如何做一位贤妻良母？
How to be a good wife and good mother?

- 許多人重男輕女,但聖經上不輕視婦女

  加3:27 你们受洗归入基督的,都是披戴基督了.

  加3:28 并不分犹太人,希利尼人,自主的,为奴的,或男或女.因为你们在基督耶稣,里都成为一了.

- Many people value men over women, but the Bible does not despise women.

  Gal.3:27 for all of you who were baptized into Christ have clothed yourselves with Christ. 28 There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

- 主耶稣周遊各處傳揚福音,常受婦女們財物上的供給.

  路8:1 过了不多日,耶稣周游各城各乡传道,宣讲　神国的福音.和他同去的有十二个门徒,

  路8:2 还有被恶鬼所附,被疾病所累,已经治好的几个妇女,内中有称为抹大拉的马利亚,曾有七个鬼从他身上赶出来.

  路8:3 又有希律的家宰苦撒的妻子约亚拿,并苏撒拿,和好些别的妇女,都是用自己的财物供给耶稣和门徒.

- **The Lord Jesus went about preaching the gospel and often received financial support from women.**

  Luke 8:1 After this, Jesus traveled about from one town and village to another, proclaiming the good news of the kingdom of God. The Twelve were with him, 2 and also some women who had been cured of evil spirits and diseases: Mary (called Magdalene) from whom seven demons had come out; 3 Joanna the wife of Chuza, the manager of Herod's household; Susanna; and many others. These women were helping to support them out of their own means.

- 耶穌被釘十字架,眾門徒離開主；惟有婦女們堅守在十字架下.

约 19:25 站在耶稣十字架旁边的,有他母亲,与他母亲的姊妹,并革罗罢的妻子马利亚,和抹大拉的马利亚.

- Jesus was crucified, and the disciples left the Lord; only the women remained at the cross.

John 19:25 Near the cross of Jesus stood his mother, his mother’s sister, Mary the wife of Clopas, and Mary Magdalene.

- 初代教會的建立,婦女們也參與建基的工作.（徒一14）
  徒1:14 这些人,同着几个妇人,和耶稣的母亲马利亚,并耶稣的弟兄,都同心合意的恒切祷告.

- **Women also participated in the foundation-building work of the early church.**
  Acts 1:14 They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.

一. 作個好妻子

1.妻子的重要.

箴 14:1 智慧妇人,建立家室.愚妄妇人,亲手拆毁.

a.丈夫的好幫手.

创2:18 耶和华　神说,那人独居不好,我要为他造一个配偶帮助他.

I. Be a good wife.

1. The importance of a wife.

Prov. 14:1 The wise woman builds her house,
but with her own hands the foolish one tears hers down.

a. A good helper for the husband.

Gen. 2:18 The Lord God said, “It is not good for the man to be alone.
I will make a helper suitable for him.”

b.丈夫的好伴侶.

传 4:9 两个人总比一个人好,因为二人劳碌同得美好的果效.

传 4:10 若是跌倒,这人可以扶起他的同伴.若是孤身跌倒,没有别人扶起他来,这人就有祸了.

传 4:11 再者,二人同睡,就都暖和.一人独睡,怎能暖和呢.

传 4:12 有人攻胜孤身一人,若有二人便能敌挡他.三股合成的绳子,不容易折断.

b. A good companion for the husband.

Ecc. 4:9Two are better than one, because they have a good return for their labor:

10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

11 Also, if two lie down together, they will keep warm. But how can one keep warm alone?

12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

林后6:14 你们和不信的原不相配,不要同负一轭.义和不义有甚么相交呢.光明和黑暗有甚么相通呢.

14 Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

如何做一位贤妻良母？How to be a good wife and good mother?

一. 作個好妻子

a.妻子的重要.

b.丈夫的好伴侶.

c. 賢妻是神所賜.

箴 19:14 房屋钱财,是祖宗所遗留的.惟有贤慧的妻,是耶和华所赐的.

I. Be a good wife.

a. The importance of a wife.

b. A good companion for the husband.

c. A virtuous wife is a gift from God.

Prov. 19:14 Houses and wealth are inherited from parents,

but a prudent wife is from the Lord.

如何做一位贤妻良母？How to be a good wife and good mother?

1. 作個好妻子
   1.妻子的重要
   2.不斷的進修.
   箴 11:22 妇女美貌而无见识,如同金环带在猪鼻上.

