一女。在创造他们的时候， 神赐福给他们，称他们为人。
<p>Question 4</p> <p>These verses indicate that God deliberately made the two sexes different. Why do you think He chose to do that?</p>	<p>问题 4</p> <p>这些经文显示上帝特意使男女不同。你认为上帝为什么选择这样做？</p>

English	Chinese
<p>Question 5</p> <p>If you are studying <i>Fireproof your Marriage</i> in a small group setting, have the men in your group share one thing they particularly like about women. Have the women share one thing they like about men. If you are studying <i>Fireproof your Marriage</i> as a couple, share with your spouse what you like about the opposite sex.</p>	<p>问题 5</p> <p>如果你们正在以一个小组的方式学习《炼爱》，让你们组的男人分享一件他们特别喜欢的关于女人的事情。让女人分享一件她们喜欢的关于男人的事情。如果你们作为一对夫妇在学习《炼爱》，请与你的配偶分享各自喜欢对方什么。</p>

English	Chinese
<p>Read Ephesians 5:21-33</p> <p>²¹Submit to one another out of reverence for Christ. ²²Wives, submit yourselves to your own husbands as you do to the Lord. ²³For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴Now as the church submits to Christ, so also wives should submit to their husbands in everything. ²⁵Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶to make her holy, cleansing her by the washing with water through the word, ²⁷and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰for we are members of his body. ³¹“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” ³²This is a profound mystery—but I am talking about Christ and the church. ³³However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.</p>	<p>阅读《以弗所书》5:21-33</p> <p>²¹ 还要存敬畏基督的心，彼此顺服。 ²² 你们作妻子的，要顺服自己的丈夫，好象顺服主一样，²³ 因为丈夫是妻子的头，好象基督是教会的头；基督又是教会全体的救主。²⁴ 教会怎样顺服基督，妻子也要照样凡事顺服丈夫。²⁵ 你们作丈夫的，要爱妻子，好象基督爱教会，为教会舍己，²⁶ 为的是要用水借着道把教会洗净，成为圣洁，²⁷ 可以作荣耀的教会归给自己，甚么污点皱纹等也没有，而是圣洁没有瑕疵的。²⁸ 丈夫也应当这样爱妻子，好象爱自己的身体一样。爱妻子的，就是爱自己了。²⁹ 从来没有人恨恶自己的身体，总是保养顾惜，好象基督对教会一样，³⁰ 因为我们是他身上的肢体。³¹ 为了这缘故，人要离开父母，与妻子结合，二人成为一体。³² 这是极大的奥秘，但我是指着基督和教会说的。³³ 无论怎样，你们各人都要爱自己的妻子，好象爱自己一样。妻子也应当敬重丈夫。</p>
<p>Question 6</p> <p>In this passage, verse 25 gives instructions to husbands, and verse 33 gives instructions to wives. What one word characterizes how a husband should treat a wife? What one word describes how a wife should treat a husband?</p>	<p>问题 6</p> <p>在这段经文中，第 25 节给了丈夫们一些指示，第 33 节给了妻子们一些指示。哪个词可以描述一位丈夫应该如何对待他的妻子？哪个词可以概括一位妻子应该如何对待她的丈夫？</p>

<p>Question 7</p> <p>The passage affirms that God created us male and female, two different creations. As our Creator, He clearly understands how the sexes are different and what our needs are. How closely do you feel God’s commands match up with the needs of men and women? Explain your answer.</p>	<p>问题 7</p> <p>这段经文肯定了上帝创造了男人和女人，为两个不同的造物。作为我们的创造者，上帝非常清楚不同的性别其需求也是不同的。你觉得上帝给男人和女人的命令与他们各自的需求之间有多么地吻合？阐述你的答案。</p>
<p>Read Psalm 139:13-16</p> <p>¹³For you created my inmost being; you knit me together in my mother’s womb. ¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. ¹⁶Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.</p>	<p>阅读 Psalm 139:13-16</p> <p>¹³ 我的脏腑是你所造的，在我母腹中你塑造了我。 ¹⁴ 我要称谢你，因为我的受造奇妙可畏；你的作为奇妙，这是我深深知道的。 ¹⁵ 我在隐密处被造，在地的深处被塑造，那时，我的形体不能向你隐藏。 ¹⁶ 我未成形的身体，你的眼睛早已看见；为我所定的日子，我还未度过一日，都完全记在你的册上了。</p>
<p>Question 8</p> <p>What does this passage say about God’s knowledge of us?</p>	<p>问题 8</p> <p>这段经文说明了上帝对于我们有什么了解？</p>
<p>Read Proverbs 15:1</p> <p>A gentle answer turns away wrath, but a harsh word stirs up anger.</p>	<p>阅读《箴言》 15:1</p> <p>柔和的回答使烈怒消退，暴戾的话激动怒气。</p>
<p>Read Ephesians 4:29</p> <p>Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.</p>	<p>阅读《以弗所书》 4:29</p> <p>一句坏话也不可出口，却要适当地说造就人的好话，使听见的人得益处。</p>
<p>Question 9</p> <p>What do these passages teach about the importance of communication and using our words to “build up” our spouse?</p>	<p>问题 9</p> <p>这段经文就交流的重要性和用我们的言语来“造就”我们的配偶，教导了我们什么？</p>
<p>Close in prayer.</p>	<p>以祷告结束本次学习。</p>

