

# 圣洁的妇女

针对基督徒妇女的学习指导

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## 针对基督徒妇女的学习指导

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此书的三十课内容是根据圣经中的妇女的生活而编写的，它会引导真诚的学习者进入神对基督徒妇女之完美旨意的真理中。

妥协的教会讲台、邪僻的教育体系、偏行己路的世人，这三股合成的力量误导我们的姐妹，使她们远离圣经的道德标准。随之而来的是，基督徒妇女变得糊涂、迷茫和痛苦。她们没有喜乐的人生，没有蒙福的生命。

《圣洁的妇女》一书，主题深刻，表达方式清晰流畅，并用其特有的方式迫使学习者在神话语的明镜中审视自己。任何渴望按照神完美旨意活出幸福人生的妇女都将从本书中得到极大的收益。

## Holy Women

### A Study Guide for Christian Ladies

...

Here are thirty lessons, drawn from the lives of the women of the Bible, that will lead the sincere student into the truth of God's perfect will for the Christian woman.

A compromised pulpit, a perverse educational system, and a world gone wrong have united to lead women far from scriptural ideals of virtue. As a result, even Christian women are confused and unhappy, rather than blessed and rejoicing.

The subject matter, its clear helpful presentation, and the manner in which the student is compelled to see herself in the mirror of God's word, will make Holy Women a richly rewarding study for any woman who wishes to be in the very happy center of God's perfect will.

## 献辞

谨以爱心将此书献给受世界欺骗而误以为自由源自悖逆、快乐源自背叛神的所有妇女。

谨以爱心将此书献给某些遭受牧师错误教导毒害的所有妇女。这些牧师教导她们的丈夫和父亲：顺服是愚蠢，温柔是软弱。

谨以爱心将此书献给成长于不相信圣经的家庭和社会的所有妇女，就是那些回顾人生时泪流满面地说“我要是早知道该多好啊！”的妇女。

谨以爱心将此书献给被当作活祭献给影视界、受教于好莱坞俄日费圣洁之神的所有女孩。

## 我们的请求

我们编纂此书是为了引导真诚的基督徒姐妹与她的救主、家人和朋友建立蒙福的关系。本书没有版权，用于免费传播。读者可以复制和重印，但前提是免费传播。本书的出版仅仅是为了使读者受益。请尊重我们的请求。在此致谢。

## DEDICATION

This book is lovingly dedicated to all the women who have been deceived by the world into thinking liberty comes through disobedience and happiness comes through rebellion against God.

This book is lovingly dedicated to all the women who have been betrayed by ministers who taught their husbands and fathers that submission meant stupidity and that meekness meant weakness.

This book is lovingly dedicated to all the women who were raised in a Bible-less home or society, who must now look back with tears and say, "If I had only known."

This book is lovingly dedicated to all the little girls who are being sacrificed on the altar of television, to be trained by Hollywood rather than Holy God.

## OUR REQUEST

*The Studies in this book have been compiled to guide the sincere Christian woman into a blessed relationship with her Saviour, family and friends. It bears no copyright and is published for free distribution. Copies and reproductions may be made, provided they are for free distribution. This book was published for the profit of the reader only. Please respect our request in this matter. Thank you.*

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## 前言

摆在你面前的是经过精心设计并藉着祷告而准备的三十个课程。这些课程会带领和引导真诚的姐妹进入关于女性圣洁与美德的神的真理中。

学习此课程的人可能会惊讶地发现，圣经论到妇女或写给妇女的经文实在是很多很多。专门讲解圣经中所列的妇人的品格的注释书就有几大卷。因此，我们要感谢我们的天父，因为祂没有让我们在如此重要的事情上（就如妇女品格、行为、夫妻关系、儿女教养）留在黑暗里。我们也非常喜乐，因为晓得了一个事实，就是相信圣经并顺服圣灵管治的妇女会在神和人的眼中活出尊贵和美德的生活。

后面的每课都会就某个特别主题提出一系列问题。这些问题是要迫使姐妹认真省察自己的内心，不但检查自己的行为，也检查自己的动机。那些以最诚实的态度面对这些的姐妹，就会得到最多的益处。

当学完本书之后，真诚的妇女就会知道圣经的教导如何，她在何处需要改进和修补，以及如何藉着祷告成功地修正自己的问题。

某些亲爱的姐妹，受到绝望的试探，因为无论是属世的抑或宗教的世界哲学，已经带领一代人远地离开了标杆，所以要达到神的标准似乎是不可能的。然而，圣经宣告说：我深信、在你们心里始做善工的主必要完全这善工、直到主耶稣基督的日子（腓立比书 1:6）那位以智慧和能力创造我们的神，当然晓得如何藉着祂的奇妙恩典重新创造我们。想从这些课中得到最多益处的姐妹应当：

1. 学习每课时都祷告，并回答每一个问题，越详细越好。
2. 确保所有的回答都有经文的支持，并尽量引用参考经文。

3. 学习过程中，背诵提多书 2:3-5，箴言 3:10-31，彼得前书 3:1-6.
4. 如果在你的教会内，有可信任的朋友，请与她们一起学习这些问题，这样可以彼此学习，彼此祷告。

带领小组讨论的人，请参考我们的建议：

1. 不要将聚会学习变成讲课。引导并主持聚会，但不要控制和操纵。
2. 鼓励公开的讨论，但避免损人名声。有些事情最好承认，并离弃；不要重复承认。
3. 不要强迫任何人回答问题。如果她只想让主知道她的答案，那就依她吧。
4. 如果神的灵感感动你们的心，你们想着祷告，那就停下来寻求耶稣基督的面。哪怕只帮助一个人，解决一件事，也比只以完成课程为目标要好。
5. 确保所有的回答都有经文的支持，并尽量引用参考经文。

本书中很多问题是我自己编写的，但也有不少问题是取自别的地方。我们首先应感谢的是 **DSK**，因她们许可我复印其《远胜过珍珠》学习指南中的问题。我最应该感谢的是主，福环绕我生命中的每一日。我的母亲、妻子和岳母都是贤德的女，所以我的生命实在是难以言传快乐、舒适并受益可以说很少人能得到这三个妇女的共同祝福。

## PREFACE

You have before you thirty lessons, carefully designed and prayerfully constructed which will lead and guide the sincere woman into God's truth regarding feminine holiness and virtue.

It may surprise some who undertake these studies to find how much of the Bible is written to or about women. Several large volumes of commentary exist which deal entirely with the female characters found in the word of God. Thanks be to our heavenly Father, He has not left us in the dark on matters of such vital importance as character, conduct, spousal relations, and child raising. What a joy to know that the woman who will but believe the Bible and yield her will to the control of the Holy Spirit may live a life of virtue and honor in the eyes of God and man.

The lessons which follow will each present a series of questions on a particular theme. These questions are worded so as to compel the student to search her heart and examine, not only her actions but, her motives. The greatest profit will be derived by those who face these questions with the greatest degree of honesty.

When this study is complete, the sincere woman will know what God's word teaches, where her life needs repair or improvement, and how such corrections may be prayerfully accomplished. Some dear ladies may be tempted to despair, for the philosophies of this world, both secular and religious, have led our generation so far from the ideal there seems little or no hope of ever reaching God's mark. Yet, the scripture declares: He which hath begun a good work in you WILL PERFORM IT until the day of Jesus Christ (Philippians 1:6). The One who made us by His wisdom and power certainly knows how to remake us by His marvelous grace.

Those who wish to profit the most from these lessons will:

1. Pray over each one and then answer every question as thoroughly as possible.
2. Be certain all answers are supported by scripture and cite references where possible.
3. During the course of this study commit Titus 2:3-5; Proverbs 31:10-31 and 1 Peter 3:1-6 to memory.
4. If you have a group of trusted friends within your local church, arrange to review these lessons together that you might learn from and pray for one another.

Some counsel for those who lead group discussions:

1. Do not turn meetings into a lecture time. Guide and moderate the meeting, do not control or dominate the meeting.
2. Encourage open discussion, but avoid the scandalous. Some things are best confessed and forsaken and not confessed again.
3. Do not force anyone to give an answer to a question where they do not wish to do so. Let those answers intended for the student and her Lord only, remain so.
4. Should the Spirit of God breathe on your meeting, and prayer be wont, stop and seek the face of Jesus Christ. Better to help one soul, settle one matter, than to rush through a lesson for sake of a schedule.
5. Be certain all answers are supported by scripture and cite references where possible.

Many of these questions and studies are my own. Many others have been gathered from a variety of sources. We are most indebted to DSK for granting permission to reprint questions from her Far Above Rubies study guide. My greatest debt is to the Lord Jesus Christ for the blessings with which He has surrounded me all the days of my life. I cannot possibly proclaim, this side of heaven, how comfortable, happy and profitable my life has been because I have spent my days with a mother, a wife, and a mother-in-law who is each a woman of virtue. Few men have been blessed with such a trinity of helpers!

# 第一课

## 根基<sup>1</sup>

为了从本课中得到最大收益，在回答下面问题之前，请仔细阅读提多书 2:1-5:

1. 在你的观念中，妇女应该怎样为人处事<sup>1</sup>？仔细思考并评估你的观念。
2. 自成为基督徒以来，你对妇女如何为人处事的观念发生了什么变化？如果你从小就是个基督徒，这么多年来，你的观念发生了什么变化？
3. 你能说出一个你所钦佩的优秀的女性基督徒吗？你为什么尊重她？
4. 请说出世俗世界中某个强大的妇女并列举出她给妇女带来的负面影响。
5. 你最喜欢圣经中的哪个妇女？你觉得她拥有哪些令人钦佩的特点？
6. 从提多书 2:1-5 中，列出神看重的那些品质。在这些品质旁边，写出它们的对立面。
7. 你所看重的那些品质，与上述的好品质有无冲突？有何冲突？
8. 并不是所有的妇女都可以教导别人，或作别人的榜样。根据我们学习的经文，你觉得妇女需要具备哪些先决条件才能教导别人并作别人的好榜样？
9. 妇女如何在举止行为上表现出圣洁？你觉得提多书 2:3 为何将此品质列在最前面<sup>2</sup>？
10. 控制自己的舌头（不毁谤人）为何是重要的？你能想到一个因妇女说毁谤的话，致使神的名受羞辱，并使神的工作受拦阻的例子吗？
11. 给出“节制”的定义。敬虔的妇女要远离酒瘾，或其他的瘾，这为什么是很重要的？

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<sup>1</sup> 英文是 womanhood，或译为女性特征、女人气质。——译注

<sup>2</sup> 中文和合本圣经把 holiness（圣洁）译为恭敬

## LESSON 01

### FOUNDATIONS #1

In order to gain the most from this lesson, please read Titus 2:1-5 carefully before answering the questions.

1. After thought and reflection evaluate your concept of womanhood.
2. How have your ideas about womanhood changed since you became a Christian? If you have been a Christian since you were young, how has your concept changed over the years?
3. Think of a woman you admire as an outstanding Christian. Why do you esteem her?
4. Think of a powerful woman in the secular world. Name the negative results of her influence on women.
5. Who is your favorite female character in the Bible? What characteristics does she have that makes her so admired?
6. From Titus 2:1-5 list the qualities God admires. Next to them write the opposite of those qualities.
7. How do the qualities you esteem compare or conflict with the list above?
8. All women are not ready to teach, or be a proper example, to others. What are the prerequisites according to our passage?
9. How can a woman manifest behavior as becometh holiness to God? Why do you think this quality is named first?
10. Why is control of the tongue (not false accusers) so important? Can you think of an example when God's name has been dishonored or His work hindered by a slandering woman?
11. Define temperance. Why is it important for a godly woman to be free of addiction to wine, or any excess?