I. Be a good wife.
   1. The importance of a wife.
   2. Keep learning.
   Prov. 11:12,Like a gold ring in a pig’s snout
   is a beautiful woman who shows no discretion.

1. 作個好妻子

1.妻子的重要

2.不斷的進修.

3.常常結果子.

诗 128:3 你妻子在你的内室,好像多结果子的葡萄树.你儿女围绕你的桌子,好像橄榄栽子.

I. Be a good wife.

1. The importance of a wife.

2. Keep learning.

3. Bearing fruit.

Psalm 128:3 Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.

4 .儀容與服飾.

彼前3:3 你们不要以外面的辫头发,戴金饰,穿美衣,为妆饰,

彼前3:4 只要以里面存着长久温柔安静的心为妆饰.这在　神面前是极宝贵的.

4. Appearance and clothing.

1 Peter 3:3 Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. 4 Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

4. 儀容與服飾.

5. 為丈夫禱告.

弗6:18 靠着圣灵,随时多方祷告祈求,并要在此儆醒不倦,为众圣徒祈求,

4. Appearance and clothing.

5. Pray for your husband.

Eph. 6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

4. 儀容與服飾.

5. 為丈夫禱告.

6.才德的女子.

箴 12:4 才德的妇人,是丈夫的冠冕.贻羞的妇人,如同朽烂在他丈夫的骨中.

4. Appearance and clothing.

5. Pray for your husband.

6. A virtuous woman.

Prov. 12:4 A wife of noble character is her husband's crown,
but a disgraceful wife is like decay in his bones.

I. 作個好妻子

1.妻子的重要

2.不斷的進修.

3.常常結果子.

4. 儀容與服飾.

5. 為丈夫禱告.

6.才德的女子.

I. Be a good wife.

1. The importance of a wife.

2. Keep learning.

3. Bearing fruit.

4. Appearance and clothing.

5. Pray for your husband.

6. A virtuous woman.

一.做个好妻子.

二. 作個好母親.

1.母親的重要.

提后 1:5 想到你心里无伪之信.这信是先在你外祖母罗以,和你母亲友尼基心里的.我深信也在你的心里.

I. Be a good wife

II. Be a good mother

1. The importance of mothers.

2 Tim 1:5 I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

1. 母亲的重要.
2. 當教養儿女.
   箴 22:6 教养孩童,使他走当行的道,就是到老他也不偏离.
   a. 儿女是神託管的產業.
      诗 127:3 儿女是耶和华所赐的产业.所怀的胎,是他所给的赏赐.

1. The importance of mother.
2. Train up children.
   Prov. 22:6 Start children off on the way they should go, and even when they are old they will not turn from it.
   a. Children are inheritances entrusted by God.
   Psalm 127:3 Children are a heritage from the Lord, offspring a reward from him.

b. 主耶稣重視小孩.

太 18:10 你们要小心,不可轻看这小子里的一个.我告诉你们,他们的使者在天上,常见我天父的面.

路18:16耶稣却叫他们来,说：“让小孩子到我这里来,不要禁止他们,因为在神国的正是这样的人.

b. The Lord Jesus values children.

Mat. 18:10 “See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven.

Luke 18:16 But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.

3.當如何管教？

a.胎教.

路1:39 那时候马利亚起身,急忙往山地里去,来到犹大的一座城.
40 进了撒迦利亚的家,问以利沙伯安.
41 以利沙伯一听马利亚问安,所怀的胎就在腹里跳动,以利沙伯且被圣灵充满.

3. How should we discipline them?

a. Prenatal education.

Luke 1:39 At that time Mary got ready and hurried to a town in the hill country of Judea, 40 where she entered Zechariah’s home and greeted Elizabeth. 41 When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit.

b.言教.

箴 1:8 我儿,要听你父亲的训诲,不可离弃你母亲的法则.

申 6:6 我今日所吩咐你的话,都要记在心上.

申 6:7 也要殷勤教训你的儿女,无论你坐在家里,行在路上,躺下,起来,都要谈论.

b. Teaching.

Prov. 1:8 Listen, my son, to your father’s instruction and do not forsake your mother’s teaching.

Deut 6:6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

c. 处罚.

箴 13:24 不忍用杖打儿子的,是恨恶他.疼爱儿子的,随时管教.

箴 19:18 趁有指望,管教你的儿子.你的心不可任他死亡.

c. Punishment.

Prov. 13:24 Whoever spares the rod hates their children,
but the one who loves their children is careful to discipline them.

Prov. 19:18 Discipline your children, for in that there is hope;
do not be a willing party to their death.

d.身教.