Session 2 He First Loved Us (clip “The Cross”)	第二部分 上帝先爱我们
Watch session 2 video clip on your <i>Fireproof Your Marriage</i> DVD	观看《炼爱》DVD 的第二部分剪辑
Question 1 As the conversation begins, Caleb talks to his father about his relationship with Catherine and how she is responding to <i>The Love Dare</i> . What emotions show in his face and his words? Discuss in your group why Caleb might feel the way he does.	问题 1 当交谈开始时，卡雷对他父亲讲了他和凯萨琳的关系以及凯萨琳对《爱的挑战》的反应。他的表情和言语显示了什么样的情绪？在小组里讨论为什么卡雷会有这样的感觉。
Question 2 Think of a time when you tried to show love to someone, and they didn't respond in the way you wanted. How did you feel? In what ways do you empathize with Caleb in this scene?	问题 2 试回忆一次当你试图向某人表示爱意，而他们的回应却并不是你想要的，你感受如何？在这个场景中，你在哪些方面同情卡雷？
Question 3 Who do you think is more important to Caleb, himself or his wife? What does he say that lead you to your conclusion?	问题 3 你认为对于卡雷来说谁更重要，是他自己还是他的妻子？请说出你得出此结论的依据？
Question 4 When Caleb asks his father, “How am I supposed to show love to someone who constantly rejects me?” his father re-directs Caleb's eyes to the cross. What is the father implying? How does the point apply to Caleb?	问题 4 当卡雷问他父亲“我应该如何向一直拒绝我的人表达爱意？”时，他的父亲再次将卡雷的目光引向十字架。他父亲暗示了什么？这点如何适用于卡雷？
Discussion	讨论
Read Romans 5:5	阅读《罗马书》5:5
And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.	盼望是不会令人蒙羞的，因为 神借着所赐给我们的圣灵，把祂的爱浇灌在我们的心里。
Read 1 John 4:19	阅读 1《约翰》4:19
We love because he first loved us.	我们爱，因为 神先爱我们。
Question 5 What do these verses teach about how and why we are able to love?	问题 5 这段经文就如何和为什么我们有能力爱这两个问题，给了我们怎样的教导？

Read Philippians 2:1-4	阅读《腓力比书》2:1-4
¹ Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, ² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. ³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.	¹ 所以，你们在基督里若有甚么鼓励，有甚么爱心的安慰，有甚么灵里的契通，有甚么慈悲和怜悯， ² 就应当有同样的思想，同样的爱心，要心志相同，思想一致，使我充满喜乐。 ³ 不要自私自利，也不要贪图虚荣 ，只要谦卑，看别人比自己强； ⁴ 各人不要单顾自己的事，也要顾别人的事。
<p>Question 6</p> <p>Verses 1 and 2 of this passage are shown above. The two verses form a conditional statement that starts with “if” and continues with “then”. Read through the verses carefully. What conditions start with the word “if”? What does the passage say we need to have in order to love others? In particular, what do we receive when we’re united with Christ? What do we need from the Holy Spirit?</p>	<p>问题 6</p> <p>上述经文中的第 1 节和第 2 节形成了以“如果”开头、跟随“然后”的条件语句。仔细阅读这些经文，哪些情况是以“如果”开头的？这段经文提到我们需要什么才可以去爱别人？特别地，当我们与上帝联合时，我们得到了什么？我们需要从圣灵那里获得什么？</p>
<p>Question 7</p> <p>How does Caleb’s behavior in the movie contrast with verses 3 and 4 in this passage?</p>	<p>问题 7</p> <p>电影中卡雷的行为如何与经文第 3 节和第 4 节形成鲜明的对比？</p>
<p>Question 8</p> <p>Think about the father’s answer to his son. “You can’t love her because you can’t give her what you don’t have”. How does that point align with this passage? What “if” condition(s) does Caleb most need in his life in order to love his wife?</p>	<p>问题 8</p> <p>思考父亲给他儿子的回答：“你无法爱她，因为你无法给她你没有的。”这一点和这段经文如何相一致的？在卡雷的生活中他最需要什么样的“如果”条件才可以使他爱他的妻子？</p>
<p>Question 9</p> <p>Think about your marriage/relationship. To what degree do you try to manage the relationship using your own wisdom and abilities? What’s the result?</p>	<p>问题 9</p> <p>思考你的婚姻或人际关系。你是如何用自己的智慧和能力去经营你的人际关系的？结果如何？</p>

Read 1 John 4:7-19	阅读《约翰》4: 7-19
<p>⁷Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸Whoever does not love does not know God, because God is love. ⁹This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. ¹⁰This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. ¹¹Dear friends, since God so loved us, we also ought to love one another. ¹²No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. ¹³This is how we know that we live in him and he in us: He has given us of his Spirit. ¹⁴And we have seen and testify that the Father has sent his Son to be the Savior of the world. ¹⁵If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. ¹⁶And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. ¹⁷This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. ¹⁸There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. ¹⁹We love because he first loved us.</p>	<p>⁷亲爱的，我们应当彼此相爱，因为爱是从 神那里来的。凡是爱人的，都是从 神生的，并且认识 神。⁸不爱人的，就不认识神，因为 神就是爱。⁹神差遣他的独生子到世上来，要使我们借着祂而活；神的爱就在我们中间显明了。¹⁰不是我们爱 神，而是 神爱我们，差遣他的儿子为我们的罪作了赎罪祭，这就是爱了。¹¹亲爱的，神既然这样爱我们，我们也应当彼此相爱。¹²从来没有 人见过 神，我们若彼此相爱，神就住在我们里面，祂的爱也在我们里面得到成全了。¹³神把祂的灵赐给我们，我们就知道我们是住在祂里面，祂也住在我们里面。¹⁴父差遣子作世人的救主，这是我们见过的，并且现在作见证。¹⁵凡承认耶稣是 神的儿子的，神就住在祂里面，祂也住在 神里面。¹⁶神对我们的爱，我们已经明白了，而且相信了。神就是爱；住在爱里面的，就住在神里面，神也住在祂里面。¹⁷这样，爱在我们里面就得到成全，使我们在审判的日子，可以坦然无惧。因为他怎样，我们在这世上也怎样。¹⁸爱里没有惧怕，完全的爱可以把惧怕驱除，因为惧怕含有刑罚，惧怕的人在爱里还没有完全。¹⁹我们爱，因为神先爱我们。</p>
<p>Question 10 This passage of Scripture explains how God’s love for us works in our lives. As you read through these verses, what phrases or ideas particularly touch you?</p>	<p>问题 10 圣经的这一段讲述了上帝的爱如何在我们的生活中起作用。当你阅读这些经文的时候，哪些句子或者观点特别触动你呢？</p>
<p>Question 11 What does verse 13 say God has given us to enable us to “live in Him?” Give some practical examples from your life of how you know God lives in you.</p>	<p>问题 11 第 13 节经文提到上帝把祂的灵赐给我们并且使我们能够“住在祂里面”。从你的现实生活中举例说明你如何能知道上帝住在 你里面。</p>
Close in prayer.	以祷告结束本次学习。