## 第二课

### 根基<sup>1</sup>

仔细阅读提多书 2:1-5 后再回答下面问题，你会发现这一课有更深的意义。

1. 妇女应该教导的对象是谁？
2. 妇女教导应该以什么样的方式进行？
3. 给出“sober”（谨守、自守）<sup>3</sup>的定义。生活中的哪些方面需要这样的品格？
4. 你认为人们在对待酒的事上为什么缺乏谨守的态度？
5. 年长的妇人可以从哪几个方面教导年轻的妻子爱自己的丈夫？解释行为和态度的区别。
6. 年轻母亲要爱自己的孩子，是什么意思？如何教导她爱孩子？
7. 给出“谨慎”<sup>4</sup>（多 3:5）的定义。在生活中哪些方面需要自守？
8. 为了遵守第四、五节的命令，“安分在家”的吩咐为何是必要的？
9. 给出“顺服”的定义。现代妇女是否仍然需要遵守顺服丈夫的这一命令？解释：为何忽视神的吩咐，必然导致人接受属世的哲学？
10. 给出“毁谤”的定义。神的话语会怎样因为不顺服的妇人而受到毁谤？妇人不顺服的态度会怎样影响她教导年轻妇女的效果？
11. 你在生活中哪些领域还没有降服于神的旨意？这对别人产生哪些潜在的危害？

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<sup>3</sup>和合本圣经提多书 2:2; 2:6 把 sober 译为自守、谨守。——译注

<sup>4</sup>英文是 discreet。和合本圣经提多 2:5 中译为谨守——译注

## LESSON 02

### FOUNDATIONS #2

Lesson 2 will be far more meaningful if you will carefully read Titus 2:1-5 before answering the questions.

1. Whom are women to teach?
2. In what ways is such teaching done?
3. Define sober and list some areas of life where sobriety is needed.
4. Why do you think we have limited sobriety to the area of intoxicating drink, taking from the word its broader meaning?
5. List some ways young women may be taught to love their husbands? Explain the difference between acts and attitudes.
6. What does it mean for a woman to love her children? How can this be taught?
7. Define discreet and list some areas of life where discretion is needed.
8. Why is the command to be keepers at home essential if one is to fulfill the prior commands in verses 4 & 5?
9. Define obedient. Is this command relevant in our day? Explain how ignoring God's command leads one into the philosophy of the world?
10. Define blasphemy. How is the word of God blasphemed by a disobedient woman? How does such an attitude affect one's teaching of the young women?
11. List some areas in your life that are not surrendered to God's will and how they could potentially harm others.

## 第三课

### 贤德的妇女

请阅读箴言 31:10-31 至少三遍，然后回答问题。

1. 请在箴言 31:10-31 中找出提多书二章所提到的品质：

行为合乎圣善	控制舌头
自制，不受制于坏习惯	爱丈夫
爱儿女	安分在家
自守	贞洁
教导人为善	

2. 箴言 31:10 和传道书 7:28 怎样论到贤德的妇人？圣经将这样的妇女比作什么？从圣经的比喻中，我们可看出当今世界这样的妇女为数是怎样？
3. 单身的妇女如何效法箴言 31 章所提到的品格？
4. 探讨一下你从某个年长的妇女身上学到的箴言 31 章中的某个品格。
5. 贤德妇女品格的“根基”是敬畏神（30 节）。敬畏神这个特点是如何使其他的品格成为可能的？
6. 列出箴言 31:10-31 中的事物。如果有些东西在今天找不到，可以在其旁边写上相对应的事物（如：捻线竿、纺线车=缝纫机）。然后给你的各项逐个打分(A 优, B 良, C 中, D 中下, F 不及格), 看看你有多少项符合圣经的标准。
7. 使用上述列表，在各项旁边写出（符合此项特征的）圣经中的一个妇女和你认识的现实中的一个妇女。
8. 你能（将）通过什么方法来提高你的分数？

## LESSON 03

### THE VIRTUOUS WOMAN

One would do well to read Proverbs 31:10-31 at least three times before answering the questions.

1. Find Titus 2 qualities illustrated in Proverbs 31:10-31.
 

behavior as becometh holiness	control of tongue
self-control, not given to habits	love for husband
love for children	keeper at home
discreet	chaste
teacher of good	
2. What does the Bible say about virtuous women in Proverbs 31:10 and Ecclesiastes 7:28? To what is she compared? What does this tell us about the number of such women in our world?
3. How can a single girl model the qualities of Proverbs 31?
4. Discuss one of the qualities of Proverbs 31 that you learned from observing the life of an older woman.
5. The “bottom line” quality of the virtuous woman is fearing the Lord (vs. 30). How does this trait make all the others possible?
6. Make a list of the particulars in Proverbs 31:10-31. If there is not an exact match in today’s economy place one next to that on your list (e.g. spindle & distaff = sewing machine). Next to each grade yourself (A, B, C, D, F) as to how your life matches the Biblical ideal.
7. Now take the same list and write next to each particular a woman from the Bible and a woman you have known personally who exemplified such a trait.
8. What steps can (will) you take to “bring up your grades?”

## 第四课

### 哈拿 — 受试炼的妇女

在回答下面问题前，建议你认真查考撒母耳记上第一章。

1. 从 1-8 节中，描述哈拿的冲突。
2. 谁为她的光景负责？
3. 天主如何使用困难来祝福我们？
4. 哈拿对自己的光景的第一回应是什么（6-7 节）？
5. 你能想出你生命中的某个冲突，也是以相似的方式影响了你么？请解释一下。
6. 最后，哈拿如何克服了她的苦毒（9-19 节）？
7. 我们从哈拿的祷告中能学到什么原则（11 节）？
8. 描述哈拿对主、对丈夫的态度的改变（1:19-2:1）。
9. 哈拿在自己不孕的试炼中最终得胜了，之后她得到了哪些祝福和益处（1:27-28； 2:20-21； 3:19-21）？
10. 考虑到撒母耳记上 2:17 的经文，如果此时哈拿仍然没有怀孕，你觉得她会怎么反应？请解释一下。
11. 将下面的各经文应用到哈拿的生活中，也应用到你自己的生命中。

箴言 9:10

箴言 22:4

箴言 15:33

默示录 14:7

12. 哈拿自愿将她最宝贵的献给主。谁从哈拿的奉献中受益了？在哪些方面？
13. 在哪些事上神要求你奉献，你仍然没有顺服？请写出你的原因。

## LESSON 04

### HANNAH, A TRIED WOMAN

Very close examination of 1 Samuel 1 is recommended before answering the questions.

1. From verses 1-8 describe Hannah's conflict.
2. Who was responsible for her condition?
3. How does God use hardships to bring blessing into our lives?
4. How did Hannah first respond to her condition (vv. 6-7)?
5. Can you think of a conflict in your own life that affected you in a similar way? Explain.
6. What did she finally do to overcome her bitterness (vv. 9- 19)?
7. What principles can we learn from Hannah's prayer (v. 11)?
8. Describe the changes in Hannah's attitude toward the Lord, and toward her husband (1:19-2:1).
9. List some benefits that Hannah experienced as a result of her victory in dealing with her problem of barrenness (1:27-28; 2:20-21; 3:19-21).
10. In light of 1 Samuel 2:17, how do you think Hannah would have reacted at this point if she still did not conceive? Explain.
11. Apply each of the following verses to Hannah's life, and to your own life.
  - Proverbs 9:10
  - Proverbs 15:33
  - Proverbs 22:4
  - Revelation 14:7
12. Hannah voluntarily surrendered her most valuable possession to the Lord. Who benefited from this surrender and in what ways?
13. Is there something God has asked you to surrender that is not yet yielded to Him? Write out the reasons why.

# 第五课

## 哈拿敬畏主

如果百姓不敬畏神，国家就会堕落和衰败。虽然主屈尊降贵来救赎堕落的人，但我们不能不尊他为那“至高至上者”。

1. 阅读诗篇 31:19，诗篇 111:10，诗篇 112:1，诗篇 147:11，箴言 8:13，然后用一段话来定义“敬畏主”。
2. 在下面各项旁边，写上“过去”（表示你过去与之抗争），或写上“现在”（表示你现在与之抗争）。对于你过去抗争的事情，神是如何帮助你胜过的呢？

衰老

健康

外表长相

孩子或无子

自己的亲戚或配偶的亲戚

没有能力

配偶或找不到配偶

你的责任

所爱之人过世

财务

3. 义人约伯没有做错事，却遭遇苦难。他是如何面对试炼的（约伯记 23:1-12）？他受苦的结局是什么（约伯记 42:12）？
4. 神有的时候使用苦难去管教不跟从祂或不敬畏祂的儿女。神为何允许不顺服的信徒生活中有试炼（耶利米书 24:5-7，29:11-14,31:10-14）？
5. 在下面的各种情况下，请解释试炼如何给神带来荣耀，又是如何给我们和他人带来益处？

患难

哥林多后书1:3-4

试炼

雅各书1:2-4

苦楚

哥林多后书4:16-18

疾病

哥林多后书12:7-10

逼迫

彼得前书4:12-14

6. 在你的生命中，曾否有过给神带来特别荣耀的苦难？如果有，请写下。

## LESSON 05

### HANNAH THE FEAR OF THE LORD

Every nation stumbles and falls when its people lose proper reverence for God. While He condescends to redeem fallen man, we should never fail to own Him as “the High and Lofty One.”

1. Read Psalms 31:19; Psalms 111:10; Psalms 112:1; Psalms 147:11; and Proverbs 8:13 and then write a paragraph defining the fear of the Lord.
2. Next to the following life situations write p if you have battled them in the past or c if you are battling them currently. For those in the past, how did God grant the victory?

age	health
physical appearance	children or lack of them
relatives or in-laws	lack of ability
spouse or lack of one	station in life
death of a loved one	finances

3. How did Job, the righteous man who suffered innocently, respond to his trials (Job 23:1-12)? What result came out of his suffering (Job 42:12)?
4. Sometimes God uses suffering to deal with His children who are not following Him or fearing Him. Why does he allow trial in the case of disobedient believers (Jeremiah 24:5-7; 29:11-14; 31:10-14)?
5. In each of the following situations, explain how trials can result in God’s glory, our benefit and the benefit of others:

grief	2 Corinthians 1:3-4
trials	James 1:2-4
troubles	2 Corinthians 4:16-18
illness	2 Corinthians 12:7-10
persecutions	1 Peter 4:12-14

6. Write of an incident in your life where personal difficulty brought about special glory to the Lord.

## 第六课

### 马利亚与马大--忙乱与知足

将路加福音 10:38-42 至少读三遍，然后回答下列问题。

1. 这段经文中的两个姊妹都想讨主耶稣喜悦，但为什么只有马利亚得到主的称赞呢？
2. 马大为什么受到责备？
3. 如果马大先花时间听主的话语，然后再去服侍，她会有什么不同呢？
4. 马大在 40 节是如何指责主耶稣的？
5. 在每日的工作压力之下，你是否也有同感呢？请解释。
6. 马大在 40 节是如何指责马利亚的？
7. 请讨论：自爱会如何导致我们恶待别人。
8. 对于人带着错误的观点去向主祷告，第 40 节说了什么？
9. 给出忙乱的定义
10. 你曾否处于这样的光景？为什么？
11. 如何做到：像马利亚那样去服侍人？
12. 在马可福音 10:42-45，主耶稣谈到真正的服侍是什么？
13. 将马可福音 10:42-45 的描述与之前学过的提多书和箴言 31 章的内容联系起来，并讨论。
14. 属灵的敬拜带来有效的服侍，你是否经历过？请描述。

## LESSON 06

# MARY AND MARTHA CUMBERED VS. CONTENTED

Look over Luke 10:38-42 at least three times before answering the questions.

1. In the passage at hand two sisters desire to please Jesus. Why is Mary praised?
2. Why is Martha rebuked?
3. How might Martha have been different if she had taken time to listen to Jesus before she served?
4. What charge did Martha make against Jesus in verse 40?
5. Have you ever felt this way under the pressures of daily work? Explain.
6. What charge did Martha make against Mary in verse 40?
7. Discuss how our self-love leads us into bad attitudes toward others?
8. What does verse 40 teach about the prayers of one whose perspective is faulty?
9. Define cumbered (see Brother James' book By Definition for help).
10. Are you ever in this condition? Why?
11. How can you serve more like Mary?
12. How does Jesus describe true servitude in Mark 10:42-45?
13. Relate this description to the passages in Titus & Proverbs 31 from earlier lessons.
14. Can you think of a situation in your life where effective service came after spiritual worship?

