

1. Lesson 7 Class Preparation Material
課堂準備資料第7課
2. The Eternal Nature and Purpose of Gender
性別的永恆本質和目的
3. 1 Elder David A. Bednar of the Quorum of the Twelve Apostles 2 taught 5 (that 1 our gender, 8 used in this and following lessons to mean our biological sex at birth(unless otherwise noted), “ in large measure 2 defines 5 (4 who 1 we 2 are, why 1 we 2 are 4 9 here 9 upon the earth, and what 1 we 2 are 4 to do and become)”.
十二使徒定額組大衛·貝納長老教導性別，除非另有註明，本課和隨後課程提到的性別，指的是出生時的生理性別，「大致闡明了我們的身分、我們為何來到世上、以及我們應該怎麼做、成為怎樣的人」。
4. 9 (As 1 you 2 study 5 the material for this lesson), 2 consider (how 1 Heavenly Father’s plan of salvation 2 can help 5 you 9 better 6 understand the importance of your eternal identity and purpose as a son or daughter of heavenly parents).
研讀本課的資料時，想一想身為天上父母的兒女，天父的救恩計畫如何幫助你更了解自己的永恆身分和目的有多重要。
5. Note: 1 Gender 2 is 4 a sensitive issue for many people.
注意：對許多人而言，性別是一個敏感的議題。
6. 1 These materials 2 are 4 8 intended 9 to help you understand Heavenly Father’s doctrine concerning gender and explore 5 (how 1 it 2 applies to 5 varying circumstances in our world today).
這些資料旨在幫助你了解，關於性別，天父的教義是什麼，並探討這教義如何適用於今日世界的不同情況。
7. 5 Seek the help of the Spirit to understand the messages God intends for you as 1 you 2 study.
尋求聖靈的幫助，好在研讀時了解神想要傳達給你的信息
8. Section 1
第1部分
9. 1 How 2 can 5 my understanding of gender be strengthened as (1 I 2 better understand 5 Heavenly Father’s plan?)
更了解天父的計畫，能如何增強我對性別的了解？
10. 1 The family proclamation 2 states: 5 “All human beings—male and female—are created in the image of God.
家庭文告指出：「全人類，不論男女，都是照著神的形像所造，
11. 1 Each 2 is 5 a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny.
每個人都是天上父母所心愛的靈體兒女，因為這樣，每個人皆有神聖的特性及目標。
12. 1 Gender 2 is 4 an essential characteristic of individual premortal, mortal, and eternal identity and purpose”.
性別是每個人前生、今生和永恆身分及目的之基本特徵」

13. 1 The term gender 2 can have 4 different meanings for different people.
性別一詞對不同的人來說，可能有不同的意義。
14. As 2 explained in the 1 Church handbook, 5 “1 The intended meaning of gender in the family proclamation 2 is 4 biological sex at birth”.
而教會指導手冊說明，「在家庭文告中，性別一詞要表達的意思，是指出生時的生理性別」。
15. 1 Elder Richard G. Scott of the Quorum of the Twelve Apostles said of our 2 creation:
十二使徒定額組李察·司考德長老談到我們的創造，說：
16. 1 This [creation of male and female] 2 was 4 done spiritually in your premortal existence when you lived in the presence of your Father in Heaven.
〔男性和女性〕的屬靈創造，在前生即已完成，那時你們還住在天父的面前。
17. 1 Your gender existed before you 2 came 4 to earth.
你們在降世前就有性別。
18. 1 President Dallin H. Oaks of the First Presidency further 2 taught 4 that the “1 binary creation [of male and female] 2 is 4 essential to the plan of salvation”
總會會長團達林·鄔克司會長進一步教導：「〔男性和女性的〕二元創造是救恩計畫中不可或缺的部分」
19. Understanding 1 our heavenly parentage 2 can help 5 us better understand God’s plan for us and help us better see the significance of our gender in that plan.
了解天上的父母，能幫助我們更了解神為我們制定的計畫，也幫助我們更能看出性別在這項計畫中的重要性。
20. 2 Study 4 in Preparation for Class
課堂準備：研讀
21. 2 Read 1 Genesis 1:26–27, 5 and think about what it means to be created in the image of our heavenly parents.
閱讀創世記1:26-27，想想照著天上父母的形像所造是什麼意思
22. 1 Consider why gender 2 is 5 essential in Heavenly Father’s plan.
思考為什麼性別在天父的計畫中是不可或缺的，
23. 1 Here 2 are 4 some truths you might reflect on:
並思索這些真理：
24. 1 The eternal 2 marriage 5 of a (1 man and a woman 2 is 5 essential to becoming like our heavenly parents).
為了成為和天上父母一樣，一男一女的永恆婚姻是不可或缺的。
25. 1 The nature of eternal life, or exaltation, 2 is 4 the continuation of families for eternity.
永生(即超升)的本質，即是將家庭延續到永恆，
26. 1 This potential 2 can only be 5 reached “through the creative powers inherent in the combination of male and female joined in an eternal marriage.
唯有「透過在永恆婚姻中結合的男女運用與生俱來的生育能力，才有可能實現這個可能。
27. “By divine design, both a 1 man and a woman 2 are needed to 4 bring children into mortality and to provide the best setting for the rearing and nurturing of

children”.

