

# 「突破栽培新一代」課程系列

## [ 異象 ]

栽培和牧養青少年不單是有關技巧與模式的課題，更是生命的交流與工程。作為青少年的同行者，家長和導師須要謙卑地回歸三一神，明白聖經的啟示如何與處境和青年人生命結連在一起，讓他們能夠在家庭、教會和社會，活出真理，尋獲恩典。

本課系列透過「突破」在本港、內地和海外的經驗和資源，提供以聖經為基礎，能回應時代，及適合華人社會青年人的牧養指引，讓他們「在這彎曲悖謬的世代，作神無瑕疵的兒女」。

## [ 課程 ]

透過西三一大學 MinistryLift 事工，香港突破機構將於大溫哥華地區舉辦兩個課程 ...

日期及時間	課程名稱	對象
Oct 10 <sup>th</sup> , 2015 (Sat) 9:00am – 4:30pm	青少年家長篇	華人青少年家長為主， 也歡迎青少年工作者
Oct 12 <sup>th</sup> , 2015 (Mon) 9:00am – 4:30pm	青少年工作者篇	華人青少年牧者、青少年導師、家長

地點：**305 – 5900 Minoru Boulevard, Richmond, BC**  
(西三一大學列治文校舍)

費用：九月一日前報名：\$45 (一個課程) 或 \$85 (兩個課程)  
九月一日或以後：\$55 (一個課程) 或 \$95 (兩個課程)

優惠：若個別教會有多於一人報名，可享有以下優惠 ...  
2-5 人 (10% off)      6-10 人 (15% off)  
11-15 人 (20% off)      16 人或以上 (25% off)

報名：[www.ministrylift.ca/breakthrough2015](http://www.ministrylift.ca/breakthrough2015)

## [ 課程詳情 ]

### 1) 青少年家長篇： 建立子女自尊，奠基優質生命

**導師：**

梁永泰博士、伍詠光先生

**簡介：**

父母培育青少年成長將面對多方面的挑戰，如何幫助子女自動自覺做事？處理手機不離手的困惑？怎樣鼓勵升上 high school 後愈來愈欠缺自信，做起事愈來愈緊張，無法放鬆的子女？父母需要認識青少年行為問題，跟他們的精神健康狀況息息相關。而且子女的情緒面貌又連繫於他們如何看自己、他人、前途和生命。新一代父母需認識這些成長挑戰，才可引導子女健康成長。

**目標：**

本課程幫助家長如何正面地建立青少年子女的「自尊」，不但減少行為問題，更可協助他們以強健的心靈和態度，面對人生、關係和學習各方面的挑戰

**對象：**

華人青少年家長為主，也歡迎青少年工作者

**語言：**

廣東話（提供英語教材）

**課程特色：**

- 理論、個案和實踐並重，並邀請當地弟兄姊妹帶領小組討論，回應及切入本土處境
- 學習方式：每堂 45 分鐘講解及 30 分鐘分組互動討論；共 4 堂（5 小時）

## 課程大綱：

課堂	主題	內容
一	哪個孩子不出色	父母在新世代要以新思維解讀和栽培青年人，不再看成長為理所當然的過程，當中蘊含很多抉擇、掙扎和對上帝的交託。父母應當如何做抉擇呢？也介紹「自尊五感」藍圖、「自尊」對成長的影響，及高低自尊的重要指標。
二	讓生命顯出尊貴	神向亞伯拉罕應許：「你的後裔極其繁多；國度從你而立，君王從你而出。」今日青年人在神面前本是尊貴。父母如何讓他們看出和活出這份屬天的價值呢？也講解如何建立青少年的「安全感」這個成長的重要基石，透過互動關係建立一份對自己和家人的信任。
三	群體中僕人領袖	每個青年人都蘊藏領袖的 DNA，而這種恩賜須要在群體中體現和發揮。究竟如何幫助他們學習主耶穌樣式，成為僕人領袖？也講解如何幫助青少年建立「歸屬感」，增強對家人及同輩的情感連結，及「獨特感」能接納和欣賞自己，找到生命的可貴。
四	Z 世代的生命力	究竟什麼是 Z 世代？什麼是未來世代的挑戰？如何幫助新一代強化生命力，迎向未來？也講解如何幫助青少年建立「能力感」和「目標感」，看自己合乎中道，自發和積極地迎向目標。