# 第七课

## 米利暗--不受约束的舌头

学习者最好将民数记 12:1-15 读三遍，然后回答下列问题。

1. 米利暗希望别人如何看待她和亚伦？
2. 米利暗罪的根源在哪里？
3. 第二节中的什么真理常常被那些说闲话的人忘记？
4. 神怎么看待摩西（3-9 节）？
5. 神怎么看待米利暗的罪（9-14；箴言 6:16-19；提摩太前书 5:19-20）？
6. 神为什么看“说闲话”为严重的罪？
7. 请对下列经文发表你的看法

箴言 11:9

箴言 16:28

箴言 17:9

箴言 17:20

箴言 26:20-23

8. 你曾否因为流言受过伤害？
9. 你曾否说过闲话，使别人受到伤害？
10. 你有没有从上述的两个经历中学到经验教训？请解释。
11. 米利暗的罪对别人造成了什么影响（15 节）？
12. 你如何能阻止流言的传播？请根据下列经文回答：

箴言 14:15

箴言 15:28

箴言 17:27-28

箴言 18:13

雅各书 3:2-18

13. 为何主动听闲话会使自己在他人行的恶事上有份？

## LESSON 07

### MIRIAM AN UNRESTRAINED TONGUE

It is important that the student read Numbers 12:1-15 at least three times before answering the questions.

1. How did Miriam want others to see herself and Aaron?
2. What lay at the root of Miriam's sin?
3. What statement in verse 2 is so often forgotten by those who gossip?
4. How did God view Moses (v 3-9)?
5. How did God view the sin of Miriam (v 9-14; Proverbs 6:16- 19; 1 Timothy 5:19-20)?
6. Why does God consider gossiping such a serious sin?
7. Comment upon
  - Proverbs 11:9
  - Proverbs 16:28
  - Proverbs 17:9
  - Proverbs 17:20
  - Proverbs 26:20-23
8. Can you think of a situation where you have been personally hurt by gossip?
9. Can you think of a situation where you have hurt another with gossip?
10. Did you learn anything from the two experiences? Explain.
11. What effect did Miriam's sin have on the others (v 15)?
12. How can you help stop gossip according to
  - Proverbs 14:15
  - Proverbs 15:28
  - Proverbs 17:27-28
  - Proverbs 18:13
  - James 3:2-18
13. How does giving ear to gossip make one a partaker of the evil deed?

## 第八课

### 说话带着仁慈

神称为舌头的这小小器官-----能带来极大的祝福，也能带来极大的罪恶。

1. 贤德的妇女，有仁慈在她口中（箴言 31:26）。根据下列经文讨论：你可以在哪些积极的方面使用舌头。

诗篇34:1-3

箴言12:18

箴言12:25

箴言15:1

箴言16:23-24

2. 最近有没有人用她（他）的话语服侍你，帮助你？请举个例子。她（他）的话语为何是有意义的？
3. 当我们不能忽视别人对我们的冒犯，在与其他人谈论这件事之前，为什么与冒犯你的人直接对话是最好的？

箴言25:9-12

马太福音18:15

路加福音17:3-4

4. 根据下列经文可知，一个智慧的责备者，需要拥有哪些品质

箴言9:8-9

箴言25:15

加拉太书6:1

以弗所书4:15

歌罗西书4:6

撒母耳记上25:23-25

5. 给出“谄媚”（奉承）的定义。
6. 有些人為何谄媚人？
7. 以下列经文为据，谄媚人為何是错的？

箴言12:2

箴言12:17-19

箴言26:28

箴言29:5

8. 为什么有的人爱唠叨？
9. 根据下列经文，阐述唠叨的后果：

箴言19:13

箴言21:19

箴言25:24

## LESSON 08

### SPEAKING WITH KINDNESS

Little member is what God calls the tongue, but great blessings and great evils flow therefrom.

1. The virtuous woman speaks with kindness (Proverbs 31:26). Discuss positive ways you can use your tongue from:

Psalms 34:1-3

Proverbs 12:18

Proverbs 12:25

Proverbs 15:1

Proverbs 16:23-24

2. Give an example of someone who recently ministered to you with their speech. Explain why their words were so meaningful.
3. When it is impossible or impractical to overlook an offense, why is it best to talk directly to the party involved before discussing the matter with anyone else?

Proverbs 25:9-12

Matt 18:15

Luke 17:3-4

4. From the passages listed below, what is involved in being a wise reprover?

Proverbs 9:8-9

Proverbs 25:15

Galatians 6:1

Ephesians 4:15

Colossians 4:6

1 Samuel 25:23-25

5. Define flattery.
6. Why does someone flatter?
7. Why is it wrong according to

Proverbs 12:2

Proverbs 12:17-19

Proverbs 26:28

Proverbs 29:5

8. Why does someone nag?
9. Describe the effects of nagging based on

Proverbs 19:13

Proverbs 21:19

Proverbs 25:24

# 第九课

## 以斯帖 — 一个克己的妇女

为从本课中得到最大收益，请认真阅读以斯帖书 1-7 章，然后回答下列问题。

1. 描述亚哈随鲁王。
2. 描述以斯帖。
3. 以斯帖回应别人的智慧建议时表现出的成熟，与她的克己，这两者之间是否有联系？请解释（以斯帖书 2:10,15,20）。
4. 明白神的旨意是怎样帮助人约束自己的行为？
5. 以斯帖从哪些方面体现出：她成功克制了自满（以斯帖记 4:11-17）？
6. 以斯帖是怎样表现出她控制住了自己的舌头的？（5:1-8; 7:1-6）？
7. 以斯帖采取哪些行动以确保成功的克己（5:1-8; 7:1-6）？
8. 她的得胜，带来了什么美好的结果？
9. 她的克己如何帮助了别人？
10. 提多书 2 章在谈到克己的时候使用了拒绝喝酒的例子。除了酒之外，你还能想到牢笼妇女的其他东西么？
11. 为什么克己是教导别人的前提？请解释原因。
12. 请解释为什么有些本身是好的东西被滥用时会产生不好的结果。（箴言 24:13; 25:16, 27）。

## LESSON 09

### ESTHER A WOMAN OF TEMPERANCE

In order to profit fully from this lesson please carefully read chapters 1-7 of Esther before answering the questions.

1. Describe King Ahasuerus.
2. Describe Esther.
3. Do you believe there is a connection between her maturity in responding to wise counsel and her fruit of temperance? Explain (Esther 2:10,15,20).
4. How does knowing the will of God (4:14) help one control one's actions?
5. In what ways did Esther model victory over self-gratification (4:11-17)?
6. How did she exemplify control over her tongue (5:1-8; 7:1- 6)?
7. What actions did Esther take to ensure self-control (5:1-8; 7:1-6)?
8. What benefits came out of her victory?
9. How did her temperance help others?
10. Titus 2 used the example of refusing wine when setting forth temperance. Can you name other areas, besides wine, that might entangle a woman's life?
11. Why is such self-control a requirement for teaching others?
12. Explain how some things which are good in themselves can be bad by misuse (Proverbs 24:13; 25:16,27).

# 第十课

## 夏娃 — 坏的范例

仔细阅读创世记 2:15-3:24，然后回答下列问题：

1. 在人类堕落前，夏娃与神、亚当以及她的家庭的关系是怎样的？
2. 人类堕落前，神赋予人的角色是否与现在有所不同？
3. 谁最先犯罪，亚当还是夏娃？
4. 谁应当为罪进入世界承担责任（罗5:12; 林前15:21-22）？
5. 为什么是这人应该承担责任（提前2:13-14）？
6. 上述经文揭示了神赐予妇女的本性是什么？
7. 神起初对亚当的吩咐，与夏娃所理解的有什么不同（2:16-17; 3:2-3）？
8. 说出亚当犯罪的方式。
9. 罪带给妇女什么后果？
10. 这咒诅如何影响到各人（男人、妇女）？
11. 既然神设定了妇女要在男人的保护和带领之下，为什么妇女被男人管辖反倒成了咒诅呢？
12. 生养儿女的苦楚仅仅只是生产时的疼痛吗？
13. 如果人没有罪的本性，为人之母会在哪些方面有所不同？
14. 你的态度和做法如何影响带领你的人？
15. 你的态度和做法如何影响你带领的人？
16. 你的态度与做法如何影响哪些观察你行事为人的妇女？

## LESSON 10

### EVE, A BAD EXAMPLE

A careful reading of Genesis 2:15-3:24 is recommended before answering the questions.

1. Describe Eve's relationship to God, to Adam, to her home, before the fall.
2. Was there a difference in the God-given roles before the fall? Explain.
3. Who sinned first, Adam or Eve?
4. Who was held accountable for sin entering the world (Romans 5:12, 1 Corinthians 15:21-22)?
5. Why (1 Timothy 2:13-14)?
6. What does this reveal about the God-given nature of the woman?
7. What was the difference between the original command given to Adam, and Eve's understanding of the command (2:16-17 with 3:2-3)?
8. Name the ways Adam sinned.
9. What was the result of sin upon the woman?
10. How did the curse relate to the various role areas?
11. If the woman was designed by God to be under the protective leadership of the man, how did having a man rule over her become a curse?
12. Is sorrow in bringing forth children limited to labor pains at birth?
13. In what other ways would motherhood have been different without the sin nature?
14. How is your attitude and example affecting those in leadership over you?
15. How is it affecting those under you?
16. How is it affecting other women who are observing you?

# 第十一课

## 带领与被带领

撒但欺骗妇女的最大伎俩是使她们反抗秩序和领导。请认真学习本课内容，免得你被撒但胜过。

1. 妇女为什么被造（创2:20-22，林前11:9）？
2. 是因为神错了，或者神不公平才使妇女为此被造么？
3. 对神创造妇女的智慧心里不满或抗拒的妇女，她们的人生会有满足感么？
4. 丈夫应当治理家庭（提前3:5），妻子应当引导家庭（提前5:14）。请解释两者的区别。
5. 如果神所定的秩序被轻视，这样的家庭会得到神完全的祝福吗？
6. 在教会中，带领人应当是弟兄还是姊妹（提前3:1-12）？为什么？
7. 论到聚会时讲道的服侍，神赐给妇女的角色是什么（提前2:11、12）？为什么（提前2:13-14）？
8. 有些妇女觉得自己很属灵、很有知识，所以她会违背神，在聚会时说话。神怎么论到这样的姊妹（林前14:33-38）？
9. 妇女作政治领袖或社会领袖的后果是什么（赛3:11-12）？
10. 在过去50年中，妇女对领导地位的欲望如何影响了中国妇女的处境？
11. 人们常引用底波拉的事迹作为妇女带领的例子，论到她的时代，圣经是怎么说的呢（士17:6; 21:25）？
12. 其他士师有何不同（士3:9; 3:15; 6:11-14; 10:15; 11:10; 13:2-5）？
13. 其他人在会幕前作士师，而底波拉是在哪里作士师（士4:4-5）？

**14.** 底波拉真正的角色是什么（士3:7）？

**15.** 阅读并讨论：底波拉所示范的不是如何带领人，而是履行神的旨意去帮助和支持人。见士4:9；撒上12:9-11；来11:32。

**16.** 夏娃为何想要吃分别善恶树的果子？妇女为何想要在家庭、教会并社会中作领导？

## LESSON 11

### LEADERSHIP

Nowhere does Satan make a greater attempt to deceive the woman than in the matter of order and headship. Please study this lesson carefully, lest he get advantage in your life.