Session 3 Love for a Lifetime (clip “salt & pepper”)	第三部分 相爱一生
Watch session 3 video clip on your <i>Fireproof Your Marriage</i> DVD	观看《炼爱》DVD 的第三部分剪辑
Question 1 What difference do you observe in how Caleb and Michael view marriage vows?	问题 1 你发现卡雷和迈克尔关于婚姻誓言的看法有何不同？
Question 2 The emotions surrounding a difficult marriage can be very strong; partners sometimes rationalize and defend a poor decision. As Caleb talks with Michael, how does he explain the pending divorce? Write down the reasons he gives.	问题 2 当面临一段困难重重的婚姻时，个人往往会很情绪化；某一方有时候可能会做出一个自认为合理的糟糕的决定并为之辩解。当卡雷和迈克尔谈论时，他是如何看待这段即将破碎的婚姻？写下他给出的理由。
Question 3 Michael tells Caleb, “I’ve seen you run into a burning building to save people you don’t even know, but you’re going to let your own marriage burn to the ground.” Why do you think some people work through their marriage problems but others do not?	问题 3 迈克尔对卡雷说道，“我经常见你冲进着火的房子里解救与你毫不相干的人，但是对待你自己的婚姻，你却任其化为灰烬。”你认为为什么有些人会主动去修复婚姻中的问题，而有些人却不会？
Illustration: For better or for worse	例证：无论好坏
Read Ecclesiastes 4:9	阅读《传道书》4:9
Two are better than one.	二人胜过一人。
Read Song of Solomon 5:16	阅读《雅歌》5:16
His mouth is sweetness itself; he is altogether lovely. This is my beloved, this is my friend, daughters of Jerusalem.	他的口甜蜜；他全然可爱。耶路撒冷的众女子啊！这就是我的良人，我的朋友。

<p>Long ago, Israel's king Solomon handed down both wisdom and poetry on the topic of marriage. We all understand "two are better than one" when we long for a best friend, lover and ally who will remain with us for the rest of our life. Solomon captured the feelings eloquently when he wrote, "This is my lover, this is my friend" (Song of Solomon 5:16). In the same book of the Bible, Solomon also invites his beautiful wife to "come with me." His words are frequently used in weddings because we can easily identify with the romance and desire for a "soul mate."</p>	<p>很久以前，以色列王所罗门的关于婚姻的智慧与诗歌世代相传。当我们渴望得到能够在我们的余生中与我们一起度过的好朋友、爱人和盟友时，我们都明白“两人胜过一人”。所罗门很好地捕捉到了这种感情，他写到：“这是我的良人，这是我的朋友”（雅歌 5:16）。在《雅歌》中，所罗门也这样邀请他漂亮的妻子：“跟我一同”。他的话经常被用到婚礼中，因为我们可以轻易地认同这段浪漫史，渴望得到一个“灵魂伴侣”。</p>
<p>A majority of adults find someone to fill their need for a partner and companion. In the U.S. approx. 55% (2010) will eventually marry. Unfortunately around half of all marriages end in divorce. Most perish from what's called "irreconcilable differences," which is a catch-all phrase for Caleb's description "it's just not working out anymore." Other common explanations include, "I've fallen out of love with him/her," or "we're just two different people now."</p>	<p>大多数成年人需要找到一个伴侣或者伙伴来满足他们的需要。在美国大约 55%（2010）最终会结婚。不幸的是，大约一半的婚姻都以离婚告终。多数的原因是所谓的“不可协调的差异”，就像是卡雷描述的万能词“没办法再继续了”。其它类似的解释还有“我不再爱他/她了”，“我们现在就形同陌路”。</p>
<p>In reality, there are days in every relationship when there are "irreconcilable differences." But God intended marriage to last a lifetime. The salt and pepper lesson portrays a great truth, marriage is a covenant. The dictionary defines "covenant" as a solemn agreement with legal validity. In our culture, however, marriage is sometimes treated more like a 50/50 contract. Spouses do their part IF they feel the other partner is doing his/her part.</p>	<p>事实上，每一对夫妻都会有一段时间存在“不可协调的差异”。但是上帝打算让婚姻持续一生。盐罐和胡椒粉瓶就是一个好例子，婚姻就是一份契约。词典将“契约”定义为具有法律效力的庄严协议。然而，在我们的文化中，婚姻有时候变成了 50/50 的协议，如果他们发现他们的配偶只做属于他们自己的那一部分的话，那么他们也就只做自己的那一份了。</p>

