

Brother-Sister Friendships
弟兄姊妹般的友誼
(Non-romantic沒有浪漫的)

I. Basis 根基

I Tim 5:1-2 ...and the younger women as sisters in all purity (Honorable, respectful)

Overemphasis on dating and coupleness

提摩太前書5:1-2 「不可嚴責老年人、只要勸他如同父親·勸少年人如同弟兄·勸老年婦女如同母親·勸少年婦女如同姐妹·總要清清潔潔的。」(誠實的、尊敬的) 過份強調在約會和夫婦。

II. Benefits 好處

A. Wholesome, non-threatening, interaction with the opposite sex
健康的、沒有威脅的、與異性的互動。

1. Development of social skills 發展社交技巧

Group settings 團隊的安置

No brothers or sisters in Family Of Origin

在原生家庭中沒有兄弟姊妹

2. Healing 醫治

Previous relationship filled with selfishness & lust

先前的關係充滿自私與貪求

Woundings from brothers or sisters

過去從兄弟姊妹來的傷害

Never known pure wholesome loving relationships

從未經歷健康愛的關係

B. Companionship 友誼 (Without romantic overtones沒有浪漫的弦外之音)

1. Friendship 友誼

2. Relieves loneliness 減緩孤單

3. Ministers to need for intimacy 服事親密關係的需要 (Intimacy is a universal need 親密關係是全球的需求, Gen 2:18創世紀 2:18)

C. Provides the basis for a wholesome courtship/marriage preparation

提供了健康友誼的關係/婚姻的預備

1. With someone else (Issue of investing time and the relationship didn't develop)
與其他人一起 (議題有投入時間與關係尚未發展)

2. With this person
和這個人

3. Friendship is a good foundation for a marriage
友誼是良好婚姻的根基

III. Hindrances/Challenges 障礙與挑戰

- A. Previous wounds, hurts, painful memories and experiences
過去的傷害，受傷，痛苦的回憶與經驗
Walls, fears, insecurities
牆，恐懼，沒有安全感
Response: Become intimidated, back away and repel friendship
回應：變得害怕，退縮而且厭惡友誼
- B. Previous (pre-Christian) sexual activity
過去的（為成為基督徒前）的性經驗
Worldly patterns of relating, wrong models
用世界的方式，錯誤的型態
Distorted patterns of relating, sinful, sensual, selfish
扭曲的形式，有罪的，肉體的，自私的。
Personal vulnerability
個人的傷害
- C. Bonding with someone out of mutual rejection and alienation
與某人的關係是拒絕而且是疏遠的。
- D. Wrong Motivations 錯誤的動機
 - 1. Need for intimacy (Lack of wholesome intimacy)
為了親密關係（缺少健全的親密關係）
 - 2. Looking for a partner
為了尋找伴侶
 - 3. Pressure on the other person
給他人施加壓力
- E. Different levels of intimacy develop
不同層級的親密發展
- F. External pressures 外在的壓力
 - 1. Family 家庭 2. Society 社會

IV. Keys for healthy brother-sister relationship 健康的弟兄姊妹情感的要素：

- A. Personal inner wholeness-healing, cleansing, deliverance, restoration (DTS focus)
個人內在的完整與健全-醫治、清潔、釋放、恢復（DTS的焦點）
- B. Internal satisfaction in the Lord (contentment)
內在對神的滿足（知足）
- C. Stay focused on the Word of God
焦點放在神的話語上

- D. Avoid exclusiveness (Sending wrong signals)

避免排外性（傳送錯誤的訊息）

Relate to others of the opposite sex

涉及有關其他的異性

Focus on group settings, include and welcome others in the relationship

焦點放在群體安排上，在人際關係上要接納和歡迎其他的人。

Be cautious of the level and nature of personal sharing. Time limits.

要十分謹慎在個人的分享上及層級。時間限制！

E. Guard your thoughts and emotions. Avoid fantasies.

保守你的心思意念，避免幻想

F. Maintain good same sex relationships, don't isolate yourself

保持良好的同性關係，不要孤立自己！

G. Maintain accountability (Stay open, seek objective input)-Pastor, Mentor

維持良好的責任關係（保持敞開，尋求客觀、投入）-牧師，良友

H. Maintain healthy family relationships

維持健康的家庭關係

V. How do I find God's mate for my life? 我如何找到在我生活中神所為我預備的伴侶？

Check List 確認清單 (Romantic attraction 浪漫的吸引, Inventory, spiritual union)

* Airplane example-green lights. Every item is significant

飛機的例子-綠燈，每一個項目都是具有意義的。

1. Inward witness：內在的證明

Col 3:15 Let the peace of Christ rule in your hearts

歌羅西書3:15 ...又要叫基督的平安在你們心裏作主...