「按照神的安排，要有男也有女，才能將子女帶到塵世，才能提供最好的環境來養育子女」。

28. *1 Heavenly Father 2 endows 5 men and women with distinct capacities to help them fulfill these and other divine responsibilities in His plan.*
天父賦予男人和女人各自獨特的能力，幫助他們履行祂計畫中的這些和其他神聖責任。
29. *1 Men and women 2 need 4 each other to progress and reach their full eternal potential.*
男人和女人需要彼此，才能進步並發揮全部的永恆潛能。
30. **As** *1 Elder Bednar 2 taught:*
正如貝納長老所教導的：
31. The natures **of** male **and** female spirits complete **and** perfect each other, **and** therefore (*1 men and women 2 are 4 intended to progress together toward exaltation*). ...
男女靈體的特質是相輔相成的，因此，男女要一起進步，邁向超升。.....
32. For divine purposes, *1 male and female spirits 2 are 4 different, distinctive, and complementary.*
為了神聖的目的，男女靈體各有不同，各有其獨特之處，且相輔相成。
33. ... *1 The unique combination of spiritual, physical, mental, and emotional capacities of both males and females 2 were needed 4 to implement the plan of happiness.*
.....男女在靈性、身體、情感，和精神上獨特的結合，是實行幸福計畫時所不可或缺的。
34. Alone, *1 neither the man nor the woman 2 could 5 fulfill the purposes of his or her creation. ...*
男人或女人都無法單獨達成創造的目的。.....
35. ... Just **as** the unique characteristics **of** both males **and** females contribute to the completeness **of** a marriage relationship, **so** those same characteristics are vital to the **rearing, nurturing, and teaching of** children.
.....正如男女的不同特徵有助於婚姻關係的完整無缺，同樣這特徵對於養育、教導子女也很重要。
36. *1 Elder Dale G. Renlund of the Quorum of the Twelve Apostles and Sister Ruth L. Renlund 2 have also taught:*
十二使徒定額組戴爾·瑞隆長老和路得·瑞隆姊妹也教導：
37. *1 Male and female spirits 2 were 4 created to complement each other.*
男性和女性的靈體被造來互補。
38. *1 That 2 is 5 why gender is not fluid in the eternities—because it provides the basis for the ultimate gift Heavenly Father can give. His kind of life.*
這就是為什麼性別在永恆中不會流動改變——因為這就是天父可以給予的終極恩賜，也就是過祂那種生活的基礎。
39. Ponder **in** Preparation for Class
課堂準備：沉思

40. 1 Consider the role of gender from an eternal 2 perspective.
用永恆的觀點來思考性別的角色。
41. 1 How 2 can 4 the plan of salvation help you understand that “1 gender 2 is 4 an essential characteristic of individual premortal, mortal, and eternal identity and purpose”?
救恩計畫如何幫助你了解「性別是每個人前生、今生和永恆身分及目的之基本特徵」
42. Section 2
第2部分
43. How can I better understand questions regarding gender?
我如何能更了解有關性別的問題？
44. You may have noticed that in our day there are many different ideas about gender and identity.
你可能已經注意到，這個時代的人們對於性別和認同有許多不同的看法。
45. Some people separate the term gender from biological sex.
有些人會區分出性別和生理性別。
46. They may speak of their gender identity, which can refer to a person’s inner sense of their gender even if it is something different from their biological sex. 並提出自己的性別認同，也就是指他們心中對自己性別的感知，而這可能和他們的生理性別有所不同。
47. Note that this is different from sexual orientation, which involves physical, emotional, and sexual attraction to others.
注意：這和性傾向不同。性傾向是指身體、情緒和性方面如何受到他人的吸引。
48. Sexual orientation will be discussed in the next lesson.
下一課將討論性傾向。
49. A person’s understanding of being male or female can be influenced by culture, social norms, and upbringing.
一個人對男性和女性的認知，可能會受到文化、社會規範和成長經驗影響。
50. For these and other reasons, rigid gender stereotypes can sometimes cause confusion for some people and may even be harmful.
基於這些和其他因素，對性別僵硬的刻板印象有時會讓一些人感到困惑，甚至造成傷害。
51. For example, some people may worry that their interests and abilities do not match some cultural and social expectations for their biological sex.
例如，有些人可能會擔心他們的興趣和能力，不符合文化和社會對他們的生理性別的期望，
52. That does not necessarily mean that there is incongruence between their biological sex and their gender identity.
但這並不一定表示他們的生理性別和性別認同不一致。
53. It is important to remember that a number of elements make up our complete individual identity, including our divine identity, biological sex, gifts, aptitudes, desires, and choices.
重點是要記住，我們個人完整的身分是由幾個要素構成的，包括我們的神聖身分、生理性別、恩賜、能力、渴望和選擇。