Discussion	讨论
Read Matthew 19:4-6	阅读《马太福音》19:4-6
<p>⁴“Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ ⁵and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? ⁶So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”</p>	<p>⁴他回答：“造物者从起初‘造人的时候，就造男造女’。⁵‘因此人要离开父母，与妻子连合，二人成为一体。’这些话你们没有念过吗？⁶这样，他们不再是两个人，而是一体的了。所以神所配合的，人不可分开。”</p>
<p>Question 4</p> <p>What word or phrase does Jesus use to describe marriage?</p>	<p>问题 4</p> <p>耶稣用什么词或短语来描述婚姻的？</p>
<p>Question 5</p> <p>Michael warns Caleb to not pull apart the salt and pepper shakers, saying that he will break one or both of them. What are some of the real-life consequences of divorce?</p>	<p>问题 5</p> <p>迈克尔警告卡雷不要分开粘在一起的盐罐和胡椒粉瓶，否则会打破其中一个或者两者俱损。现实生活中离婚都带来了哪些后果？</p>
<p>Question 6</p> <p>Jesus says that man is not to separate what God has joined together. In the movie Fireproof, some of Catharine’s colleagues blame Caleb for the problems in their marriage. Catharine also becomes very close to a male doctor at the hospital where she works. List some ways in which people can “separate” (i.e. physically, emotionally, spiritually) a married couple.</p>	<p>问题 6</p> <p>耶稣说人不能分离上帝见证下结合在一起的人们。在这部电影中，凯瑟琳的一些同事因他们婚姻中的一些问题而责备卡雷。凯瑟琳也越来越亲近她所工作的医院里的一个男医生。列举人们“分离”夫妻的一些方式（比如身体上的、情感上的和精神上的）。</p>

Read Malachi 2:14-16	阅读《玛拉基书》2:14-16
¹⁴ You ask, “Why?” It is because the Lord is the witness between you and the wife of your youth. You have been unfaithful to her, though she is your partner, the wife of your marriage covenant. ¹⁵ Has not the one God made you? You belong to him in body and spirit. And what does the one God seek? Godly offspring. So be on your guard, and do not be unfaithful to the wife of your youth. ¹⁶ “The man who hates and divorces his wife,” says the Lord, the God of Israel, “does violence to the one he should protect,” says the Lord, the God of Israel, “because the man who divorces his wife covers his garment with violence,” says the Lord Almighty. So be on your guard, and do not be unfaithful.	¹⁴ 你们还问：“为甚么呢？”因为耶和华在你和你年轻时所娶的妻子中间作证；她是你的伴侣，是你立约的妻子，你竟对她不忠！ ¹⁵ 神所作的不是一个吗？其余的气息都是属于他的。那一个寻求甚么呢？就是神的子孙。所以要谨守你们的灵性，不可对年轻时所娶的妻子不忠。 ¹⁶ 耶和华以色列的神说：“我恨恶休妻和以强暴待妻子。”万军之耶和华说：“所以要谨守你们的灵性，不可行诡诈的事。”
Question 7 This passage refers to divorce as “broken faith” (New International Version). The King James Version uses the phrase “dealt treacherously,” which means to not take vows seriously. What does this say about how God views divorce?	问题 7 在这段经文中，将离婚当作“不忠”（新国际译本）。詹姆士国王钦定版用了“行事诡诈”这个短语，意思是说不能严格依约行事。从这一点你能看出上帝对离婚的看法是什么吗？
Question 8 Verse 16 says that God hates divorce. What do you think some of the reasons might be?	问题 8 第 16 节说上帝憎恨离婚。你觉得可能的原因都有哪些？
Question 9 Look at verse 16 carefully. Is there a distinction between “God hates divorce” and “God hates people who divorce?” Explain your answer.	问题 9 仔细阅读第 16 节。在“上帝憎恨离婚”和“上帝憎恨离婚的人们”之间有什么不同吗？请阐述你的答案。
Read Ecclesiastes 5:4-5	阅读《传道书》5:4-5
⁴ When you make a vow to God, do not delay to fulfill it. He has no pleasure in fools; fulfill your vow. ⁵ It is better not to make a vow than to make one and not fulfill it.	⁴ 你向神许了愿，就不可迟迟不还，因为他不喜悦愚昧人；所许的愿必须偿还。 ⁵ 许愿不还，不如不许。
Question 10 What direction is given in this passage? How would it apply to marriage?	问题 10 这段经文给出了什么指示？怎样应用于婚姻中？

<p>Question 11</p> <p>How does this principle differ from the world's view of a covenant relationship, i.e. is it contingent on both parties fulfilling their obligations?</p>	<p>问题 11</p> <p>这个原则与世界上关于契约的观点有什么不同？也就是说，这取决于双方当事人是否履行他们的义务吗？</p>
<p>Close in prayer.</p>	<p>以祷告结束本次学习。</p>

