

1. Lesson 28 Class Preparation Material  
課堂準備資料第28課
2. Feeling Hope for Building an Eternal Family  
對建立永恆家庭充滿希望
3. Think about what you have learned and experienced in your study of the eternal family during this course.  
想一想你在本課程中研讀有關永恆家庭的教導時，學到和體驗到哪些事。
4. How have these teachings influenced your testimony, desires, and actions?  
這些教導如何影響了你的見證、渴望和行為？
5. As you study this final lesson, consider what the Lord might want you to do so you can live with greater hope as you strive to build and strengthen your own eternal family.  
研讀最後一課時，思考主希望你做什麼，以努力建立並鞏固自己的永恆家庭，使生活更充滿希望。
6. Section 1  
第1部分
7. Why can we have hope for building an eternal family?  
為什麼我能對建立永恆家庭充滿希望？
8. President Henry B. Eyring of the First Presidency taught that we can have hope for building a loving eternal family:  
總會會長團亨利·艾寧會長教導，我們能對建立充滿愛的永恆家庭感到有希望。
9. All of us hope for the joy of living in loving families.  
我們都嚮往全家和樂融融的那種喜悅，
10. For some of us, it is a feeling (we have not experienced)—a feeling (we know is possible but have not yet realized).  
但是我們之中有些人從來沒有體驗過這種感覺——我們知道這種感覺是有可能得到的，只是還沒有經歷過而已。
11. We may have seen it in the lives of others.  
我們可能曾在其他人的生活中看過這種喜悅。
12. For others of us, family love has seemed more real and precious when death has separated us from a child, a mother, a father, a brother, a sister, or a loving and beloved grandparent.  
對一些人來說，當死亡將我們與孩子、母親、父親、兄弟、姊妹，或我們敬愛、慈祥的祖父母分開時，家庭之愛似乎更顯得真實而寶貴。……
13. If we are blessed to find the restored gospel, we can choose to make and keep the covenants with God (that qualify us for eternal life).  
如果我們蒙福找到了復興的福音，就可以選擇與神立約和遵守聖約，使我們有資格獲得永生。
14. As we endure in that faithfulness, the Holy Ghost will confirm our hope and confidence that we are on the path to eternal life, to live in families forever in the celestial kingdom.  
我們若忠信地持守，聖靈就會證實我們的希望和信心，讓我們知道自己正走在通往永生的道路上，能夠與家人永遠住在高榮國度。
15. Our faith in our Heavenly Father's plan and in His Son, Jesus Christ, can give us hope that we can build an eternal family.  
我們對天父的計畫和祂兒子耶穌基督的信心，讓我們對建立永恆的家庭充滿希望。

16. 1 The Lord 2 wants to help 5 us, and 9 through His power 1 we 2 can overcome 5 challenges.  
主想要幫助我們，而且透過祂的大能，我們便能克服挑戰。
17. 9 In the New Testament 1 we 2 read of 5 (how 1 Elisabeth 2 became 4 8 pregnant 9 well beyond childbearing years and 1 Mary, a virgin, 2 became 4 the mother of the Son of God.  
我們在新約中讀到伊利莎白在遠遠超過生育年齡之後懷孕，而童貞女馬利亞則成為神子的母親。
18. 1 Each of these women 2 faced 5 different circumstances, but 1 they both 2 understood 5 (that “9 with God 1 nothing 2 shall be 4 8 impossible”).  
這兩位婦女雖然有不同的境遇，但是她們都了解，「出於神的話，沒有一句不帶能力的」。
19. 2 Record 5 Your Thoughts  
記錄你的想法
20. 2 Identify 5 an example 8 from the scriptures or your own family experience of (how 1 the Lord helps those 8 (1 who 2 trust in 5 Him and 2 seek 5 His help).  
從經文或你自己的家庭經驗中找出一個例子，說明主如何幫助信賴祂並尋求祂幫助的人。
21. 1 Take 5 a few minutes 9 to record your responses to the following questions in a notebook or note-taking app:  
用幾分鐘時間在筆記本或是筆記應用程式中記錄你對下列問題的答案：
22. 6 What truths about the Lord 2 might 1 the individual (or individuals) in this account 2 counsel 5 you 6 to remember 7?  
這段記事中的人物可能會建議你記得哪些有關主的真理？
23. 6 What 2 might 1 the individual (or individuals) 2 counsel 5 you 6 to do 7 9 in your efforts 8 to build an eternal family?  
這位人物(或這些人物)可能會建議你做什麼，以建立永恆家庭？
24. 2 Create 5 a Note  
建立筆記
25. Section 2  
第2部分
26. 9 How 2 can 1 1 2 have 5 hope 8 for building an eternal family 9 (if 1 1 2 don't come 9 from a family 8 (1 that 2 is 4 8 strong 8 in following the Savior)?  
如果我的原生家庭並沒有堅定跟從救主，我如何能對建立永恆家庭充滿希望呢？
27. 1 Some young adults 2 have not experienced or witnessed 5 righteous family patterns 9 in their families.  
有些年輕成人在家中沒有體驗過或見證過正義家庭的模式，
28. 1 Some 2 have watched 5 (1 their parents' marriages 2 end 9 in divorce).  
有些人還目睹父母的婚姻以離婚收場。
29. 1 Those 8 (1 who 2 have experienced 5 these or other difficult circumstances) 2 may wonder 5 (if 1 they 9 really 2 can build 5 an eternal family).  
經歷過這些或其他困境的人，可能會懷疑自己是否真的能建立永恆家庭。
30. 1 Elder Yoon Hwan Choi of the Seventy 2 taught about 5 the difference 5 (1 our choices 2 can make 9 for our eternal family):  
七十員崔崙煥長老教導，我們的選擇會為我們的永恆家庭帶來哪些改變：
31. 1 All of us 2 are 4 9 in the middle of an eternal family.  
我們都在永恆家庭世代的中間。