1. Why was the woman created (Genesis 2:20-22, 1 Corinthians 11:9)?
2. Was this a mistake or injustice on the part of God?
3. Can a woman be fulfilled who resents or rejects God's wisdom in her creation?
4. In the home the man is to rule (1 Timothy 3:5) and the woman is to guide (1 Timothy 5:14). Explain the difference?
5. Can God's full blessing be upon a home where such order is scorned?
6. In the church, is the leadership to be male or female (1 Timothy 3:1-12)? Why?
7. As regards the teaching ministry of an assembly, what role has God given to the woman (1 Timothy 2:11-12)? Why (1 Timothy 2:13-14)?
8. What does God say about a woman who feels her spirituality or knowledge entitles her to disobey the word of God by speaking in the assembly (1 Corinthians 14:33-38)?
9. As regards society, what is the result of women occupying places of political or social leadership (Isaiah 3:11-12)?
10. How has the desire for leadership affected the condition of women in America over the past 50 years?
11. Deborah is often cited as an example of female leadership. What does the Bible say about her times (Judges 17:6; 21:25)?
12. What is different about the other judges (Judges 3:9; 3:15; 6:11-14; 10:15; 11:10; 13:2-5)?
13. While the others judged in the temple, where did Deborah judge (Judges 4:4-5)?
14. What was Deborah's true role (Judges 3:7)?
15. Read and discuss how Deborah exemplified, not leadership, but God's will of help and support as seen in Judges 4:9, 1 Samuel 12:9-11, Hebrews 11:32.
16. Why did Eve want to eat the fruit? Why would a woman want a leadership role in home, church or society?

# 第十二课

## 马利亚 — 爱丈夫的妇女

请认真阅读路加福音 1:26-56，然后回答下列问题。

1. 神对马利亚的评价如何？
2. 有些人声称马利亚无罪，她自己是怎么说的（47-48节）？
3. 试比较马利亚（46-55节）与哈拿的祷告（撒上2:1-10）。她们都怎么述说神的？

路1:49

撒上2:2

路1:51

撒上2:3

路1:52

撒上2:4

路1:53

撒上2:5

路1:54-55

撒上2:10

4. 哈拿与神和好前后，她与丈夫的关系有什么不同（撒上1:7-8; 1:18-19）？
5. 你认为马利亚与约瑟的关系是怎样的？
6. 从这段经文中，我们可知马利亚的道德品格如何？
7. 在婚姻中，忠诚为何是爱的一个重要部分（箴言6:32-35）？
8. 除了忠诚之外，妻子对丈夫还负有什么责任（林前7:5）？
9. 约瑟与马利亚在完婚之前，双方共同禁绝婚姻关系（太1:25）。为什么？我们如何知道他们在结婚后才成为夫妻（太13:55-56）？
10. 关乎人的性关系，上述事实能教导我们什么？
11. 列出婚前性行为对个人、家庭、教会、社会的危害。
12. 约瑟和马利亚是如何为着共同的益处合而为一的？

马太福音2:13-14

路加福音2:22

路加福音2:41

路加福音2:42-48

13. 马利亚如何将自己献给神？这如何帮助她将自己献给她的丈夫？
14. 请描述你生命中的某个方面，因为顺服了神，而使你能顺服丈夫或父亲。

## LESSON 12

### MARY ONE WHO LOVED HER HUSBAND

Please read Luke 1:26-56 carefully before answering the questions.

1. What was God's evaluation of Mary?
2. While some claim she was sinless, what does she say in this regard (vv. 47-48)?
3. Compare the prayer of Mary (vv. 46-55) with that of Hannah (1 Samuel 2:1-10).  
What do they both say about God?

Luke 1:49	1 Samuel 2:2
Luke 1:51	1 Samuel 2:3
Luke 1:52	1 Samuel 2:4
Luke 1:53	1 Samuel 2:5
Luke 1:54-55	1 Samuel 2:10
4. Contrast Hannah's relationship to her husband before and after she reconciled with God (1 Samuel 1:7-8; 1:18-19).
5. What type of relationship do you feel Mary had with Joseph?
6. What do we know of Mary's moral character from our passage?
7. Why is fidelity an important part of love in marriage (Proverbs 6:32-35)?
8. In addition to faithfulness what other responsibility does a woman have to her mate (1 Corinthians 7:5)?
9. Joseph and Mary mutually abstained from marital relations before they were wed (Matthew 1:25). Why? How do we know this changed after their marriage (Matthew 13:55-56)?
10. What does this teach us regarding the sexual relationship of two persons?
11. List the harm brought about by pre-marital sex to the individual, the home, the church, the society.
12. List ways in which Mary & Joseph united for their common good:

Matthew 2:13-14
Luke 2:22
Luke 2:41
Luke 2:42-48
13. How did Mary give herself to God? How did this enable her to give herself to her husband?
14. Describe an area of your life that was yielded to God which resulted in your being able to yield to your husband or father.

# 第十三课

## 激发爱心

1. 根据以弗所书5:22-23，请指出一个有爱心的妻子需有哪两个积极的行动？
2. 这两个积极行动为何是重要的？
3. 定义“敬重”。
4. 试对比“敬重”与“唠叨”，或“敬重”与“轻看”。
5. 请举例说说你对丈夫的敬重，并因此而带来的美好结果。你若未婚，就说说你母亲对父亲的敬重，并因此而带来的美好结果。
6. 根据罗马书12:9-12，请列出我们爱他人的具体方式。
7. 列出哥林多前书13章中爱的特征。哪些是你最缺乏的？请写出，并有意识地为此祷告。
8. 选出你所缺乏的两项。拦阻你的因素是什么？
9. 如何定义“爱”？
10. 假设你的家人对待你的方式与你今天对待他们的方式相同，请问你觉得他们爱你么？
11. 神为何认为爱是基督徒生命中至关重要的（西3:12-14；林前13:8）？
12. 主耶稣知道我们一切的缺点、失败、罪恶，但祂仍然爱我们；明白了这一点，将会如何帮助你爱丈夫、爱儿女？

## LESSON 13

### PROVOKING UNTO LOVE

1. Name two positive actions a loving wife needs to display as found in Ephesians 5:22-23.
2. Explain why these are important.
3. Define reverence.
4. Contrast reverence with nagging or belittling.
5. Give an example of a time when you (or if single your mother) revered your husband and the positive result.
6. List specific ways we may love others as found in Romans 12:9-12.
7. List the characteristics of charity set forth in 1 Corinthians 13. Mark those you find most lacking in your life and purpose to make them matters of prayer.
8. Choose two of those in which you are lacking. Discuss what hinders you in these areas.
9. How do you define love?
10. If other members of your family treated you as you treated them today, would you believe they loved you?
11. Why does God consider love to be vital in the life of a believer (Colossians 3:12-14, 1 Corinthians 13:8)?
12. Explain how the knowledge that Jesus knows all our faults, failures and sins and yet loves us completely, relates to your loving your husband and children.

## 第十四课

### 约基别 — 爱孩子的母亲

1. 在圣经中，暗兰和约基别是唯一有三个作领袖的孩子的父母（弥迦书6:4）。摩西在哪些方面遵从他母亲的启蒙教导（来11:23-27）？
2. 摩西的思想与世界的思想有什么区别（来11:24-28）？
3. 摩西时代，以色列民族的属灵情况如何（书24:14；结20:6-8）？
4. 解释：为什么对儿女有效的训练离不开教导他们要“在世界中，但不属世界”？
5. 神在诗篇144:11-12中教导你什么？
6. 来源于哪里的教导会让孩子们远离神，转而爱世界？
7. 来源于哪里的教导会让他们亲近神，是我们应当鼓励的？
8. 神在申命记6:4-9所设定的教导方法是什么？你在哪些方面没有做到？你在哪些方面坚持做到了？你要采取哪些措施来弥补你所缺乏的？
9. 你今天花了多少时间为你的孩子祷告？你今天花了多少时间训练你的儿女？
10. 你觉得你现在对基督的委身程度会帮助你的儿女成为坚固的基督徒吗？你能期望你的儿女对基督的委身程度超过你吗？
11. 你的身教如何？你有什么是你不希望你的儿女复制在他们的生命中的？你有什么是你希望你的孩子能效法你的？
12. 我们教导儿女某些行为或态度是错的，我们自己却做这样的事情，我们在教导他们什么呢？
13. 你与你丈夫、父亲、牧师的关系如何影响你孩子与神的关系？

## LESSON 14

### JOCHEBED, LOVER OF CHILDREN

1. Amram and Jochebed were the only parents in the Bible to have three children in leadership (Micah 6:4). In what ways did Moses pattern his life after his mother's early training (Hebrews 11:23-27)?
2. How was his thinking different from that of the world (Hebrews 11:24-28)?
3. Describe the spiritual conditions in the nation of Israel at the time of Moses (Joshua 24:14, Ezekiel 20:6-8).
4. Explain how effective training involves teaching one's children to be "in the world but not of the world."
5. What is God saying to you in Psalms 144:11-12?
6. What teaching sources for children would draw them away from the Lord and toward the world?
7. What teaching sources would draw them to the Lord and should thus be encouraged?
8. Discuss the training method set forth by God in Deuteronomy 6:4-9. In which areas are you failing? In which areas are you faithful? What steps will you take to correct what is lacking?
9. How much time did you spend TODAY praying for your children? How much time did you spend TODAY training your children?
10. Are you satisfied this level of commitment will make them strong Christians? Can you expect your children to have a greater commitment to Christ than you have?
11. What things are your children observing in your life that you would not want them to repeat in theirs? What things would you want them to emulate?
12. When we tell our children some behavior or attitude is wrong, but then practice the same, what lesson are we teaching them?
13. How does your relationship to your husband, father, pastor, affect your children's relationship to God?

# 第十五课

## 撒拉 — 贞洁的典范

很多妇女学习本课时都很沮丧，我们需要停下来，好好想一想。反对的人说什么？“不符合圣经？”不是。那反对的人说什么呢？“我只是觉得……”是的。可见，本课所教导的还是正确的。

1. 撒拉的外貌如何（创世记12:10-15）？
2. 一个端庄淑静、贞洁的妻子对不听圣经的丈夫有何影响（彼得前书3:1-6）？
3. 姐妹们该如何学习撒拉的榜样？
4. 经文注重的是人的内在，以及内在对外在的影响。请解释，一个人的着装如何体现她内心的景况。
5. 定义“端庄淑静”。
6. 妇女有端庄淑静的品质，对她自己、教会、非信徒有什么益处？
7. 神对“美”的定义与世界的定义有什么不同？
8. 耶利米哀歌3:51与马太福音5:28教导属灵的妇女什么？
9. 神施行审判时夺去处女娇嫩细腻的特质，使她们的腿裸露，大腿暴露（赛47:1-2），这教导属灵的妇女应该如何看待短裤和短裙？
10. 妻子的胸怀是为了让丈夫满足（箴言5:18-19），这教导属灵的妇女应该如何看待贴身、透明和低胸的衣服？
11. 亚当和夏娃以为用无花果树的叶子遮羞就够好了，神却用皮子做衣服遮盖他们。这教导属灵的妇女应该如何看待泳衣、比基尼和其他暴露性的衣服？
12. 倘若只有一双男性的眼睛被吸引去看妇女的骨盆部位，妇女能穿紧身裤而同时不违背马太福音5:28和罗马书14章的教导吗？
13. 你怎么看待穿裙子的男人？为什么？你是否认可在我们的社会中，裙子是属于妇女的衣着？女人为什么想穿男人的衣服？
14. 罗马书9:20应当如何应用于那些对女性服装不满足的妇女？

## LESSON 15

### SARAH, MODEL OF PURITY

The fact that so many women are upset by this lesson gave cause to stop and ponder. Were the objects “this is not Biblical?” No. Were the objections, “well, I just think...?” Yes. So the lesson stands.

1. What do we know of Sarah’s appearance (Genesis 12:10- 15)?
2. What affect can a modest, pure life have on a husband who doesn’t obey the Bible (1 Peter 3:1-6)?
3. How are Christian women to imitate Sarah?
4. The focus of the passage is internal with its effect upon the external. Explain how one’s attire reveals one’s heart condition.
5. Define modesty.
6. What are the benefits of modesty for the woman herself, for the church, for the unbelievers?
7. How does God’s definition of beauty differ from the world’s?
8. What do Lamentations 3:51 and Matthew 5:28 teach the spiritually minded woman?
9. When God, in judgment, took away the tenderness and delicacy of virgins their legs were made bare and their thighs uncovered (Isaiah 47:1-2). What does this teach the spiritually minded woman about shorts and short skirts?
10. If a woman’s breasts are for the satisfaction of her husband (Proverbs 5:18-19) what does this teach the spiritually minded woman about form-fitting, see-through, or low cut clothing?
11. Adam and Eve thought they were covered with fig leaves over their private parts. God made coats of skins to cover them. What does this teach the spiritually minded woman about bathing suits and other forms of skimpy clothing?
12. If the eyes of only one man are instinctively drawn to a woman’s pelvic region, can a woman wear trousers (formed to fit) without violating Matthew 5:28 and Romans 14?
13. What would you think of a man you saw wearing a dress? Why? Then you agree this is apparel, in our society, that pertains to a woman? Why would a woman desire to wear men’s apparel?
14. How does Romans 9:20 apply to a woman’s dissatisfaction with feminine attire?
15. Following are two checklists regarding apparel. In list A mark each statement honestly in two ways. First, mark the ones you think are true. Second, mark the ones that honestly represent your heart’s attitude. In list B mark the one from each which best describes your lifestyle.