Rom 8:16 The Spirit himself bears witness with our spirits...

羅馬書8:16 聖靈與我們的心同證我們是 神的兒女

Phil 4:7 The peace of God...shall guard your hearts and minds

腓立比書4:7 神所賜出人意外的平安、必在基督耶穌裏、保守你們的心懷意念。

2. Confirming word, scripture, prophecy-Gives voice to what is in your heart

話語的證實，經文，預言，在你心裡面的聲音。

Example. Judy S.

3. Counsel of committed people (Parents, friends, pastor)

與值得信賴的人協談（父母，朋友，牧師）

Gal 2:2-10 I submitted to them the gospel I preach...

加拉太書2:2-10 對那我所述說的福音順服...

Proverbs 11:14 In the abundance of counselors there is victory

箴言 11:14 謀士多、人便安居

Proverbs 12:15 A wise man listens to counsel

箴言12:15 惟智慧人、肯聽人的勸教。

4. How to handle differences 如何處理不同

- a. Pray 禱告 b. Wait 等候 c. Communicate 溝通 d. Trust the Lord 信任主
- e. Honor 敬重 and respect 尊敬 f. Release your expectations 減緩自己的期待
- g. Outside counsel 外在的忠告 h. Respectfully disagree 尊敬不同意。

5. Confirmation of the other person 其他人的驗證

6. Confirming circumstances 環境的驗證

Rev 3:7 Open the door that no one can shut, Acts 16

啟示錄3:7開了就沒有人能關，使徒行傳 16

7. Biblical principles 聖經的原則

VI. What to do if you feel romantic attractions for another person? Or have an interest in them?

如果你覺得對其他人有浪漫的吸引或者你對他們有興趣，你該怎麼做？

A. Admit in honesty that it is romantic (To yourself and to the Lord)

We are notorious for dishonesty (Denial and self deception)

誠實的承認那是浪漫的（對你自己和對上帝）

我們不是為了惡名昭彰所以不誠實（否認和自我欺騙）

B. Reaffirm Jesus as the Lord of your life 肯定耶穌是你生命中的主宰

Mt 6:33 Seek first the kingdom of God 馬太福音6:33 先求神得國與神得義。

C. Seek the Lord whenever these feelings, thoughts and desires arise

當那些感覺、思想與渴望燃起時尋求主！

1. Lord am I able to extend romantic feelings toward this person? Yes? No?

主呀！我能夠對這個人延伸這樣的浪漫嗎？（是/否）

2. If yes then Lord direct me (Attraction does not guarantee that it is of the Lord)

如果是，主呀！引導我！（吸引並不保證都是從主而來的！）

3. We can be in love with love

我們能夠在愛裡有愛！

D. Share with someone you are accountable to and with someone you can trust.

與你可以信賴的人或者是相信的人分享

1. We all need help in this area-our feet leave the ground

我們都需要在這個層面上得到幫助-因為他們不是很穩定！

2. We need objectivity (Ex-Tom W., Honeymoon phase, Maximize the positive)

我們需要保持客觀

3. It brings the relationship into the light

這樣會幫助關係行在光明中

4. They can commit it to the Lord in prayer with us

他們可以與我們一起禱告向主委身！

E. Communicate/honest sharing with the other person (Under the Spirit's guidance)

溝通/誠實的與他人分享（在屬靈的引導之下）

1. Right timing is essential-not too early or late
對的時機是需要的-不要太早或太晚
2. Share wisely and unselfishly
有智慧且不自私的分享
 - a. Don't shock or manipulate不要感到訝異或想操控
 - b. Leave them an out 給他們一個出口
 - c. "God told me" "I'm in love with you and I can't live without you"
「神對我說」、「我愛上你了，而且我沒有你活不下去！」
 - d. The issue of a woman's initiative
女性主導的議題
3. Communicate continually-it keeps you from getting hurt
"Signs and wonders"
持續不斷的溝通-可以保守你不受到傷害

Adapted from: How to Progress in Dating by Dean Sherman

本文摘摘錄：如何進行約會（by Dean Sherman）