32. <sup>1</sup> Our role <sup>2</sup> **can be** <sup>4</sup> a turning point <sup>8</sup> (**at which** <sup>1</sup> significant changes **can occur** <sup>in</sup> positive **or** negative ways).  
我們的角色可以是一個轉捩點，能促成大好改變，也能造成極壞的改變。
33. <sup>1</sup> There <sup>2</sup> **are** <sup>4</sup> generations **before** us **and** **after** us <sup>8</sup> **depending on** us <sup>9</sup> **to follow** Christ <sup>9</sup> (**so that** <sup>1</sup> we <sup>2</sup> **can be** <sup>4</sup> an eternal family **of** God).  
在我們之前和之後的許多世代都仰賴著我們跟從基督，才能成為神的永恆家庭。
34. <sup>1</sup> The prophet Abraham <sup>2</sup> **is** <sup>4</sup> a powerful example **of** (**how** <sup>1</sup> we <sup>2</sup> **can choose to be** <sup>4</sup> a positive “turning point” <sup>8</sup> **for** our own family).  
先知亞伯拉罕是強有力的榜樣，讓我們知道要如何選擇成為自己家庭中大大的「轉捩點」。
35. <sup>1</sup> **Some of** Abraham’s family <sup>8</sup> **including** his own father, <sup>2</sup> **had turned away** <sup>9</sup> **from** the commandments **of** the Lord.  
亞伯拉罕的一些家人，包括他的父親，都背離了主的誡命，
36. They <sup>2</sup> **chose** <sup>9</sup> instead <sup>2</sup> **to worship** <sup>5</sup> false gods.  
而且選擇崇拜假神。
37. <sup>2</sup> **Study** <sup>9</sup> **in** Preparation **for** Class  
課堂準備：研讀
38. <sup>2</sup> **Read** <sup>2</sup> Abraham 1:2, **and** <sup>2</sup> **look for** <sup>5</sup> (<sup>5</sup> **what** <sup>1</sup> Abraham <sup>2</sup> **desired and chose** <sup>9</sup> **despite** his circumstances).  
閱讀亞伯拉罕書1:2，找出亞伯拉罕儘管身處那樣的景況，仍然渴望和選擇什麼。
39. <sup>9</sup> (**When** <sup>1</sup> wicked priests <sup>2</sup> **attempted to sacrifice** <sup>9</sup> Abraham <sup>2</sup> **to** <sup>7</sup> **their false** gods), <sup>1</sup> the Lord <sup>9</sup> miraculously <sup>9</sup> **saved** <sup>5</sup> Abraham.  
邪惡的祭司試圖將亞伯拉罕獻祭給假神，但是主行奇蹟，拯救了亞伯拉罕。
40. <sup>9</sup> Later, <sup>1</sup> He <sup>2</sup> **led** <sup>5</sup> Abraham **and** some **of** his extended family <sup>9</sup> **to** another land.  
後來，祂帶領亞伯拉罕和他的一些親戚到另一個地方。
41. <sup>9</sup> (**While** <sup>1</sup> they <sup>2</sup> **were** <sup>9</sup> there), <sup>1</sup> the Lord <sup>2</sup> **promised** <sup>5</sup> Abraham <sup>7</sup> important blessings, <sup>8</sup> **including** the blessing **of** an eternal family.  
主在那個地方應許亞伯拉罕重要的祝福，包括永恆家庭的祝福。
42. <sup>9</sup> **Like** Abraham, <sup>1</sup> we <sup>2</sup> **can** <sup>9</sup> **seek after** <sup>5</sup> the blessings **of** an eternal family **and** <sup>2</sup> **receive** <sup>5</sup> the Lord’s help <sup>9</sup> **in** building one, whatever our family’s circumstances have previously been.  
我們也可以像亞伯拉罕一樣，不論家庭原來的狀況如何，還是可以尋求永恆家庭的祝福，並接受主的幫助來建立這樣的家庭。
43. <sup>1</sup> Elder D. Todd Christofferson **of** the Quorum **of** the Twelve Apostles <sup>2</sup> **testified**:  
十二使徒定額組陶德·克理斯多長老見證：
44. <sup>9</sup> **To** children <sup>8</sup> (<sup>1</sup> whose family situation <sup>2</sup> **is** <sup>4</sup> **troubled**), <sup>1</sup> we <sup>2</sup> **say**, (<sup>1</sup> you yourself <sup>2</sup> **are** <sup>4</sup> no less <sup>9</sup> **for** that).  
對於家庭出狀況的孩子，我們要說，你本身並不會因此而比別人差。
45. <sup>1</sup> Challenges <sup>2</sup> **are** <sup>9</sup> **at times** <sup>4</sup> an indication <sup>8</sup> **of** the Lord’s trust <sup>8</sup> **in** you.  
有時候，這些挑戰意味著主信任你。
46. <sup>1</sup> He <sup>2</sup> **can help** <sup>5</sup> you, <sup>9</sup> directly **and** **through** others, <sup>6</sup> **to deal with** (<sup>5</sup> **what** <sup>1</sup> you <sup>2</sup> **face**).  
祂會直接或間接透過別人來幫助你，解決你所面對的問題。
47. <sup>1</sup> You <sup>2</sup> **can become** <sup>4</sup> the generation, perhaps the first **in** your family, <sup>8</sup> (where <sup>1</sup> the divine patterns <sup>8</sup> (<sup>5</sup> that God <sup>2</sup> **has ordained** <sup>9</sup> **for** families) <sup>9</sup> truly <sup>2</sup> **take shape** **and** <sup>2</sup> **bless** <sup>5</sup> all the generations <sup>8</sup> **after** you.  
你可以成為讓你的家庭擁有神為家庭制定的模式的第一代或第一個人，真正地塑造和造福你所有的後代子孫。