#### LIST A

1. Everyone is doing it.
2. I care more about my testimony than my taste.
3. Everyone will think I’m a square.
4. I can’t do that work in a dress.
5. I’ll get a longer dress or stop doing that work.
6. That’s just one man’s opinion or interpretation.
7. I want men in the church thinking on the Lord, not my body.
8. God forbid I should lead a weak brother into temptation.

15. 以下是有关着装的两个列表。在列表甲里，选出你认为正确的项目，然后再选出真实代表你内心态度的项目。在列表乙里，选出最符合你真实生活的选项。

### 列表甲

1. 每个人都这么穿
2. 我更关心的是我的见证而不是我的品味。
3. 每个人都会觉得我是个老古董。
4. 我穿裙子不能做这份工作。
5. 我要穿长裙，不然就辞掉工作。
6. 这只是某个人的观点或说法。
7. 我希望教会弟兄关注的是主而不是我的外表。
8. 神禁止我导致弟兄被试探？
9. 我有自由做我喜欢的事。
10. 这不会伤害任何人。
11. 端庄的妇女会受到男士的尊重，也会得到更多的礼遇。
12. 我想让丈夫知道，我是单单为他保留的。
13. 如果男人起了淫念，那是他们的问题，跟我没有关系。
14. 我会错过所有好玩的事。
15. 我并不同意妇女应该着装保守，但是我会遵从，以免万一我错了。
16. 我的朋友穿男人的衣服，她也是个不错的基督徒。
17. 神看的是内心，祂不关心我穿什么衣服。
18. 男人注重外貌，所以我必须注意他所看到的，以免绊倒他。

列表乙

箴言 7 章 激起肉体情慾的妇人

- 5 节 淫荡的、共用的、廉价的
- 10 节 妓女的打扮
- 10 节 诡诈，利用别人
- 11 节 喧嚷，不受约束
- 11 节 常常离家在外
- 14 节 假借宗教来掩盖诡诈之心
- 17 节 注重外在的魅力
- 18 节 只为眼前的享乐而活
- 19 节 欺骗
- 21 节 用花言巧语吸引人
- 26 节 毁灭/伤害男人
- 18 节 提供短暂的享乐
- 27 节 带来最终的灭亡

箴言 31 章 才德的妇人

- 10 节 贤德的、稀少的、珍贵的
- 25 节 穿着高贵
- 20 节 帮助别人
- 27 节 知足
- 27 节 治理家务，负责
- 30 节 敬畏主
- 30 节 注重内在的品格
- 25 节 盼望未来
- 11 节 可靠
- 26 节 用智慧说话
- 23 节 使丈夫更刚强
- 28 节 成为他人的祝福
- 12 节 带来益处而不是伤害

9. I'm free to do as I please.
10. It doesn't hurt anybody.
11. A modest woman will be respected by men and treated more politely.
12. I want my husband to know I'm reserved for him.
13. If men lust that's their problem not mine.
14. I'll miss out on all the fun.
15. Some things about modest dress I don't agree with, but I'll do them to be on the safe side.
16. My friend wears men's clothing and she's a fine Christian.
17. God looks on the heart. He doesn't care what I wear.
18. Man looks on the outward appearance, so I must be careful what he sees.

## LIST B

## PROVERBS 7, A SENSUOUS WOMAN

immoral, common, cheap  
 dresses like a harlot  
 crafty, uses others  
 loud and defiant  
 frequently away from home  
 uses religion to cover deceit  
 depends on sensual allurements  
 lives for the moment  
 deceitful  
 seduces with smooth talk  
 victimizes/destroys men  
 provides temporary pleasure  
 but ultimately destroys

## PROVERBS 31, A VIRTUOUS WOMAN

v 5  
 virtuous, rare, valuable v 10  
 v 10  
 clothed with dignity v 25  
 v 10  
 helps others v 20  
 v 11  
 content v 27  
 v 11  
 responsible homemaker v 27  
 v 14  
 fears the Lord v 30  
 v 17  
 depends on inner character v 30  
 v 18  
 looks to the future v 25  
 v 19  
 trustworthy v 11  
 v 21  
 speaks with wisdom v 26  
 v 26  
 strengthens her man v 23  
 v 18  
 blesses lives v 28  
 v 27  
 brings good not harm v 12

## 第十六课

### 百基拉 — 在家中服侍

1. 描述毗司基拉、亚居拉与保罗的关系（徒18:18-28）。
2. 亚居拉和毗司基拉搬到以弗所传福音。他们如何使用自己的家来服事天主？他们的服事带来什么成果？
3. 他们使用自己的家服事天主的另一个途径是什么（林前6:19）？今天我们如何做这样的事？
4. 主后56年，毗司基拉和亚居拉搬回罗马。这次搬迁可能会面临什么风险（徒18:2）？
5. 他们在罗马如何使用自己的家（罗16:3-5）？
6. 复习关于这对夫妇的信息。想象你是他们，四次搬家，永远向别人敞开自己。毗司基拉定意使用自己的家来服事天主，她因此需要做出什么样的牺牲？
7. 她永恒的奖赏有哪些？
8. 在丈夫的家庭手工业上，毗司基拉给予了帮助。为今天的女人想出一些有创造性的工作，可以让她们不用出外工作，即可贴补家庭收入。
9. 定义“殷勤待客”<sup>5</sup>。
10. 比较“殷勤待客”与“请客”的区别。
11. 你不热情接待客人的借口是什么？哪些借口是出于骄傲？冷漠？懒惰？
12. 你如何使用自己的家服事别人呢？

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<sup>5</sup>好客、热情接待，请参见罗 12:13；提前 3:2；多 1:8；彼前 4:9——译注

## LESSON 16

### PRISCILLA, ONE WHO WORKED AT HOME

1. Describe the relationship between Priscilla, Aquila and Paul (Acts 18:18-28).
2. Aquila and Priscilla moved to spread the gospel to Ephesus. Describe how they used their home for God. What resulted from their ministry?
3. Identify another way this couple used their home (1 Corinthians 6:19). How might this be done today?
4. In 56 AD Priscilla and Aquila moved back to Rome. What risk might have been involved in the move (Acts 18:2)?
5. How did they use their home in that country (Romans 16:3- 5)?
6. Review the information we have about this couple. Imagine yourself in their shoes, moving four times, constantly opening their lives to others. What types of sacrifices did Priscilla make in her commitment to use her home for the Lord?
7. What will be some of her eternal rewards?
8. Priscilla helped her husband in his home industry. Name some creative alternatives for women today to supplement the family income without seeking outside employment.
9. Define hospitality.
10. Contrast hospitality with entertaining.
11. What excuses do you make for not showing hospitality? Which of these is linked with pride? Indifference? Laziness?
12. How could you use your home in ministry to others?

# 第十七课

## 鼓励家庭工作

1. 复习箴言31:10-31。她在家里监督哪些责任？她培养了什么家务技能？
2. 哪些描述显明她料理家务时感到满足？请写出这些词语。
3. 在本段经文里，你如何看到妇女对家庭的委身要优先于社会上的慈善工作？
4. 妇女必须学习预算。用信用卡购物的危险是什么（箴言22:7；罗马书13:8）？
5. 因草率预算吃了亏，你从中学到什么教训？
6. 你有没有预算的秘诀可以跟别人分享？
7. 治理家务时，心里的态度起什么作用？根据下列经文回答：

箴言15:17

箴言21:19

箴言27:15

箴言17:1

箴言25:24

箴言24:3-4

8. 根据箴言14:1，写一段感想文字。
9. 妇女使用哪些方法可以智慧地建立家室？列出妇女拆毁家庭的诸多方式。
10. 很多妇女觉得做家务很无聊，令人烦躁，而有些妇女则对此极有热情并因此受到激励。请解释两者的区别。
11. 你如何使用实际的方法来鼓励其他妇女安分在家料理家务？
12. 妇女应当在料理家务的事上如何担当教会其他妇女的负担？
13. 职场给妇女带来哪些威胁到贞洁、道德和家庭的危险。

## LESSON 17

### PROMOTING HOMEWORKING

1. Review Proverbs 31:10-31. Evaluate the responsibilities she supervises in the home. What domestic skills has she developed?
2. Find and list expressions that reveal the satisfaction she feels in managing her home.
3. How do you see home commitments taking priority over community outreach in this passage?
4. A woman must learn to budget. What are the dangers of buying items on credit (Proverbs 22:7; Romans 13:8)?
5. What are some hard lessons you have learned through budget carelessness?
6. What are some budget secrets you would pass on to others?
7. What role does attitude play in keeping the home; based on
  - Proverbs 15:17
  - Proverbs 21:19
  - Proverbs 27:15
  - Proverbs 17:1
  - Proverbs 25:24
  - Proverbs 24:3-4
8. Write a paragraph on what Proverbs 14:1 means to you.
9. What are some ways a woman can wisely build a house? List ways in which she can tear her house down.
10. Many women are bored and frustrated as homemakers. Others are stimulated and challenged by the role. Explain the difference.
11. How can you practically encourage others to be keepers at home?
12. How can women in a church fellowship bear one another's burdens with regard to house keeping?
13. List some of the dangers to virtue, chastity and the home a woman encounters in the workplace.

# 第十八课

## 大比大 — 多行善事

1. 阅读使徒行传9:36-42。大比大去世时，哪些人在哭泣？
2. 定义“广济穷人”。
3. 你认为大比大做善事是为了私利么？为什么是？为什么不是？
4. 根据下列经文，描述主对受苦之人的态度：

申命记10:17-19

诗篇10:14

诗篇68:5

诗篇146:9

5. 根据马太福音25:34-35，当我们服侍有需要的人时，我们是在服侍谁？
6. 有人施恩给不能回报他们的人，神对这样的施恩者有什么应许（申命记14:29；以赛亚书58:10-11）？
7. 当你伸手帮助有困难的人时，你需要注意避免什么？
8. 为了遵守约翰一书3:17-18，你能想出哪些可行的做法吗？
9. 施恩与人是如何显明神的大爱的？
10. 如何写一篇好的安慰信？给出一些原则。
11. 根据使徒行传9:39，描述大比大的生活。
12. 假如你去世了，你的朋友站在你的遗体旁边，你觉得他们会有什么感受？你有什么美德或善行留下给他们述说？
13. 用雅各书2:15-17来对照大比大的生命和你个人的生命。

## LESSON 18

### TABITHA DOING GOOD TO OTHERS

1. Read Acts 9:36-42. What group of people wept after Tabitha died?
2. Define almsdeeds.
3. Do you think Tabitha did good deeds but for her own selfish reasons? Why or why not?
4. Describe the Lord's attitude toward afflicted people as set forth in  
Deuteronomy 10:17-19                      Psalms 10:14  
Psalms 68:5                                      Psalms 146:9
5. When we minister to the needy, who do we help according to Matthew 25:34-45?
6. What promise does God give to the people who care for those who cannot repay the kindness (Deuteronomy 14:29, Isaiah 58:10-11)?
7. Can you think of things to avoid when reaching out to those in affliction?
8. What are some ways you can help fulfill 1 John 3:17-18?
9. How does such giving evidence the love of God?
10. Give some guidelines for writing a good letter of comfort?
11. From Acts 9:39 describe the life of Tabitha.
12. How would people feel, and what would they have to show, if they were standing around your corpse today?
13. Relate James 2:15-17 to Tabitha. To yourself.