林前11:1你们该效法我,像我效法基督一样.

d. Exemple.

11:1 Follow my example, as I follow the example of Christ.

e.禱告.

腓 4:6 应当一无挂虑,只要凡事借着祷告,祈求,和感谢,将你们所要
的告诉 神.

腓 4:7 神所赐出人意外的平安,必在基督耶稣里,保守你们的心怀意念.

e. Pray

Phi. 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

II. 作個好母親.

1.母親的重要.

2. 當教養儿女.

a. 儿女是神託管的產業.

b. 主耶穌重視小孩.

3.當如何管教?

a.胎教.

b.言教.

c. 处罚.

d.身教.

e. 祷告.

II. Be a good mother.

1. The importance of mothers.

2. Train up children.

3. How should we discipline them?

a. Prenatal education.

b. Teaching.

c. Punishment.

d. Example.

e. Prayer.

结语：才德的妇人

箴 31:10 才德的妇人谁能得着呢.他的价值远胜过珍珠.

11 他丈夫心里倚靠他,必不缺少利益.

12 他一生使丈夫有益无损.

13 他寻找羊绒和麻,甘心用手作工.

14 他好像商船从远方运粮来.

15 未到黎明他就起来,把食物分给家中的人.将当作的工分派婢女.

16 他想得田地,就买来.用手所得之利,栽种葡萄园.

Epilogue: The Wife of Noble Character

10 [b]A wife of noble character who can find?
She is worth far more than rubies.
11 Her husband has full confidence in her and
lacks nothing of value.
12 She brings him good, not harm,
all the days of her life.
13 She selects wool and flax
and works with eager hands.
14 She is like the merchant ships,
bringing her food from afar.
15 She gets up while it is still night;
she provides food for her family
and portions for her female servants.
16 She considers a field and buys it;
out of her earnings she plants a vineyard.

箴 31:17 他以能力束腰,使膀臂有力.

18 他觉得所经营的有利他的灯终夜不灭.

19 他手拿捻线竿.手把纺线车.

20 他张手赒济困苦人.伸手帮补穷乏人.

21 他不因下雪为家里的人担心,因为全家都穿着朱红衣服.

22 他为自己制作绣花毯子.他的衣服,是细麻和紫色布作的.

23 他丈夫在城门口与本地的长老同坐,为众人所认识.

her arms are strong for her tasks.
18 She sees that her trading is profitable
and her lamp does not go out at night.
19 In her hand she holds the distaff
and grasps the spindle with her fingers.
20 She opens her arms to the poor
and extends her hands to the needy.
21 When it snows, she has no fear for her household;
for all of them are clothed in scarlet.
22 She makes coverings for her bed;
she is clothed in fine linen and purple.
23 Her husband is respected at the

箴 31:24 他作细麻布衣裳出卖.又将腰带卖与商家.

箴 31:25 能力和威仪,是他的衣服.他想到日后的景况就喜笑.

箴 31:26 他开口就发智慧.他舌上有仁慈的法则.

箴 31:27 他观察家务,并不吃闲饭.

箴 31:28 他的儿女起来称他有福.他的丈夫也称赞他,

24 She makes linen garments and sells them,and supplies the merchants with sashes.
25 She is clothed with strength and dignity;he can laugh at the days to come.
26 She speaks with wisdom,
and faithful instruction is on her tongue.
27 She watches over the affairs of her household and does not eat the bread of idleness.
28 Her children arise and call her blessed; her husband also, and he praises her:

箴 31:29 说,才德的女子很多,
惟独你超过一切.

箴 31:30 艳丽是虚假的.美容是
虚浮的.惟敬畏耶和华的妇女,
必得称赞.

箴 31:31 愿他享受操作所得的.
愿他的工作,在城门口荣耀他.

29 “Many women do noble things,
but you surpass them all.”
30 Charm is deceptive, and beauty
is fleeting; but a woman who fears
the Lord is to be praised.
31 Honor her for all that her hands
have done, and let her works bring
her praise at the city gate.

更新我心意

更新我心意,使我能像你,
更新我心意,使我能像你.

主,你是陶匠,我是泥土,
模我,塑造我,是我的懇求.
更新我心意,使我能像你,
更新我心意,使我能像你.

Change my heart

Change my heart, O God,
Make it ever true;
Change my heart, O God,
May I be like you.

You are the Potter,
I am the clay;
Mold me and make me,
This is what I pray.

Eddie Espinosa