

目錄

第一部分	釋題：聖經輔導學之真義
第一課	「聖經輔導學」是甚麼？
第二課	「可是，我不是心理醫生啊！」
第三課	世俗的輔導模式分析
第四課	基督教內輔導模式分析
第五課	反對聖經輔導學的理由
第二部分	聖經輔導學的要素
第六課	聰明的輔導員建造房子在磐石上
第七課	彼拉多之問題：甚麼是真理？
第八課	耶穌動憐憫的心
	輔導過程（一）：投入生命（Involvement）
第九課	事情究竟是怎樣產生的？
	輔導過程（二）：搜集資料（Investigation）
第十課	效法神的眼光
	輔導過程（三）：了解真相（Interpretation）
第十一課	正式上課
	輔導過程（四）：教導真理（Instruction）
第十二課	上場作戰
	輔導過程（四）：教導真理（Instruction 續）
第十三課	委身的代價
	輔導過程（五）：立志改變（Intention）
第十四課	牧養我的羊
	輔導過程（六）：付諸行動（實施，Implementation）
第十五課	終於釋放！
	輔導過程（七）：全面重整（Integration）

第三部分 聖經輔導學在個別問題上的應用

- 第十六課 如何面對怒氣
- 第十七課 如何勝過憂鬱
- 第十八課 如何處理憂慮
- 第十九課 如何克服恐懼
- 第二十課 緊急情況
- 第二十一課 如何勝過癮癖
- 第二十二課 婚姻
- 第二十三課 教養兒女

第四部分 附錄

- 附錄一 本科要求
- 附錄二 書目
- 附錄三 聖經輔導事工所用之表格
- 附錄四 論《聖經》(錄自《西敏寺信仰告白》)
- 附錄五 《西敏寺大要理問答》選錄
- 附錄六 日光之上，日光之下
- 附錄七 心理學和聖經輔導

ACKNOWLEDGMENTS

This Chinese syllabus originated from a class on “Introduction to Biblical Counseling” at Chinese Bible Church of Los Angeles, taught from January to June, 2000. Due to the need for materials in the Chinese language, I translated Dr. George C. Scipione’s course syllabus, “Introduction to Biblical Counseling,” into Chinese.

During the course of the class and the translation process, it became clear that several additions needed to be made in order for the syllabus to be more useful:

- ✧ Scripture references were quoted in full from the Chinese *Union Bible*
- ✧ Case studies referred to at various points of the syllabus, were translated in full from Jay E. Adams’ *Christian Counselor’s Case Book*
- ✧ Counseling outlines and scripture lists from Jay E. Adams’ *Helps for Counselors: A Mini-Manual on Biblical Counseling* were selected and inserted at the end of appropriate chapters

The need is especially urgent, in view of the fact that Chinese translation of Dr. Jay Adams’ *Competent to Counsel* and *Christian Living in the Home* were not available at that time. There were very few resources available in Chinese on biblical, nouthetic counseling. Thus have provided the additional materials in Chinese translation, and inserted them into the syllabus. The result is in your hands.

I would like to thank Dr. Scipione and the Institute for Biblical Counseling and Discipleship of La Mesa, California for granting permission for us to translate this syllabus, and to use it experimentally with counseling training classes. Also I am most grateful to Dr. Jay E. Adams for granting permission to translate portions of his two books, for the express use in this syllabus, and for use in classes.

Special thanks to members of Chinese Bible Church for typing the manuscript: Rosanna She, Ling Lam, Clive Lam, Maria Yeung, Paul Kwok, and Iris Yeung. Anita Lai Wong unified the layout format. Miss Eng Eng Wong of Divine Challengers, Singapore, coordinated a course, “Introduction to Biblical Counseling,” during July and August 2000, during which this Chinese syllabus was experimentally used by the 361 students. With due recognition to all these coworkers, I bear the sole responsibility for any errors in the final product.

Since offering the course in Singapore, July-August 2000, we have confirmed the need to revise the original manuscript. Revisions were made in September 2000 and spring 2001. The course was offered in Johore Bahru, Malaysia in July 2001, and again in Stanford California (The Reformed Institute) in July 2002.

To God be the glory. We pray and trust that biblical counseling will become a movement among Chinese churches.

Samuel Ling
China Horizon
La Mirada, California