# 第十九课

## 鼓励善行

1. 根据提摩太前书5:10，列举其中的善行。
2. 今天基督徒行善的实际方式有哪些？
3. 请说出我们应该热情接待陌生人的两个原因（来13:2；申31:12）。
4. 我们还应该敞开家门接待哪些人？
5. 我们的动机应该是什么？（路加6:35；12:12-14）
6. 为什么有些经文强调要服侍弟兄姐妹，例如加拉太6:10？
7. 你能否举出一个非信徒因看到基督徒之间彼此相爱而受感动的例子。
8. 非比服侍了很多，包括使徒保罗（罗16:1-2）。她的服事可能有哪些？
9. 列出你教会中旨在属灵方面或属世方面帮助人的事工。你积极参与的事工有哪些？从这个列表中，可以看出你花在自己身上与花在别人身上的时间各有多少？
10. 简要说说下列妇女对他人的影响。

夏娃

创3:6

吕底亚

徒16:14-15

大利拉

士16-16-21

喇合

约书亚记 6:25

所罗门的妻妾

王上11:3-4

书念妇人

王下4:8-10

你自己

## LESSON 19

### ENCOURAGING GOOD DEEDS

1. List the forms of doing good in 1 Timothy 5:10?
2. What are practical ways to perform these tasks today?
3. Name at least two reasons for showing hospitality to strangers (Hebrews 13:2; Deuteronomy 31:12).
4. To what other kinds of people should we open our homes?
5. What should be our motive (Luke 6:35; 14:12-14)?
6. Why do verses like Galatians 6:10 emphasize serving fellow Christians?
7. Can you think of an example when an unbeliever was touched by observing the love Christians showed each other?
8. Phoebe served many, including the apostle Paul (Romans 16:1-2). What are some ways she might have served?
9. List the ministries of your church which are designed to help others either temporally or spiritually. Check those in which you are actively involved. What does this list reveal about the time you spend on self as compared to the time you give to others?
10. State briefly what influence each of the following women had on others.

Eve	Genesis 3:6
Lydia	Acts 16:14-15
Delilah	Judges 16:16-21
Rahab	Joshua 6:25
Solomon's wives	1 Kings 11:3-4
The Shunammite	2 Kings 4:8-10
Yourself	

## 第二十课

### 利百加 — 背叛丈夫

仔细阅读创世记 27:1-46，然后回答下列问题。

1. 你看见在以撒与利百加的关系中缺少什么（创世记25:23, 27; 27:5-17）？
2. 利百加对丈夫的不顺服给家人带来了什么影响？

她丈夫以撒（27:33）  
雅各（27:19-20, 43）  
以扫（27:41; 28:8-9）

3. 利百加的行为对自己有何影响？
4. 根据以弗所书5:22, 33，利百加有没有满足丈夫的需要？
5. 你认为利百加是一个让以撒很容易爱的妻子吗？
6. 假设你（而不是你丈夫、父亲、或牧师）是带领人，你希望得到什么样的支持？
7. 你希望别人做哪些事以使你的任务更轻松，更容易完成？
8. 当你的带领人在某些方面失败时，你如何应用马太福音7:1-5以克服批评的态度或苦毒的心。
9. 利百加通过设计谋得到了自己一时想要的东西，你觉得这对她的婚姻产生了什么长期的影响？
10. 阅读腓立比书2:1-11、约翰福音10:30; 14:28。解释：平等和顺服是如何联合在神性中的？
11. 阅读加拉太书3:28，以弗所书5:22-24，林前11:3.解释：平等与顺服应当如何联合在家庭中？
12. 撒但背叛神时，他内心的动机是什么（赛14:13-14）？夏娃如何体现了相同的问题（创3:5）？你从中学到什么教训？
13. 将林前12:14-26的原则与神给家庭成员设定的角色联系起来。

## LESSON 20

### REBEKAH, ONE WHO BETRAYED HER HUSBAND

Read Genesis 27:1-46 carefully before answering the questions.

1. What do you see lacking in Isaac & Rebekah's relationship (Genesis 25:23, 27; 27:5-17)?
2. What effect did her lack of submission have on others?  
Her husband (27:33)      Jacob (27:19-20,43)  
Esau (27:41; 28:8-9)
3. How was Rebekah effected by her actions?
4. Did Rebekah meet her husband's needs as described in Ephesians 5:22, 33?
5. Do you think she was an easy wife for Isaac to love? Explain.
6. If you were in a position of leadership, instead of your husband, father or pastor, what type of support would you like to receive?
7. What are things you would like others to do to make your task easier and more enjoyable?
8. How can applying Matthew 7:1-5 help you overcome a critical or bitter spirit when your leader fails in some area?
9. Rebekah's scheme got her what she thought she wanted, but only for the moment. What do you suppose were the long term effects upon her marriage?
10. Read Philippians 2:1-11, John 10:30 and John 14:28. Explain how equality and submission work hand in hand in the Godhead.
11. Read Galatians 3:28, Ephesians 5:22-24 and 1 Corinthians 11:3. Explain how equality and submission are to work hand in hand in the family.
12. Describe the heart motives of Satan in his rebellion (Isaiah 14:13-14) and how the same weakness was found in Eve (Genesis 3:5). What lesson is here for you?
13. Relate the principles of 1 Corinthians 12:14-26 to the roles assigned by God to each member of the family.

## 第二十一课

### 路得 — 一个贤德的单身女子

请认真阅读《路得记》，然后回答下列问题。

1. 当路得跟从拿俄米的时候，她未来可能会失去什么（得1:8-18; 2:11）？
2. 她未来可能会得到什么？
3. 请描述：在路得生命中，什么占据优先位置？
4. 解释路得的生命是如何体现出玛太福音6:33的教导的？
5. 波阿斯如何知道了路得的品格（得2:11-12; 3:11）？
6. 在选择配偶时，别人的客观评价为何是重要的？
7. 在圣经里，只有路得被成为贤德的女人。请定义“贤德”。
8. 列出你在路得身上看到的品格特征。你最钦佩的是哪些？哪些在你生命中是明显的？哪些是你很难得到的？
9. 路得因自己的信心而得到了天主的什么祝福？
10. 天主如何使用路得来祝福其他人？
11. 面对过去的悲伤与心痛，路得的态度是什么？
12. 你觉得路得是“幸运”，还是天主因为她的好行为而赏赐了她？说出理由。
13. 在你的生命中，你是否有这样的经历：忘记一个很坏的遭遇，全身心地服事主和服事人，结果得到了天主的祝福？

## LESSON 21

### RUTH A SINGLE WOMAN OF VIRTUE

Please read the book of Ruth carefully before answering the questions.

1. What did Ruth stand to lose when she joined Naomi (Ruth 1:8-18; 2:11)?
2. What did she stand to gain?
3. Describe the main priority in Ruth's life (Ruth 1:16; 2:11- 12).
4. Explain how Matthew 6:33 is exemplified in the life of Ruth.
5. How did Boaz learn about Ruth's character (Ruth 2:11-12; 3:11)?
6. Why is an objective evaluation by others an important element in selecting a mate?
7. Ruth is the only woman in the Bible called virtuous. Define virtuous.
8. List all the character qualities you see in Ruth. Which do you most admire? Which are evident in your life? Which come hardest for you?
9. How did the Lord bless Ruth as a result of her faith?
10. How did He use her to bless others?
11. What was Ruth's attitude toward her past sorrow and heartache?
12. Do you think that Ruth was "lucky" or do you think God rewarded her for her deeds? Explain.
13. Tell of a time when you put a bad experience behind you, gave yourself to serving the Lord and others, and were blessed of God as a result.

## 第二十二课

### 亚比该与她不义的丈夫

请阅读撒母耳记上 25 章，然后回答下列问题。

1. 比较拿八与亚比该（3节）。
2. 比较他们对贫苦人的态度（10-11,18）。
3. 大卫想要怎样对待邪恶的拿八（12-13节）？
4. 亚比该为她不义的丈夫做了什么（23-31节）？
5. 彼得前书3:1-6所说的丈夫的属灵状况如何？
6. 妻子该如何对待这样的丈夫？
7. 敬畏神怎么样促使妻子顺服恶劣的丈夫？
8. 将这样的顺服与彼前2:19-25联系起来，看看它们之间的相似之处。
9. 如果丈夫不信主，神期望信主的妻子怎么做（林前7:13-16）？
10. 有什么赏赐是可以期待的？
11. 今天的妻子常常抱怨受到丈夫的“言语虐待”。主耶稣教导她们应该怎么做（太5:11-12; 44-46）？
12. 有些姊妹的丈夫不信主，根据她们的情况讨论以弗所书4:31-32。
13. 罗马书8:28能应用于这样的婚姻中？还是有一方信主而另一方不信的婚姻是个例外？
14. 假设你去勉励某个嫁给非信徒的不开心的好友，你如何使加拉太书6:7-10的真理来鼓励她？

## LESSON 22

### ABIGAIL, WITH AN UNRIGHTEOUS HUSBAND

Please read 1 Samuel 25 carefully before answering the questions.

1. Contrast Nabal and Abigail (vs. 3).
2. Contrast their attitude toward the needy (vv. 10-11,18).
3. What did David intend to do to wicked Nabal (v. 12-13)?
4. What did Abigail do for an unrighteous husband (vv. 23-31)?
5. What is the spiritual condition of the husband discussed in 1 Peter 3:1-6?
6. How is he to be dealt with by his wife?
7. How does fearing God prompt submission to a bad husband?
8. Relate this submission to its immediate context (1 Peter 2:19- 25).
9. What is the second mile the Lord expects the believer to walk in an unequal marriage (1 Corinthians 7:13-16)?
10. What reward is hoped for?
11. A common complaint among wives today is they are victims of “verbal abuse”. What does Jesus counsel for such women (Matthew 5:11-12, 44-46)?
12. Discuss Ephesians 4:31-32 in relation to one married to an unbeliever.
13. Does Romans 8:28 apply in such a case, or is an unequal marriage an exception?
14. Suppose you are going to counsel a friend who is unhappily married to an unbeliever. How can you use the truth of Galatians 6:7-10 to uplift her?

## 第二十三课

### 离婚之前

现今真是个危险的时代。我们的社会不再视婚姻为神圣，而是接受离婚甚至鼓励人离婚。牧师不传讲神对离婚的态度，因此间接鼓励了人们离婚。很多人，有的是得救的，有的是失丧的，在离婚一次或几次之后，才知道圣经有关离婚的教导。虽然本课书不是要谴责那些因无知而做错的人们，但是我们不能埋葬圣经的真理，以致许可人，甚至助推人将来继续犯错。

1. 请根据你的回忆，写下你在婚礼上的誓言。
2. 传道书5:4-6怎么论到那些违背在神面前所立的誓约的人？
3. 解释神的警诫“败坏你手所做的”（传道书5:6; 林前3:13-15）。
4. 箴言31:12能否被实践在被终止的婚姻中呢？
5. 神宣告祂对“休妻”的态度是什么（马拉基书2:14-16）？
6. 林前7:10-11所给出的三个吩咐是什么？
7. 虽然旧约中没有这样的命令给保罗引用，但证明他是根据神的默示写出这些经文的证据是什么？
8. 林前7:13中的丈夫的属灵状况是怎样的？
9. 根据这三个吩咐中的第二个，讨论马太福音5:31-32。
10. “我这样做是为了孩子们”是一个常见的说辞。林前7:14谈到了一个信主的家长对孩子的影响是什么？
11. 虽然你处在一个不好的关系中，但仍然不要离开，神说为什么不要离开（林前7:16）？
12. 基督为你和你永远的救恩受苦受死，这如何成为你该效法的榜样，帮助你在一个充满问题的家庭里过得胜的生活？
13. 另一个常见的说辞是“我不再爱他了”。但加拉太书5:22和雅歌8:7怎样帮助我们对这样的说辞有个正确的见解呢？
14. 第二次婚姻中的“固有”危险是什么？
15. 继父或继母在养育孩子方面会面临哪些困难？

## LESSON 23

### BEFORE YOU DIVORCE

These are indeed perilous times. Our society no longer views marriage as sacred, and divorce is accepted and promoted. Ministers encourage the practice by failing to declare God's word on the subject. Many people, saved and lost, have been through one or more divorces before they ever learn what the Bible has to say about the matter. This lesson is not designed to heap condemnation upon those whose past ignorance led them into error. But we cannot allow and promote future error by failing to set forth scriptural truth on the subject.