48. <sup>1</sup> Elder David A. Bednar **of** the Quorum **of** the Twelve Apostles <sup>2</sup> **shared** <sup>5</sup> his own experience <sup>8</sup> **with choosing to build** an eternal family.  
十二使徒定額組大衛·貝納長老分享了他自己選擇建立永恆家庭的經驗。
49. <sup>2</sup> **Read** <sup>5</sup> the statement <sup>8</sup> below **or** <sup>2</sup> **listen to** <sup>5</sup> it, <sup>8</sup> **beginning at** time code 25:47 **and** <sup>8</sup> **ending at** 28:15.  
閱讀或聆聽以下這段話，從時間碼25:47開始，到28:15結束。
50. <sup>9</sup> **With** the help <sup>8</sup> **of** the Lord, <sup>1</sup> you <sup>2</sup> **can create** <sup>5</sup> an eternal family, <sup>9</sup> **(even if** <sup>1</sup> you <sup>2</sup> **did** <sup>9</sup> not <sup>2</sup> **come** <sup>▲</sup> **from** the kind **of** Latter-day Saint home <sup>8</sup> (<sup>1</sup> that <sup>9</sup> sometimes <sup>2</sup> **is featured** <sup>9</sup> on the \_\_\_\_\_ covers <sup>8</sup> **of** the [Church] magazines)).  
在主的幫助下，你們可以建立永恆的家庭，即使你們的原生家庭不像是[教會]雜誌封面上，有時候會刊登的那種後期聖徒家庭。
51. <sup>9</sup> Please <sup>9</sup> always <sup>2</sup> **remember**: <sup>1</sup> it <sup>2</sup> **begins with** <sup>5</sup> you!  
請永遠記住：從你開始！
52. <sup>1</sup> The very fact <sup>8</sup> (**that** <sup>1</sup> I <sup>2</sup> **had** <sup>▼</sup> not <sup>2</sup> **experienced** <sup>▲</sup> <sup>5</sup> righteous family patterns <sup>9</sup> **in** my boyhood home) <sup>2</sup> **created** <sup>9</sup> in me <sup>5</sup> a strong desire <sup>8</sup> **to work** <sup>9</sup> diligently <sup>9</sup> **with** Susan <sup>9</sup> **to make sure** \_\_\_\_\_ <sup>5</sup> (<sup>1</sup> such patterns <sup>2</sup> **were** <sup>9</sup> always <sup>4</sup> a part **of** the home <sup>8</sup> (<sup>1</sup> we <sup>2</sup> **created** <sup>9</sup> together)).  
事實上，在我童年時的家中，我沒有體驗過正義的家庭模式，這在我內心中形成一股強烈的渴望，讓我很努力地和蘇珊合作，來確保我們共同建立的家庭中始終有這樣的模式。
53. <sup>9</sup> **(As** <sup>1</sup> we <sup>2</sup> **counseled with** <sup>5</sup> one another **and** <sup>2</sup> **pleaded for** <sup>5</sup> help <sup>9</sup> **in** our prayers), <sup>1</sup> we <sup>2</sup> **were** <sup>4</sup> **inspired and blessed** <sup>9</sup> **to help** our children **learn** the principles **of** the Savior's **restored** gospel.  
當我們彼此商量並在禱告中懇求協助時，我們受到了啟發和祝福，來幫助我們的孩子學習救主的復興福音的原則。