54. Even when we understand eternal truths about gender, complex realities in our lives can result in challenging questions or circumstances.
即使了解有關性別的永恆真理，生活中複雜的現實，也會造成充滿挑戰的問題或情況。
55. Consider the following points:
請思考下列幾點：
56. For reasons not fully understood, some individuals at some point in their lives, “experience feelings of incongruence between their biological sex and their gender identity.”
因為我們無法完全了解的原因，有些人在人生的某個時刻會「覺得自己的生理性徵與性別認同並不一致，
57. As a result, they may identify as transgender.
因此可能自認為是跨性別者。
58. The Church does not take a position on the causes of people identifying themselves as transgender”.
本教會對於自認為是跨性別者的成因，並沒有抱持特定的立場」
59. Some people may feel uncomfortable or frustrated with the cultural and social expectations that are associated with their biological sex.
有些人可能會對文化和社會賦予他們生理性別的期望感到不自在或沮喪。
60. As noted in the General Handbook, “In extremely rare circumstances, a baby is born with genitals that are not clearly male or female”.
如同總指導手冊所提到的，「在極少數的情況下，有的嬰兒在出生時，沒有明顯的男性或女性的生殖器」，
61. This is often referred to as intersex.
他們通常被稱為陰陽人。
62. This circumstance, and how it is treated by parents or medical advisors, may or may not impact the individual’s gender identity.
這種情況，以及父母或醫療顧問的處理方式，可能會，也可能不會，影響他們的性別認同。
63. As one Church publication on the topic of transgender notes, individuals who identify as transgender “face complex challenges.”
教會一份有關跨性別這個主題的出版品指出，自我認同為跨性別者「面臨複雜的挑戰」。
64. They “are just as deserving of Christlike love as any of God’s children and should be treated with sensitivity, kindness, and compassion”.
他們「和任何神的孩子一樣，值得基督般的愛，並應受到細心、友善和憐恤的對待」
65. Instead of allowing a lack of understanding or unrighteous judgment to dictate how we interact with others, we can “try to see others through Christlike eyes”.
不要讓認識不足或不正義的判斷來主宰我們與他人的互動，「試著以基督般的眼光去看別人」
66. Ponder in Preparation for Class
課堂準備：沉思

67. How can I be more thoughtful and sensitive when discussing gender with others and when considering the complex realities of others I may know or come in contact with?
與他人討論性別時，以及在考慮我所認識或接觸到的人的複雜現實時，要如何更為體諒、更敏於察覺他人的感受？
68. Section 3
第3部分
69. What if I have questions about my gender identity?
如果我對自己的性別認同有疑問，該怎麼辦？
70. If you have questions about your gender or experience feelings of gender incongruence, know that you are loved by your Heavenly Father and your Savior.
如果你對自己的性別有疑問，或有性別不一致的感覺，要知道天父和救主愛你，
71. They are always there for you.
祂們會一直陪在你身邊。
72. Consider how Jesus Christ and His gospel can help and strengthen you.
想一想耶穌基督和祂的福音能如何幫助你和鞏固你。
73. The Transgender resources published by the Church share these important truths and reminders:
教會出版的跨性別者資源提出了這些重要的真理和提醒：
74. The Savior has a perfect understanding of our unique circumstances.
救主對我們獨特的處境有完全的了解。
75. As mortals, our understanding is limited.
身為凡人，我們的理解有限。
76. We can declare with Nephi that we “know that [God] loveth his children; nevertheless, [we] do not know the meaning of all things”
我們可以像尼腓一樣宣告，我們「知道[神]愛祂的兒女；不過，我[們]不明白所有事情的意義」
77. Not everyone around you will be perfect in expressing love, compassion, or sensitivity.
你周圍的人，並非每一個都能完美地表達愛和憐恤或有敏銳的感受力。
78. In the world today, it is easy to find offense and to cause offense.
在當今的世界中，我們很容易被冒犯，也很容易得罪人。
79. Significant challenges can make us vulnerable to unintended offenses due to misplaced words or misguided comments.
重大的挑戰可能使我們變得脆弱，使得別人不當的措辭或被誤導的評論很容易不經意地冒犯我們。
80. As members of the Church, we are all learning and growing.
身為教會成員，我們都還在學習和成長。
81. Sister Michelle D. Craig, First Counselor in the Young Women General Presidency, has also taught:
總會女青年會長團第一諮理米雪兒·奎格姊妹也教導：