Session 4 Breaking Free	第四部分 挣脱捆绑
Are temptations or addictions threatening your marriage?	试探或对某些东西沉迷其中是否会威胁到你的婚姻？
Watch session 4 video clip on your <i>Fireproof Your Marriage</i> DVD	观看《炼爱》DVD 第四部分剪辑
The topics of temptation and addiction can be awkward and difficult to discuss. This week, recommend that you break into separate groups, men in one group and women in another. Same-sex groups encourage honest discussion and create a more comfortable atmosphere for different conversation.	讨论诱惑和成瘾的话题可能会有些尴尬或困难。这次学习中建议你们分成小组，男生一组，女生一组。同性别小组可以使大家能够更轻松诚实地参与讨论。
Question 1 Just as Caleb has made a decision to follow God and restore his marriage, he is confronted with temptation. Have you found this pattern to be true in your life? Does temptation sometimes appear unexpectedly? Explain and give examples.	问题 1 当卡雷下定决心要跟随上帝并重建他的婚姻时，他首先面临的是诱惑。在你的真实生活中有没有发现类似的情况？这些诱惑是否有时会让人意想不到？解释并举例说明。
Question 2 In this scene, Caleb walks away from the computer and picks up <i>The Love Dare</i> book. How the lesson in the book does encourage him to resist temptation? What specifically was helpful?	问题 2 在这个场景中，卡雷离开了电脑，拿起书《爱的挑战》来阅读。书中的这节课是怎么鼓励他抵制诱惑的？哪点特别地帮助了他？
Discussion	讨论
Read 1 Peter 5:8-9	阅读《彼得一书》5:8-9
⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.	⁸ 你们要谨守、警醒。你们的仇敌魔鬼，好象吼叫的狮子走来走去，寻找可以吞吃的人； ⁹ 你们要用坚强的信心抵挡他，因为知道你们在世上的弟兄，也经历过同样的苦难。
Question 3 What do these verses say about the likelihood that we will face temptation?	问题 3 这些经文提到了我们将会遇到诱惑的可能性是什么？
Question 4 According to this Scripture, how should we protect ourselves from temptation and sin?	问题 4 根据这些经文，我们应该怎样保护自己免受诱惑和罪？

<p>Read Matthew 5:27-30</p>	<p>阅读《马太福音》5：27-30</p>
<p>²⁷ “You have heard that it was said, ‘You shall not commit adultery.’ ²⁸ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. ²⁹ If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. ³⁰ And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.</p>	<p>²⁷“你们听过有这样的吩咐：‘不可奸淫。’²⁸可是我告诉你们，凡是看见妇女就动淫念的，心里已经犯了奸淫。²⁹如果你的右眼使你犯罪，就把它挖出来丢掉；宁可失去身体的一部分，胜过全身被丢进地狱里。³⁰如果你的右手使你犯罪，就把它砍下来丢掉；宁可失去身体的一部分，胜过全身进到地狱里去。</p>
<p>Question 5 What does Jesus say about our actions, our thoughts and the heart? How does this passage apply to the example in this week’s video clip – Caleb being tempted by pornography?</p>	<p>问题 5 耶稣对于我们的行为、思想和心意有什么样的教导？这段经文怎样应用于本次视频片段中的例子，即卡雷面对色情的诱惑？</p>

Read 1 Corinthians 6:18-20	阅读《哥林多前书》 6:18-20
¹⁸ Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. ¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.	¹⁸ 你们要逃避淫乱的事。人所犯的，无论是甚么罪，都是在身体以外，唯有行淫乱的，是触犯自己的身体。 ¹⁹ 你们不知道你们的身体就是那位住在你们里面的圣灵的殿吗？这圣灵是你们从 神那里领受的。你们不是属于自己的， ²⁰ 因为你们是用重价买来的。所以你们务要用自己的身体荣耀神。
Read 2 Timothy 2:22	阅读《提摩太后书》 2:22
Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.	你应当逃避年轻人的私欲，要和那些以清洁的心求告主的人，一同追求公义、信心、爱心、和平。
Question 6 We've already discussed the importance of removing the source of temptation from our lives. These passages suggest another method of dealing with temptation; what is it? Give some practical examples of "fleeing" from immorality.	问题 6 我们已经讨论了从我们生活中清除掉诱惑之源的重要性。以上这两段圣经经节提供了另一种对付诱惑的方式，这方法是什么？举例说明逃避不道德的事的具体例子。
Question 7 Under what conditions would it be more effective to remove the temptation? When would it be better to remove yourself?	问题 7 在什么情况下可以更有效地摆脱诱惑？什么时候从诱惑中摆脱比较好？
Read Psalm 119:9-11	阅读《诗篇》 119:9-11
⁹ How can a young person stay on the path of purity? By living according to your word. ¹⁰ I seek you with all my heart; do not let me stray from your commands. ¹¹ I have hidden your word in my heart that I might not sin against you.	⁹ 少年人用甚么洁净自己的行为呢？就是要遵守你的话。 ¹⁰ 我一心寻求你，求你不要容我偏离你的诫命。 ¹¹ 我把你的话藏在心里，免得我得罪你。
Question 8 How does studying the Bible fit into a strategy for resisting sin?	问题 8 学习圣经怎样成为抵制罪的一个策略呢？
Read Hebrews 4:15	阅读《希伯来书》 4:15
For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.	因为我们的大祭司并不是不能同情我们的软弱，他像我们一样，也曾在这方面受过试探，只是他没有犯罪。
Question 9 Why is Jesus able to understand the temptations that face us? Does this comfort you in your struggle? Why or why not? What example does Jesus provide for us?	问题 9 为什么耶稣能够理解我们面对的各种诱惑？当你挣扎的时候，这点有没有给你带来安慰？为什么？耶稣给我们提供了什么样的榜样？

Read 1 Corinthians 10:13	阅读 《哥林多前书》 10: 13
No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted he will also provide a way out so that you can endure it.	你们所受的试探，无非是人受得起的； 神是信实的，他必不容许你们受试探过于你们承受得起的，而且在受试探的时候，必定给你们开一条出路，使你们能忍受得住。
Question 10 What promise does God make in regard to temptation in this verse? How can you use this promise to help when you are tempted?	问题 10 在这段经文中，关于诱惑上帝给了我们什么样的承诺？当你受到诱惑时，你会怎样利用这个承诺来帮助你？
Read 1 John 1:9	阅读 《约翰一书》 1: 9
If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.	我们若承认自己的罪，神是信实的、公义的，必定赦免我们的罪，洁净我们脱离一切不义。
Question 11 When we “confess”, we agree with God regarding our thoughts and behavior. What does God promise in return when we confess our sin?	问题 11 当我们“认罪”时，我们在思想和行为上都向上帝敞开。当我们认罪时，上帝向我们承诺什么？