54. <sup>1</sup> We <sup>9</sup> certainly <sup>2</sup> **were** <sup>4</sup> not perfect parents, **but** <sup>1</sup> we <sup>2</sup> **received** <sup>5</sup> the spiritual gifts <sup>8</sup> (<sup>1</sup> we \_\_\_\_\_ <sup>2</sup> **needed**) **and** <sup>2</sup> **found** <sup>5</sup> help ... **beyond** [our] own".  
我們當然不是完美的父母，但我們獲得所需的屬靈的恩賜，並且找到「遠勝自身力量的協助」。
55. <sup>1</sup> You **and** I <sup>2</sup> **are** <sup>▼</sup> not <sup>2</sup> **trapped** <sup>▲</sup> <sup>9</sup> **in** our past experiences.  
你和我並沒有被困在自己過去的經驗中。
56. <sup>1</sup> We <sup>2</sup> **are** <sup>9</sup> not wholly and totally <sup>4</sup> **victims of** our present circumstances **or** **captives of** our environment.  
我們並不全然是自己目前境況的受害者，也不是環境的俘虜。
57. <sup>1</sup> The Holy Ghost <sup>2</sup> **will teach** <sup>5</sup> us <sup>7</sup> all things <sup>8</sup> (<sup>5</sup> that <sup>1</sup> we <sup>2</sup> **should do**), <sup>8</sup> **including** patterns <sup>8</sup> **of** family righteousness <sup>8</sup> (in which <sup>1</sup> we <sup>2</sup> **have** <sup>▼</sup> not previously <sup>2</sup> **participated** <sup>▲</sup> ).  
聖靈會教導我們所有應該做的事，包括我們從前沒有參與過的正義家庭模式。
58. <sup>1</sup> It <sup>2</sup> **begins with** <sup>5</sup> you!  
從你開始！
59. **And** <sup>9</sup> **with** the Lord's help, <sup>1</sup> you <sup>2</sup> **can do** <sup>5</sup> it.  
在主的幫助下，你一定做得到。
60. <sup>1</sup> Some of you <sup>2</sup> **have had** <sup>5</sup> your hearts <sup>6</sup> **broken** <sup>9</sup> **by** family members **or** respected leaders \_\_\_\_\_ <sup>8</sup> (<sup>1</sup> who <sup>2</sup> **have** <sup>▼</sup> not <sup>2</sup> **honored** <sup>▲</sup> <sup>5</sup> sacred marriage covenants).  
你們有些人，由於家人或景仰的領袖沒有固守神聖的婚姻聖約而心碎。
61. <sup>1</sup> You <sup>2</sup> **may ask** <sup>5</sup> yourself, <sup>7</sup> <sup>9</sup> **(If** <sup>1</sup> my parents **or** other couples <sup>8</sup> (<sup>1</sup> I <sup>2</sup> **have known**) <sup>2</sup> **were sealed** <sup>9</sup> **in** the temple **and** their marriages <sup>2</sup> **did not succeed**), <sup>5</sup> what hope <sup>2</sup> **can** <sup>▼</sup> I <sup>2</sup> **have** <sup>▲</sup> \_\_\_\_\_ <sup>9</sup> (that <sup>1</sup> my marriage <sup>2</sup> **will last** <sup>9</sup> forever)?"