82. Latter-day Saints come in many shapes and sizes, but “all are alike unto God”
.....
後期聖徒有許多不同的樣貌, 但.....「對神而言都是一樣的」。
83. No matter who you are or what you’re dealing with, you are invited to the Lord’s table.
.....無論你是誰、無論你正面臨什麼挑戰, 你都受邀參加主的宴席。
84. Be reassured that all blessings of the gospel are available to any who choose to obey God’s commandments.
請放心, 選擇服從神誠命的人, 都可以獲得福音的所有祝福。
85. You “can make and keep promises to God” and “walk in His light and participate in His Church” whether or not you experience feelings of gender incongruence .
無論是否有性別不一致的感覺, 你都可以「訂立並遵守對神的承諾」, 並「在祂的光明中行走, 參加祂的教會」
86. The Church handbook notes that “transgender individuals who do not pursue medical, surgical, or social transition to the opposite gender and are worthy may receive Church callings, temple recommends, and temple ordinances” .
教會指導手冊指出, 「未進行變性醫療、變性手術或社交轉型, 而且配稱的跨性別者, 可以接受教會召喚、聖殿推薦書及聖殿教儀」。
87. Note: “A social transition includes changing dress or grooming, or changing a name or pronouns, to present oneself as other than his or her biological sex at birth” .
注意: 「社交轉型包括改變穿著或裝扮, 或是改變名字或代名詞, 使自己呈現出不同於出生時生理性別的樣貌」。
88. If you would like to understand more, talk with your bishop or branch president.
如果想進一步了解, 請與主教或分會會長談談。
89. Although not against Church policy or doctrine, publicly labeling yourself as transgender could limit your ability to reach your eternal goals.
雖然公開稱自己為跨性別者並不違反教會政策或教義, 但卻可能會使你達成永恆目標的能力受到限制。
90. President Oaks cautioned:
鄔克司會長警告說:
91. Be careful how you characterize yourself. ...
描述自己的特質時, 要小心你的方式。
92. The only single quality that should characterize us is that we are a son or daughter of God.
.....我們只應該用一個特質來描述自己, 那就是: 我們是神的兒子或女兒。
93. That fact transcends all other characteristics.
這項事實超越所有其他的特質。
94. Each of us is a child of God with a potential destiny of eternal life.
我們每個人都是神的孩子, 有獲得永生的潛能。

95. Every other label ... is temporary or trivial in eternal terms.
所有其他歸類,從永恆的角度看, 都是短暫且微不足道的。
96. Don't choose to label yourselves or think of yourselves in terms that put a limit on a goal for which you might strive.
不要選用可能會侷限你追求目標的字眼, 來歸類自己或認定自己。
97. Elder D. Todd Christofferson of the Quorum of the Twelve Apostles also gave the following assurance:
十二使徒定額組陶德·克理斯多長老也提出以下保證:
98. Everyone has gifts; everyone has talents; everyone can contribute to the unfolding of the divine plan in each generation. ...
每個人都蒙得神的恩賜, 都有自己的才能, 在各自的世代都能貢獻一己之力推展神的計畫。.....
99. So many of you are doing your very best.
你們有許多人都在盡力而為。
100. And when you who bear the heaviest burdens of mortality stand up in defense of God's plan to exalt His children, we are all ready to march.
你們在背負今生重擔的情況下, 挺身護衛神為祂兒女的超升所制定的計畫時, 我們隨時準備好支持你們。
101. With confidence we testify that the Atonement of Jesus Christ has anticipated and, in the end, will compensate all deprivation and loss for those who turn to Him.
我們懷著信心作證, 耶穌基督的贖罪已經預料到, 而且到最後, 祂會補償歸向祂的人被剝奪和損失的一切。
102. No one is predestined to receive less than all that the Father has for His children.
沒有人命中注定無法完全接受天父要賜給祂兒女的一切。
103. Ponder in Preparation for Class
課堂準備: 沉思
104. How can the teachings in this lesson and faith in Jesus Christ help you or someone you know address questions about gender?
本課的教導和對耶穌基督的信心, 如何幫助你或你認識的人, 去回答與性別有關的問題?