Read James 5:16	阅读《雅各书》5:16
Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.	所以你们应当彼此认罪，互相代求，这样你们就可以痊愈。义人祈祷所发出的力量，是大有功效的。
<p>Question 12</p> <p>When we draw together as Christ's church, we receive strength and encouragement from each other. What does this passage also teach us the effect of confessing to each other? How does this help us resist temptation and turn away from sin?</p>	<p>问题 12</p> <p>我们聚在一起，作为基督的教会时，我们从彼此获得力量和鼓励。这段经文也教导我们，当我们彼此认罪时，会有什么样的作用和效果？这会怎样帮助我们抵制诱惑，远离罪呢？</p>
Close in prayer.	以祷告结束本次学习。

Session 5 Forgiveness (clip “Caleb’s apology”)	第五部分 饶恕
Is unforgiveness hindering your relationship with God or with your spouse? Is there anything for which you need to ask forgiveness?	不能饶恕是否会阻碍你和上帝或者你和配偶之间的关系？你是否需要什么条件来请求饶恕？
Watch the Session 5 video clip on your Fireproof Your Marriage DVD.	观看《炼爱》DVD 第五部分视频剪辑
Discussion	讨论
Question 1 As you watched this scene, what touched you the most? Why?	问题 1 当你观看这一场景之后，什么最触动你？为什么？
Read Colossians 3:12-15	阅读《歌罗西书》3:12-15
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. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity. ¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.	¹² 所以，你们既然是 神所拣选的，是圣洁、蒙爱的人，就要存怜悯的心肠、恩慈、谦卑、温柔和忍耐。 ¹³ 如果有人对别人有嫌隙，总要彼此宽容，互相饶恕；主怎样饶恕了你们，你们也要照样饶恕人。 ¹⁴ 在这一切之上，还要有爱心，爱心是联系全德的。 ¹⁵ 又要让基督的平安在你们心里作主；你们蒙召归为一体，也是为了这个缘故。你们要有感谢的心。
Question 2 This passage gives wisdom for healthy relationships. List some ways in which Caleb illustrated this passage. How did he show compassion, kindness, humility, gentleness, patience and a desire for peace?	问题 2 这段经文对于怎样建立健康的关系，给出了良方。列出卡雷的一些行动以说明这个过程。他是如何表现出怜悯，恩慈，谦卑，温柔，忍耐和对平安的渴望的呢？
Read Ephesians 4:15	阅读《以弗所书》4:15
Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.	却要在爱中过诚实的生活，在各方面长进，达到基督的身量。

<p>Question 3</p> <p>How does Caleb “confess” to Catherine and speak the truth about his past treatment of her? If he had been less open and honest, how do you think it would have changed the impact of his apology?</p>	<p>问题 3</p> <p>卡雷如何向凯瑟琳认罪，并坦诚自己过去对待凯瑟琳的事实？如果他沒有敞开心扉并坦诚以对，你认为这会怎样影响到他道歉的效果呢？</p>
<p>Read Proverbs 15:1</p> <p>A gentle answer turns away wrath, but a harsh word stirs up anger.</p>	<p>阅读《传道书》15:1</p> <p>柔和的回答使烈怒消退， 暴戾的话激动怒气。</p>
<p>Question 4</p> <p>In earlier scenes from Fireproof, Caleb complained about Catherine and how she treated him. During his apology, he doesn’t bring up any of Catherine’s faults, nor does he blame her. Why and how is this significant? In what ways might her reaction have been different if he had?</p>	<p>问题 4</p> <p>在《炼爱》前面的场景中，卡雷抱怨凯瑟琳以及抱怨她如何对待他。在他的道歉过程中，他并未提到任何凯瑟琳的过错，他也没有责备她。这为什么很重要？如何重要？如果他提到了凯瑟琳的过错，并责备了她，那凯瑟琳的反应会是怎样的？</p>
<p>Read Romans 5:10</p> <p>For if, while we were God’s enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!</p>	<p>阅读《罗马书》5:10</p> <p>我们作仇敌的时候，尚且借着 神儿子的死与他复和，既然复和了，就更要因他的生得救了！</p>
<p>Read Luke 23:33-34</p> <p>³³When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. ³⁴Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up his clothes by casting lots.</p>	<p>阅读《路加福音》23:33-34</p> <p>³³到了那名叫“髑髅”的地方，就把耶稣钉在十字架上，也钉了那两个犯人，一左一右。³⁴耶稣说：“父啊，赦免他们！因为他们不知道自己所作的是甚么。”士兵抽签，分了他的衣服。</p>