你們可能會問自己：「如果我的父母或其他我認識的夫婦在聖殿裡印證，結果還是離異了，我還能指望我的婚姻能持續到永恆嗎？」

62. To you (1 who 2 **have** 2 **experienced** 2 the heartache 8 of a divorce 9 in your family or 2 **felt** 2 the agony 8 of **violated** trust, 9 please 2 **remember** 5 ( 1 it 2 **begins** 2 again 2 **with** 2 you)!

我要對那些因為家人或自己離婚而痛心的人，或因為家人背信而備受煎熬的人說：請記住，要由你來重新開始！

63. 1 One link in the chain of your generations 2 **may have been broken**, but 1 the other righteous links and (1 what 2 **remains of** 5 the chain) 2 **are** 4 8 nonetheless eternally important.

你世代鏈的某一環也許已經被打斷，但其他正義的鏈環，那繼續存在的鏈環仍然具有永恆的重要意義。

64. 1 You 2 **can** 2 **add** 2 **strength** 2 to 7 your chain and 9 perhaps even 2 **help to restore** 2 the **broken** links.

你可以強化自己的鏈環，甚至可能幫助修復那斷開的鏈環。

65. 1 That work 2 **will be accomplished** 9 one by one.

這事工會一環一環地完成。

66. 2 **Ponder** 9 in Preparation for Class

課堂準備：沉思

67. 2 **Think about** 5 your future (or current) children.

想想你未來(或現在的)子女。

68. 5 What righteous family patterns 2 **might** 2 they 2 **want** 2 you 6 to start or continue?

他們可能會希望你開始或繼續哪些正義的家庭模式？

69. 2 **Are** 1 there 4 any patterns of unrighteous behavior 8 (1 they 2 **would want** 5 you 6 to **discontinue**)?

他們可能希望你停止哪些不正義的行為模式？

70. 9 How 2 **can** 1 the Lord 2 **help** 5 you 9 (as 1 you 2 **do** 9 so)?

主如何能幫助你做到？

71. Section 3

第3部分

72. 5 What 2 **have** 2 you 2 **learned** 2 and 2 **experienced** 2 in your study 8 of the eternal family?

你在研讀有關永恆家庭的教導時，學到和體驗到哪些事？

73. 9 (As 1 you 2 **approach** 5 the end of this course), 2 **consider** 5 (5 what 1 you 2 **have learned about** 5 the importance of the family 9 in our Heavenly Father's plan of salvation and 9 in your own life).

本課程就要結束了，思考一下，你學到家庭在天父的救恩計畫以及在你的生活中，有多重要。

74. 9 **Regarding** the importance of families, 1 **President M. Russell Ballard of the Quorum of the Twelve Apostles** 2 **taught**:

十二使徒定額組羅素·培勒會長教導了家庭的重要性：

75. Brothers and sisters, 1 the most important cause of our lifetime 2 **is** 4 our families.

弟兄姊妹們，我們一生中最重要的因乃是我們的家庭。

76. 9 (If 1 we 2 **will devote** 2 ourselves 2 to 7 this cause), 1 we 2 **will improve** 5 every other aspect of our lives and 2 **will become**, 9 as a people and as a church, 4 an example and a beacon for all peoples of the earth.

只要我們致力於這個因，就會在我們人生中的每一方面獲得改進，而且無論個人或整個教會，都會成為全世人的模範與燈塔。

77. <sup>2</sup> **Ponder** <sup>9</sup> in Preparation for Class  
課堂準備：沉思
78. <sup>2</sup> **Look** <sup>9</sup> back <sup>9</sup> through the titles of the lessons in this course.  
回顧本課程各課的標題，
79. <sup>9</sup> (**As** <sup>1</sup> you <sup>2</sup> do), <sup>2</sup> **reflect on** <sup>5</sup> the following questions:  
並思考下列問題：
80. <sup>9</sup> How <sup>2</sup> **has** <sup>5</sup> this course <sup>2</sup> **influenced** <sup>5</sup> your understanding and testimony of the Lord's teachings on marriage and the family?  
關於主針對婚姻和家庭所提出的教導，你的了解和見證，如何因為這個課程而受到影響？
81. <sup>1</sup> **What has been** <sup>4</sup> one of your most significant takeaways from this course?  
你在這個課程中最重要收穫之一是什麼？
82. <sup>1</sup> **What have** <sup>1</sup> you <sup>2</sup> **learned about** <sup>5</sup> Heavenly Father and Jesus Christ throughout this course?  
這個課程讓你對天父和耶穌基督有什麼了解？
83. <sup>9</sup> How <sup>2</sup> **has** <sup>5</sup> your relationship with Them <sup>2</sup> **been strengthened** <sup>5</sup> ?  
你與祂們的關係如何更為鞏固了？