\* 可在本冊子末找到上述課程的延伸閱讀建議

## II) 青少年工作者篇：

### 栽培網絡新世代，實踐天國子民使命

導師： 蔡廉明先生

#### 簡介：

今天青少年身處的社會文化處境非常動盪，政治、經濟、社會、家庭、教育等，均爭議不斷。網絡通訊發展極速和普及化，網絡新世代在資訊爆炸的年代下成長，因而更能積極探討並參與各項關懷；同時，繼續以敏感、柔軟的心，面對自身的成長任務與挑戰。在這當前，青少年工作者必須問：在身處價值混亂和是非顛倒的世界中，如何幫助青少年明辨真理？信仰如何成為青少年生命的核心價值，既照亮前路方向，又能自省己身，覺悟上帝的同在，行在光明中？青少年工作者如何與青少年同行、分享及一同經歷生命，並幫助他們實踐天國子民的使命？

#### 目標：

幫助青少年工作者認識網絡新世代的文化與特質，了解社會文化對青少年的影響，幫助青少年在生活中實踐信仰。並藉此加深了解作青少年工作者的基礎要項，深化與青少年同行。

#### 對象：

華人青少年牧者、青少年導師、家長

#### 語言：

廣東話（提供英語教材）

#### 課程特色：

- 理論、個案和實踐並重，並邀請當地弟兄姊妹帶領小組討論，回應及切入本土處境
- 學習方式：每堂 45 分鐘講解及 30 分鐘分組互動討論；共 4 堂（5 小時）
- 每堂也會播放一些相關影片作分享與討論

## 課程大綱：

課堂	主題	內容
一	網絡新世代的栽培與同行	<ul style="list-style-type: none"><li>● 認識網絡新世代的特質</li><li>● 媒體資訊素養的培育</li><li>● 如何與網絡新世代同行</li></ul>
二	青少年召命的尋索	<ul style="list-style-type: none"><li>● 探索召命：由專業到實踐召命</li><li>● 認識自己的身份與使命</li></ul>
三	天國子民與地上公民的培育	<ul style="list-style-type: none"><li>● 社會文化轉變下對青少年的影響</li><li>● 天國子民價值觀的實踐</li><li>● 公民社會的信仰反思</li><li>● 天國視野：我們能為這城市做什麼？</li></ul>
四	青少年福音工作的實踐	<ul style="list-style-type: none"><li>● 整全福音的再思</li><li>● 生命、家庭、社會的解說</li><li>● 進入現場的生命接觸</li></ul>

\* 可在本冊子末找到上述課程的延伸閱讀建議

## [ 導師介紹 ]

### 梁永泰博士 — 突破機構總幹事

「突破」總幹事，香港大學理學院、後獲哥頓康維爾神學院碩士、保齡大學文學碩士(影視廣播)、南加州大學電影學院藝術碩士和維珍大學傳理博士。現任香港大學校董、香港政府青年事務委員會增選委員和菲律賓教會與文化研究中心國際顧問。梁博士積極參與及推動青少年文化，對青少年事工有強烈的使命感，並於突破機構服務超逾三十多年。

著有《籬線以外》、《哪個孩子不出色》、《領袖新 DNA》、《第二曲線人生》等。

### 伍詠光先生 — 突破輔導中心經理及資深心理輔導員

於中國神學研究院及香港大學修讀神學、婚姻及家庭輔導碩士課程；深感家庭關係對青少年成長影響深遠，熱忱於青少年及家庭輔導和教學工作，經常於中學和教會等帶領親子講座和工作坊，同時於報章和雜誌撰寫親子專欄。

著有《卑情夠了》、《戀愛出事的理由》，及合著有《嘴巴失控了：青少年導師求生手記》及《總有一次失戀》。

### 蔡廉明先生 — 突破機構影音及數碼媒體經理。

中國神學研究院道學碩士，美國 Regent University 傳理系碩士，加拿大 University of Manitoba 理科學士。多年數碼媒體工作經驗，熟識資訊科技及傳媒文化。現全力投入推動突破的媒體事工，參與影音製作、青年網站、電子出版及網絡文化等事工。監製錄像作品有《突破時代》、《趁還有墟》、《移家》等。曾參與四川地震災後心理重建義工及老師培訓，為受災學生舉辦活動。也積極參與突破的福音事工，主領福音營及青少年福音工作者訓練，培育新一代。

# Breakthrough “Nurturing the New Generation” Series

## [ Vision ]

Nurturing and pasturing the youth are not only subjects about techniques and paradigms, but also interacting and building of lives. As companions of youth, the parents and teachers must come back humbly to our God of Trinity, to understand the revelation of the Bible: how to link up the lives of the youth with our situation, so that they can live out the truth and find grace in their families, churches and the society.

With our experiences and resources in Hong Kong, Mainland China and overseas, this series provide pastoral guidance based on the Bible which respond to our time and are suitable for the youth in Chinese communities. Let our youth “ become blameless and pure, children of God without fault in a warped and crooked generation.”

## [ Courses ]

Through MinistryLift of TWU, the Breakthrough organization from Hong Kong will be offering two courses in Greater Vancouver ...