1 John 1:8-9	《约翰一书》1:8-9
⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.	⁸ 我们若说自己没有罪，就是自欺，真理就不在我们里面了。 ⁹ 我们若承认自己的罪，神是信实的、公义的，必定赦免我们的罪，洁净我们脱离一切不义。
Question 5 According to these verses; we were all sinners and even “enemies” with God before he forgave us. In the passage from Luke, Jesus forgives <u>while</u> he is being crucified! As you think about your past – your thoughts and your actions – how greatly has God forgiven you?	问题 5 根据这些经文；上帝饶恕我们之前，我们都是罪人甚至是上帝的“仇敌”。从《路加福音》的经文中，当耶稣被钉十字架的时候他还在饶恕别人！回想你过去的思想和行为，你不觉得上帝饶恕了你有多么地伟大吗？
Question 6 How readily do you forgive others? Do you set any conditions for forgiveness?	问题 6 你是否愿意饶恕他人？你饶恕他人是否有一定的条件？
Read Matthew 5:23-24	阅读《马太福音》5:23-24
²³ “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.	²³ 所以你在祭坛上献供物的时候，如果在那里想起你的弟兄对你不满， ²⁴ 就当在坛前放下供物，先去与弟兄和好，然后才来献你的供物。
Read Matthew 6:12-15	阅读《马太福音》6:12-15
¹² And forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever. Amen.’ ¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.	¹² 赦免我们的罪债，好象我们饶恕了得罪我们的人； ¹³ 不要让我们陷入试探，救我们脱离那恶者。’ ¹⁴ 如果你们饶恕别人的过犯，你们的天父也必饶恕你们。 ¹⁵ 如果你们不饶恕别人，你们的父也必不饶恕你们的过犯。
Read Mark 11:25-26	阅读《马可福音》11:25-26
²⁵ “And whenever you stand praying if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. ²⁶ But if you do not forgive, neither will your Father in heaven forgive your trespasses.” (NKJV)	²⁵ 你们站着祷告的时候，如果有谁得罪了你们，就该饶恕他，好使你们的天父也饶恕你们的过犯。 ²⁶ 你们若不饶恕人，你们在天上的父也不饶恕你们的过犯。

<p>Question 7</p> <p>All these passages are Jesus’ teaching on the concept of forgiveness. As you read through them, do they portray forgiveness as just a feeling or as something that requires a deliberate decision? Is there anything in the three passages that indicates forgiveness might also require action?</p>	<p>问题 7</p> <p>所有的这些经文都是耶稣关于饶恕的教导。当你通读这些经文的时候，其中所描绘的饶恕只是一种感觉，还是某种需要深思熟虑后的决定？上述三段经文中是否有任何描述暗示饶恕可能也需要行动？</p>
<p>Question 8</p> <p>Think of a time when you forgave someone – what did you do? How did your feelings and your actions change? Take some time to discuss what forgiveness looks like on a day-to-day basis.</p>	<p>问题 8</p> <p>回想你自己对别人的一次饶恕——你做了什么？你的感觉以及你的行为是如何改变的？以日常例子为基础，花些时间讨论饶恕到底看起来是怎样的？</p>
<p>Question 9</p> <p>As you read these verses, do you see any consequences for forgiveness? How does unforgiveness affect your relationship with God?</p>	<p>问题 9</p> <p>当你阅读这些经文的时候，你能预见饶恕的结果吗？不能饶恕如何影响你和上帝之间的关系？</p>

Read Philippians 1:6	阅读《腓立比书》1：6
. . being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.	我深信那在你们中间开始了美好工作的，到了基督耶稣的日子，必成全这工作。
<p>Question 10</p> <p>Consider this verse and how it applies to both of you and your spouse. Is it up to you to cause your spouse to change, or is God able and willing to transform your mate? How can this promise change how you treat your husband/wife?</p>	<p>问题 10</p> <p>思考这节经文如何应用在你和你的配偶之间的关系上？是因为你而使得你的配偶改变，还是上帝能够并乐意改变你的配偶？这个应许将如何改变你对待你的丈夫/妻子？</p>
Close in prayer.	在祷告中结束本次学习。

Session 6 A better way of loving (movie part 1:39 – 1:44)	第六部分 一种更好的相爱方式
Do you love your spouse unconditionally?	你无条件地爱你的配偶吗？
Watch the session 6 video clips on your <i>Fireproof Your Marriage</i> DVD	观看《炼爱》DVD 第六部分剪辑
Question 1 In the first scene, Caleb has saved money to purchase a boat. How much money did he have put away for the boat? In the second scene, Catherine finds out that Caleb paid \$24,000 to “buy medical equipment” for Catherine’s mother. Why is the amount of money significant? What specifically did Caleb do?	问题 1 在第一个场景里，卡雷为了买船已经开始存钱。他已经存了多少钱？在第二个场景里，凯瑟琳发现卡雷为凯瑟琳的母亲“购买医疗器械”而花费了 2 万 4 千美元。为什么钱的数目意义重大？卡雷特地做了什么？
Read Philippians 2:3-4	阅读《腓立比书》2：3-4
³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.	³ 不要自私自利，也不要贪图虚荣，只要谦卑，看别人比自己强； ⁴ 各人不要单顾自己的事，也要顾别人的事。
Question 2 How do Caleb’s actions in the second scene align with this verse?	问题 2 在第二个场景里，卡雷的行为如何与上述经文相呼应？
Question 3 All the time Caleb paid for the medical equipment, Catherine was still planning to divorce him. So there was a very real possibility Caleb would spend the money for the equipment and still wind up divorced from Catherine. Put yourself in Caleb’s position – how difficult would it be for you to make that decision? In your own life, have you ever made a risky decision out of love for someone? Share the story as part of your discussion.	问题 3 卡雷为医疗器械付款之后，凯瑟琳仍然打算和卡雷离婚。因此，这里存在一种真实的可能，就是卡雷为医疗器械付了款，但是和凯瑟琳的婚姻仍然以离婚收尾。设身处地站在卡雷的角度想一想——对于你来说做那样一个决定该有多难？在你的人生当中，你有没有出于爱而为某人冒险？在讨论中分享你的故事。
Question 4 One of the questions in session 2 was, “Who do you think is more important to Caleb, himself or his wife?” How would you answer it now? If you feel that Caleb changed, what do you think caused the change?	问题 4 第二部分中有一个问题是，“对于卡雷来说，他自己和他妻子谁更重要？”现在你将如何回答这个问题？如果你觉得卡雷改变了，那你认为是什改变了卡雷呢？