1. To the best of your recollection, write out the vows you spoke at your wedding.
2. What does Ecclesiastes 5:4-6 say about those who break vows made before God?
3. Explain God's warning "destroy the work of thine hands" (Ecclesiastes 5:6, 1 Corinthians 3:13-15).
4. How does Proverbs 31:12 apply in this regard?
5. What does God declare to be His attitude toward "putting away" (Malachi 2:14-16)?
6. What are the three commands given in 1 Corinthians 7:10-11?
7. Though Paul had no such commands to cite in the Old Testament, what is the proof he was speaking under the inspiration of God in these verses?
8. What do we learn about the spiritual condition of the husband in this context (1 Corinthians 7:13)?
9. Discuss Matthew 5:31-32 in light of the second of these three commands.
10. "I did it for the children" is a common claim. What does 1 Corinthians 7:14 say about the influence of one righteous partner on the young?
11. What reason does God give for staying in a bad relationship (1 Corinthians 7:16)?
12. Discuss how Christ's sufferings for you, and your eventual salvation, are the example for all those in a troubled home.
13. Another common claim is "I don't love him anymore." What light does Galatians 5:22 and Song of Solomon 8:7 shed upon such a statement?
14. List some of the "built in" dangers involved in a second marriage.
15. List some of the difficulties faced by "step" parents as regards raising the children.

## 第二十四课

### 单身母亲

身负重担的寡妇，被离弃的妻子，离婚的妇女，在现实中实在太多太多。但我们还是要感谢赞美主，因为这样的处境并不是毫无希望的。

1. 一个得救的单身父母是否有可能养育出圣洁的儿女（林前7:14）？
2. 关于提摩太的父亲，我们知道哪些事呢（徒16:1-3）？
3. 关于提摩太的母亲和祖母，我们知道哪些事呢（提后1:5）？
4. 她们是如何训练提摩太的呢（提后3:14-17）？她们有什么成果？
5. 书念妇女对服侍的态度是怎样的（王下4:8-10）？她丈夫的态度是怎样的（王下4:22-23）？
6. 她的赏赐是什么（王下4:20, 36-37，来11:35）？
7. 摩西和撒母耳的故事对我们在一个邪恶的环境中为神养育孩子有什么启发？
8. 他们的故事告诉我们，母亲的言传身教对孩子的影响是怎样的？
9. 单亲家庭的孩子为什么更需要常常参加教会的敬拜和团契呢？
10. 关于那些没有父亲的孩子，神赐给教会的吩咐是什么？
11. 列出单身母亲的特别需要。
12. 对于教会中的单身母亲，你可以给她们什么帮助？
13. 写出诗篇二十三篇的每节经文。根据每节经文，讨论神的应许如何关系到作母亲的你。
14. 如果你是单身母亲，请列出你处境的不如意之处。诚恳地写出那些粉饰失败的借口。在每个糟糕处境的旁边，写上一个圣经的应许，抓住这些应许应用在生活中，使你可以胜过环境。
15. 你能采取哪些措施，以保证你的孩子不会因处境不好而抱怨神，对神产生苦毒的心？
16. 如果单身母亲借环境为自己的失败开脱，会对她们产生什么伤害？

## LESSON 24

### THE SINGLE MOTHER

The burdens on the widow, the one who has been put away, or the one who has divorced, are not doubled but multiplied. Yet, praise be to the Lamb, the situation is far from hopeless.

1. Is it possible for one saved parent to raise holy children (1 Corinthians 7:14)?
2. What do we know of Timothy's father (Acts 16:1-3)?
3. What do we know of Timothy's mother and grandmother (2 Timothy 1:5)?
4. How did they train him (2 Timothy 3:14-17)? What were the results?
5. What was the Shunammite woman's attitude toward the ministry (2 Kings 4:8-10)? What was her husband's attitude (2 Kings 4:22-23)?
6. What was her reward (2 Kings 4:20, 36-37, Hebrews 11:35)?
7. What do the stories of Moses and Samuel teach us about raising children for God in a corrupt environment?
8. What do they teach about the power and influence of the mother's instruction and example?
9. Why do children of a single parent especially need constant fellowship in the local church?
10. What commands does God give the church regarding the fatherless?
11. List the special needs of single mothers.
12. List some ways you can be of help to the single mothers in your church.
13. Write out each phrase of the 23rd Psalm. Under each phrase discuss how that promise relates to you as a mother.
14. If you are a single mother, list your frustrations regarding your circumstance. Honestly mark those being used as excuses for some area of failure. Place beside each item on the list a Bible promise upon which to stand that you might have victory.
15. What steps can you take to ensure your children will not grow bitter against God because of their situation?
16. How will using their situation as an excuse for their failures harm them?

## 第二十五课

### 婚姻的床

很多妇女面临的一个难题是“换挡”。丈夫可以立刻摒除世界的烦心事，马上进入亲昵的关系，妻子却不是如此。妻子很难从妈妈和家庭主妇的角色很快切换到爱人的角色。很多贤德的妇女很难从庄重转变为“不庄重”。本课的设计就是为了用圣经的教导来解决这些难题。

1. 希伯来书13:4怎样谈到性关系？婚姻中的性关系是错误的或污秽的吗？
2. 婚姻的一个主要目的是什么（林前7:2）？
3. 林前7:4怎么论到婚姻中亲密关系的频率及准则？
4. 解释“亏负”的意思。
5. 妇女拒绝或不情愿享受婚姻的床，会怎样伤害她们的婚姻？
6. 复习妇女有关穿着和举止的那一课。林前7:34让你如何理解这些原则与夫妻亲密时刻的关系？
7. 箴言第7章谈到外面的女子想偷走你丈夫而使用的方法有哪些（10, 13-15, 16-17, 18, 21）？你如何使用这些方法（林前7:34）使你处于有利位置呢？
8. 虽然我们会用的词与圣经的不太一样，仍然请你认真阅读雅歌4:1-7与7:1-9。新郎觉得新娘的迷人之处在哪里？你的卫生、衣着、气质会吸引你的丈夫吗？
9. 关于“在门口遭拒绝”的丈夫，我们从雅歌5:2-6中能学到什么？
10. 箴言31章对于增加体重有怎样的教导（箴言31:17, 27）？
11. 你是否同意忽略自己的外貌和炫耀自己的外貌是同样严重的属灵问题？（林前9:27）？
12. 撒但会怎样胜过不注意形象的妇女？
13. 记住你的丈夫选择了你，而不是别人。撒但会怎样胜过嫉妒他人外貌的妇女？（林后10:12）
14. 解释“恋慕”的意思（箴言5:19）。你能采取哪些措施，在夫妻亲密关系上加强你们的婚姻呢？

## LESSON 25

### THE MARRIAGE BED

One of the most difficult tasks facing many women is “shifting gears.” While a man can instantly shut out the cares of the world and become intimate, a woman’s make-up is quite different. It is hard for her to change from mom and housewife into lover by simply walking through the bedroom door. It is also a challenge for many virtuous women to transform themselves from modest to “immodest”. This lesson is designed to provide Biblical counsel to help overcome these hindrances.

1. What does Hebrews 13:4 teach about sexual relations? Is the sexual relationship within the marriage wrong or dirty?
2. What is one of the primary purposes for marriage (1 Corinthians 7:2)?
3. What does 1 Corinthians 7:4 teach about the frequency and manner of intimate relations within the marriage?
4. Define defraud.
5. List the ways in which women can harm their marriages by refusal or reluctance to enjoy the marriage bed?
6. Review the lesson on modesty of apparel and conduct. What does 1 Corinthians 7:34 give you to understand when relating these principles to private hours with your husband?
7. Proverbs 7 discusses the woman of the world who will seek to steal your husband from you. What are the tools of her trade (v 10, 13-15, 16-17, 18, 21)? How can you use these tools (1 Corinthians 7:34) to your advantage?
8. While we would certainly use different terms, read carefully Song of Solomon 4:1-7 and 7:1-9. What does the man find attractive about the woman? Is your hygiene, dress, and conditioning such that he will find you desirable?
9. What do we learn from Song of Solomon 5:2-6 about a man who is “turned away at the door”?
10. What does the virtuous woman passage teach with regard to gaining weight (Proverbs 31:17, 27)?
11. Would you agree that neglecting one’s appearance may be just as much a spiritual problem as glorying in one’s appearance (1 Corinthians 9:27)?
12. List some ways Satan may gain advantage over a woman who does not keep herself “in shape?”
13. Remember, your husband chose you, not someone else. How can Satan gain advantage over a woman who is envious of other women as regards appearance (2 Corinthians 10:12)?
14. Define ravish (Proverbs 5:19). What steps can you take to strengthen your marriage in the area of intimate relations?

## 第二十六课

### 亚拿 — 真无依靠的寡妇

请阅读提摩太前书 5:3-16，然后回答下列问题。

1. 寡妇是什么意思？
2. 谁应该供养寡妇？（提前5:4, 8, 16）？
3. 谁是“真无依靠的寡妇”（提前5:5, 16）？
4. 教会供养的真寡妇需要满足哪些条件（提前5:9-10）？
5. 年轻寡妇面临的危险有哪些（提前5:11-12）？
6. 妇女在什么情况下会抛弃基督，以便于嫁给人？
7. 这些行为说明她们优先考虑的是什么？她们有没有信靠神的话语？
8. 提摩太前书5:13提到的闲游寡妇与贤德的妇女有什么差别？
9. 寡妇再嫁是错的吗？（提前5:14）
10. 寡妇必须躲避什么（提前5:6, 13, 15）？
11. 解释“动欲贪乐”。
12. 解释“说闲话”。
13. 妇女可以服侍神，等候丈夫；也可以自己寻找丈夫。是前者还是后者会使她得到一个敬畏神的配偶？
14. 将亚拿（路2:36-37）与提摩太前书5:11-13中的妇女作比较。哪个更讨主喜悦？哪个因自己的善行而得到了更多祝福？
15. 有关已婚妇女与主同行的重要性，提摩太前书有怎样的教导？

## LESSON 26

### ANNA, A WIDOW INDEED

Please read 1 Timothy 5:3-16 carefully before answering the questions.

1. What is a widow?
2. Who is to provide for the widow (1 Timothy 5:4,8,16)?
3. Who are the “widows indeed” (1 Timothy 5:5,16)?
4. What are the qualifications a widow must meet before she is provided for by the local church (1 Timothy 5:9-10)?
5. What danger do the younger widows face (1 Timothy 5:11-12)?
6. In what ways do women cast off faith in Christ in order to marry?
7. What do these actions say about their priorities? Their trust in God’s word?
8. How does the idle widow of verse 13 contrast with the virtuous woman?
9. Is it wrong for a widow to remarry (1 Timothy 5:14)?
10. What must a widow avoid (1 Timothy 5:6,13,15)?
11. Define wanton.
12. Define tattler.
13. One may serve God and wait for a husband, or one may seek a husband. Which way will result in finding a God-fearing mate?
14. Compare Anna (Luke 2:36-37) with the woman of 1 Timothy 5:11-13. Which one pleased the Lord? Which gained the most by her course of action?
15. What does the 1 Timothy passage teach regarding the importance of a married woman having her own strong walk with the Lord?