Read Romans 5:6-8	阅读《罗马书》5:6-8
⁶ You see, at just the right time, when we were still powerless, Christ died for the ungodly. ⁷ Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. ⁸ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.	⁶ 当我们还软弱的时候，基督就照所定的日期，为不敬虔的人死了。 ⁷ 为义人死，是少有的；为好人死，或有敢作的； ⁸ 唯有基督在我们还作罪人的时候为我们死，神对我们的爱就在此显明了。
Question 5 This passage provides an excellent example of Jesus' unconditional love for us. As you read, did you see any conditions we must fulfill in order to be loved by God? What words, phrases or concepts touch you the most in this Scripture?	问题 5 这一段经文为我们提供了一个绝佳的例子说明耶稣如何无条件地爱我们。当你阅读这段经文的时候，你有看到一些我们必须先达到才能够被上帝所爱的条件吗？这段经文中的哪些词、措辞或概念深深地触动了你？
Question 6 In what ways can love be <u>conditional</u> ? What are some conditions that people apply to loving a spouse? What are the consequences when those conditions aren't met?	问题 6 在什么情况下爱是有条件的？人爱配偶的条件有哪些？当这些条件不存在的时候，结果会如何？
Read John 13:34-35	阅读《约翰福音》13: 34-35
³⁴ "A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another."	³⁴ 我给你们一条新命令，就是要你们彼此相爱；我怎样爱你们，你们也要怎样彼此相爱。 ³⁵ 如果你们彼此相爱，众人就会认出你们是我的门徒了。"
Question 7 Does loving others sound like a suggestion? Or is the wording in this passage stronger than that? Which words in these two verses indicate how important it is that we love our spouse and others around us?	问题 7 爱别人听起来像是一个建议吗？还是在这些经文中的措辞比建议更强烈？在这两节经文中，哪些词表明我们爱我们的配偶和周围的人是多么的重要？

Read John 15:9-17	阅读《约翰福音》15: 9-17
<p>⁹“As the Father has loved me, so have I loved you. Now remain in my love. ¹⁰ If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. ¹¹ I have told you this so that my joy may be in you and that your joy may be complete. ¹² My command is this: Love each other as I have loved you. ¹³ Greater love has no one than this: to lay down one’s life for one’s friends. ¹⁴ You are my friends if you do what I command. ¹⁵ I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. ¹⁶ You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. ¹⁷ This is my command: Love each other.</p>	<p>⁹ 父怎样爱我，我也怎样爱你们；你们要住在我的爱里。¹⁰ 如果你们遵守我的命令，就必定住在我的爱里，正像我遵守了我父的命令，住在他的爱里一样。¹¹“我把这些事告诉了你们，好让我的喜乐存在你们心里，并且使你们的喜乐满溢。¹² 你们要彼此相爱，像我爱你们一样，这就是我的命令。¹³ 人为朋友舍命，人间的爱没有比这个更大的了。¹⁴ 你们若行我所吩咐你们的，就是我的朋友了。¹⁵ 我不再称你们为仆人，因为仆人不知道主人所作的事；我已经称你们为朋友了，因为我从我父那里听见的一切，都已经告诉你们了。¹⁶ 不是你们拣选了我，而是我拣选了你们，并且分派你们去结果子，就是结常存的果子，使你们奉我的名，无论向父求甚么，他必定赐给你们。¹⁷ 我把这些事吩咐你们，是要你们彼此相爱。</p>
<p>Question 8 In verse 9 of this passage, Jesus tells us to “remain in my love.” In what ways can we “remain in His love?” How do you think “remaining” in Jesus’ love enables us to love others?</p>	<p>问题 8 在第 9 节经文中，耶稣告诉我们要“住在我的爱里。”我们有什么办法可以“住在他的爱里？”你是怎么看“住在”耶稣的爱里使我们能够爱别人？</p>
<p>Question 9 Why do you think Jesus directs us to love one another? One answer is in the previous passage, John 13:35. What are some other reasons?</p>	<p>问题 9 你认为耶稣为什么命令我们彼此相爱？答案之一是在前面的段落里（约翰福音 13:35）。还有其他什么原因吗？</p>
<p>Question 10 Verse 13 says, “Greater love has no one than this, that he lay down his life for his friends.” What does Jesus mean in this verse, and is there more than one meaning? In what ways can we “lay down our lives” for one another?</p>	<p>问题 10 第 13 节经文说到“他为他的朋友放下自己的生命，没有爱比这个更大。”在这节经文中耶稣的意思是什么，还有其他的含义吗？我们在哪些方面可以为彼此“舍弃我们的生命”？</p>
Read 1 Peter 4:8	阅读《彼得一书》4: 8
<p>Above all, love each other deeply, because love covers over a multitude of sins.</p>	<p>最重要的是要彼此切实相爱，因为爱能遮盖许多的罪。</p>
<p>Question 11 If you love somebody deeply, can that love “cover a multitude” of your own sins? Can loving another person deeply cause you to see past their sins? How so? Share an example from your own life during the discussion.</p>	<p>问题 11 如果你爱一个人太深，爱能够“遮盖”你自己众多的罪吗？你会因为深深地爱一个人，而略过他们的罪吗？怎么才能做到这样呢？根据你自己的生活经历分享一个例子。</p>

Close in prayer.	在祷告中结束本次学习。