# 第二十七课

## 利斯巴 — 丧子之痛

在世上，丧子之痛可能是母亲所经受的最痛苦的事了。本课要寻找圣经中神的旨意，以帮助母亲承受这样的重担。

1. 认真阅读约伯记第一章。约伯有没有犯罪得罪神？他儿女的死是对他罪孽的审判吗？
2. 认真阅读约伯记第三章。思考约伯记1:22和2:10，父母因丧子而悲痛，神会怪罪吗？即使在人说苦毒话的时候，神是否仍然心存怜悯？
3. 阅读并对比马太福音2:16-18和约翰福音14:17-18。重生的信徒拥有的什么，是非信徒所没有的？这个世界如何影响各人在丧子时所表示悲痛的方式？
4. 主耶稣基督在约翰福音14章应许有保惠师赐下，主为什么给门徒这样的应许？这里的背景如何给主的话语增加分量？
5. 根据帖前4:13-18，给基督徒带来安慰的根基是什么？
6. 根据以赛亚书57:1-2，回答下列问题：
  - 义人的生命不长么？
  - 世人真的关心我们的伤痛么？
  - 论到孩子的早亡，神要我们思想什么安慰性的真理呢？
  - 死去的义人经历了什么？

请阅读撒母耳记下 21:8-12，此处令人难过的经文值得我们深思。虽然这个妇女不能让自己的儿子起死回生，但她可以保护及保存对他们的记忆。

7. 此处经文显示了母亲的心是怎样的？
8. 她的行为产生了什么样的见证？
9. 她的行为促使谁采取了行动？
10. 母亲保存夭折之子的记忆，会怎样促动万王之王？

11. 大卫失去一个刚出生的孩子，他如何回应这样的试炼呢（撒下12:19-23）？
12. 大卫的罪被神赦免了，鉴于此，你从他在23节所说的话中得到什么启发？
13. 大卫的希望与罗马书5:13,20有什么联系？
14. 论到“丧子”，大卫的话表明了什麼？
15. 认真阅读林后1:3-5。根据这些经文的教导，神会挪去我们的苦难吗？神为什么允许我们的生活出现问题？心痛的事如何为我们所用？有没有苦难太大，以至于神的安慰都不能安慰我们？

## LESSON 27

### RIZPAH, THE LOSS OF A CHILD

There is probably no pain so great in all the earth as that known by a woman whose child has traveled through the valley of the shadow of death. In this lesson will seek to find Biblical counsel to help one bear such a burden.

1. Read carefully Job 1. Had Job sinned against the Lord? Was the death of his children a form of punishment for some iniquity?
2. Read carefully Job 3. Now consider Job 1:22 and 2:10. Does God fault a parent for grieving the loss of child? Is God merciful, even when words are spoken in bitterness?
3. Read and contrast Matthew 2:16-18 and John 14:17-18. What do born again believers have that the unsaved do not have? Describe how this would affect the manner of sorrow experienced by each in times of loss.
4. When Jesus gives the promise of the Comforter in John 14, what is the reason for giving His disciples this promise? How does this setting add weight to the Lord's words?
5. According to 1 Thessalonians 4:13-18 what is the ground of comfort for the Christian?
6. In light of Isaiah 57:1-2 answer the following:
  - Do the good die young?
  - Does the world really care about our sorrow?
  - What comforting truth would God have us consider about the death of our child?
  - What have the righteous departed experienced?

Please read 2 Samuel 21:8-12. From this unpleasant passage there is much worthy of consideration. While this woman could not restore her sons to life, she could protect and preserve their memory.

7. What does this passage reveal about the heart of a mother?
8. What type of testimony did she have as a result of her actions?
9. Who was stirred to action because of her deeds?
10. How may a mother's preservation of a deceased child's memory motivate the King of Kings?
11. David lost a child in infancy. How did he respond to the trial (2 Samuel 12:19-23)?
12. In light of the fact that David's sins were forgiven, what do you make of his words in verse 23?
13. How does his hope relate to Romans 5:13, 20.
14. What do David's words indicate regarding the term "lost a child?"
15. Read carefully 2 Corinthians 1:3-5. Do these verses teach that God will remove our tribulation? Why does He allow the trouble? How are we to use our heartaches? Is there any suffering so great that God's comfort cannot meet our need?

## 第二十八课

### 撅嘴不可爱

从肉体生的就是肉体。某些人会因圣经中的某些教导而绊倒；本书的某些内容可能会激怒你。对于旧习性的爆发，我们要有正确的回应。

1. 根据诗篇119:165，人为何会被绊倒？
2. 我们因为事情不如我们的意，就断离某个关系，不参加教会的团契，不参加查经班。根据箴言书13:10，根本的原因是什么？

#### 认真阅读腓立比书 2:1-11

3. 交通（或团契）的唯一恒久根基是什么（2:1）？
4. 什么能让神的心喜悦（2:2）？
5. 我们内心的什么态度，会破坏团契关系，让主忧伤（2:3）？
6. 新生活的真正表现是什么（2:4）？
7. 再看看5-8节。你觉得主耶稣“喜欢”经历这些么？所有事都“符合祂的意愿”么？如果我们要跟随主耶稣，舍己与牺牲为何是必须的？

#### 认真阅读希伯来书 12:9-16

8. 属灵的管教与合乎圣经的修正，其目的是什么（9-11）？
9. 如果本书的某些内容和你的观点或意愿有冲突，你的回应是“和平”的吗？
10. 第12节所描述的身体姿态反应了内心的什么态度？
11. 如果你管教孩子时看见他们撅嘴，你会跟他们说什么？
12. 如果我与某个不认同我观点的人大大争吵，这对我与主的交通有什么影响（14-15节）？

#### 认真阅读马太福音 26:36-44

13. 对于将要喝的杯，主有什么样的感受？
14. 祂如何战胜了自己肉体的愿望？

15. 使主耶稣在客西马尼园获得胜利的关键因素是什么？
16. 主的得胜，对别人的生活带来了哪些祝福？
17. 你能想到一个因你顺服神的旨意使别人得到祝福的事例么？

## LESSON 28

### POUTING ISN'T CUTE

That which is born of the flesh is flesh. It only stands to reason that some people are going to be offended or get their feelings hurt by some teaching from the Bible. Something in these lessons may have rubbed you the wrong way. There is a proper response to such outbursts of the old nature.

1. In light of Psalms 119:165 why do people get offended?
2. When we break away from a relationship, church fellowship or Bible study group because everything does not go our way, what is the cause according to Proverbs 13:10?

Read carefully Philippians 2:1-11.

3. What is the only lasting ground of fellowship (v. 1)?
4. What brings joy to the heart of God (v. 2)?
5. What heart attitude would destroy the fellowship and grieve the Lord (v. 3)?
6. What is the true outworking of the new birth (v. 4)?
7. Look over verses 5-8 again. Do you think Jesus “felt” like going through these things? Did everything “go His way?” How is self-denial and sacrifice mandatory if one would follow Jesus?

Read carefully Hebrews 12:9-16.

8. What is the purpose of spiritual and Biblical correction (vv. 9-11)?
9. When something in these lessons has crossed your will or opinion has your response been “peaceable”?
10. The pouting gestures described in verse 12 are a reflection of what heart attitudes?
11. How would you speak to your child if you saw them respond this way to your correction?
12. How does my falling out with someone who disagrees with me affect my fellowship with the Lord (vv. 14-15)?

Read carefully Matthew 26:36-44.

13. Describe how Jesus felt about the cup of wrath He was to drink.
14. Describe how He overcame the desires of the flesh.
15. What was the key to Jesus’ victory in the garden?
16. What was its blessed result in the lives of others?
17. Can you think of and relate an experience where you surrendered your will to God’s will and others were blessed thereby?

## 第二十九课

### 姐妹的服事

1. 路加福音8:1-3的妇女们如何服侍主耶稣？你能照此方式服事主么？
2. 非比在哪些方面帮助使徒保罗和教会（罗16:1-2）？你是否也能如此服侍？
3. 虽然喇合不被我们认为是服事主的人，但她确实被记载在信心伟人的名册上。喇合怎样帮助神的仆人？你在什么方面可以效法她？
4. 向别人传福音（钉十字架的主耶稣复活了）的第一批人是谁？
5. 约翰福音第四章的那个妇人如何让她的邻居认识主？你能用什么方法传福音，领人信主呢？
6. 阅读使徒行传16:9-15, 40。有关那个马其顿人，最有趣的是什么？经文怎样论到那个地区的妇女？
7. 吕底亚对福音的回应是什么？她回应后结出什么果子？你能像她一样服侍吗？
8. 从使徒行传21:9中，我们对腓利的女儿有什么了解？结合提前2:11-12与林前14:34-35，我们对她们的服侍有什么认识？结合提多2:4-5，我们对她们的服侍有什么认识？
9. 今天，你如何以此方式服侍呢？
10. 列出妇女服侍下列几种人的方式：

年老的  
失丧的  
年长的  
穷人

卧病的  
教会  
年轻的母亲  
新信主的

11. 你能做什么，使自己成为耶稣基督更好的仆人？

## LESSON 29

### MINISTRY OPPORTUNITIES FOR WOMEN

1. How did the women of Luke 8:1-3 minister to the Lord Jesus? How can you serve Him in this way?
2. In what ways did Phebe assist the apostle Paul and the church (Romans 16:1-2)? How can you serve in this way?
3. While Rahab may not come to mind as one who served the Lord, she did make the roll call of faith. How did she help God's servants? In what practical ways can you follow her example?
4. Who were the first persons to preach the gospel (the crucified Christ was risen) to others?
5. How did the woman of John 4 make Jesus known to her community? In ways can you preach the gospel and bring others to Christ?
6. Read Acts 16:9-15, 40. What is most interesting about the "man of Macedonia?" What does the passage teach about the women of this region?
7. What was Lydia's response to the gospel? What were the fruits of her response? How can you minister as she did?
8. What do we learn of Philip's daughters from Acts 21:9? What do we learn of their ministry from 1 Timothy 2:11-12 and 1 Corinthians 14:34-35? What do we learn of their ministry from Titus 2:4-5?
9. How can you serve in this way today?
10. List ways a woman may minister to
  - the elderly
  - the lost
  - the aged
  - the poor
  - the shut in
  - the church
  - the young mother
  - the new convert
11. What definite steps will you take to become a better minister of Jesus Christ?

## 第三十课

### 再思贤德的妇女

认真阅读箴言 31:10-31，然后回答下列问题。

1. 从你开始学习本书到现在，你对这段经文有什么新的洞见？
2. 你对神对妇女的要求是否有了更好的理解？对如何养育女儿或孙女是否有新的认识？
3. 本书中哪部分内容对你最有帮助？
4. 学习完本书后，你的行为与态度有何变化？
5. 选自箴言31章的下列语句对你有什么意义？

（她丈夫）必不至缺乏产业  
她一生（使丈夫有益无损）  
（她）以力量束腰  
（她）伸手帮助穷乏人  
（她）想到日后的境况就喜笑  
（她）不吃闲饭

6. 你的丈夫可以放心信任你么？你会信任本书所提的哪些妇女？不信任哪些妇女？你的哪些行为会破坏别人对你的信任？
7. 列出箴言31章含有的品格特征。按照它们在你生命中的先后次序给这些品格排序。排在最末尾的，你会为之祷告并改正吗？
8. 你从你母亲那里学到的什么特点或习惯今天依然对你有不好的影响？
9. 有关你对孩子的影响，这教导了你什么功课？（以西结书16:44）
10. 从圣经中选择一个你最敬佩的妇女，讨论你为何如此尊重她。

## LESSON 30


### VIRTUOUS WOMAN REVISITED

Please read Proverbs 31:10-31 before answering the following questions.

1. What new insights do you have into this passage since you began these lessons?
2. Do you have a better understanding of what God wants a woman to be? of how to train a daughter or granddaughter?
3. What particular areas of this study have been most helpful?
4. What changes have you made in your conduct and attitudes as a result of this study?
5. What do the following statements, from Proverbs 31, mean to you?  
He shall have no need of spoil  
All the days of her life  
She girdeth her loins with strength  
she reacheth forth her hands to the needy  
she shall rejoice in time to come  
eateth not the bread of idleness
6. Can the man in your life safely trust in you? Which women from these lessons would you trust? Not trust? What actions of yours could destroy such trust?
7. List the character qualities found in Proverbs 31. Now rank them in the order in which you think they are found in your life. Will you make those near the bottom matters of prayer and correction?
8. What traits or habits did you learn from your mother which trouble you today?
9. What does this teach you about your influence upon your children (Ezekiel 16:44)?
10. Choose the woman from the Bible you most admire and discuss why you esteem her so highly.







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