Date & Time	Course	Target
Oct 10 <sup>th</sup> , 2015 (Sat) 9:00am – 4:30pm	“Youth Parents”	Primarily Chinese parents with teens, also welcome youth workers.
Oct 12 <sup>th</sup> , 2015 (Mon) 9:00am – 4:30pm	“Youth Workers”	Chinese youth pastors, youth leaders, parents

**Venue:** 305 – 5900 Minoru Boulevard, Richmond, BC  
(Trinity Western University Richmond Campus)

**Fee:** Register before Sep 1<sup>st</sup>: \$45 (1 course) or \$85 (2 courses)  
Register on or after Sep 1<sup>st</sup>: \$55 (1 course) or \$95 (2 courses)

**Group Discount:** (more than one person from the same church)

2-5 people (10% off)	6-10 people (15% off)
11-15 people (20% off)	16+ people (25% off)

**Registration:** [www.ministrylift.ca/breakthrough2015](http://www.ministrylift.ca/breakthrough2015)

## [ Course Details]

### I. For Youth Parents:

#### **To build up the self esteem of our children To lay a quality foundation for their life**

##### ***Situation:***

As parents, have you found your teenage children not having motivation to do things? Always holding on to their mobile phones? Lack of confidence after entering high school? Getting more and more tensed while doing things, unable to let go?

Teenage behavior problems have very much to do with mental health. Their emotional appeal also links to how they perceive themselves, others, future and life....

##### ***Objective :***

This series will help parents build up the self-esteem of their teenage children, not only reducing their behavioral problems, but also helping them face their lives, relationships and learn different aspects of challenges with a strong spirit and good attitude.

##### ***Target :***

Primarily Chinese parents with teenage children, also welcome youth workers.

##### ***Language :*** Cantonese (with English materials).

##### ***Course Features :***

- Equal emphasis on theory, cases and practicality. Local brothers and sisters will be invited to lead small group discussions, feedbacks within local context.
- Learning methods: every session will have 45 minutes of lecture or video; and 30 minutes of group discussion; a total of 4 sessions (5 hours)

**Course Outline :**

<b>Session</b>	<b>Theme</b>	<b>Content</b>
<b>1</b>	<b>Extraordinary Kids</b>	<ul style="list-style-type: none"><li>• In the new generation, parents need to read and nurture the youth with a renewed mind, not to see growing up as a natural process, in which there are many decision makings, struggles and entrusting to God. How should parents decide?</li><li>• Introducing self-esteem and how it affects growth, and important indexes of high and low self-esteem.</li></ul>
<b>2</b>	<b>To live life nobly</b>	<ul style="list-style-type: none"><li>• God promised Abraham: “I will make you very fruitful; I will make nations of you, and kings will come from you.” The youth are noble before God. How can parents let them see and live out this heavenly nobility?</li><li>• How to build up “Security”, the important foundation in growing up among youth. To build up trust towards oneself and family members through interactions.</li></ul>

<p><b>3</b></p>	<p><b>Servant leaders in the community</b></p>	<ul style="list-style-type: none"> <li>• Every young person possesses DNA of leadership. This gift has to be actualized and fulfilled in the community. How do we help them learn from Jesus’ examples and become servant leaders?</li> <li>• We will also help youth build up “Sense of Belonging”, increase their emotional linkage with their family members and peers; and “Uniqueness”, to be able to accept and appreciate oneself, to find out that life is valuable.</li> </ul>
<p><b>4</b></p>	<p><b>The liveliness of Generation Z</b></p>	<ul style="list-style-type: none"> <li>• What is generation Z? What will be the challenges of future generations? How to help the new generation strengthen their liveliness, and face the future?</li> <li>• Also expound on how to help the youth build up “Sense of Power” and “Sense of Goal”, to see themselves appropriately; and pursue their goals in a self-motivated and positive manner.</li> </ul>

## **II. For Youth Workers:**

### **Nurturing the internet generation**

### **Fulfilling the mission of heavenly people**

#### ***Situation:***

The social and cultural situations of the youth today are very volatile. There are many controversies among political, economic, social, family and educational issues. Our internet generation are growing up in an information explosion age, so they can explore and participate in all kinds of social concerns in an unprecedented manner. At the same time, they would continue to face the responsibilities and challenges of growing up with a sensitive and gentle heart.

In present days, the youth workers must ask: how do we help the youth discern the truth in this world with chaotic value system and no clear distinction between right and wrong? How does faith become the core value of the lives of our youth? And how can faith shine on their path ahead and let the youth reflect upon themselves, aware of the presence of God and walk in the light? How should the youth workers walk, share and experience life together with the youth, and help them fulfill the mission of heavenly people?

#### ***Objective :***

To help youth workers know the culture and characteristics of internet generation, understand the influence of social culture on youth, and help the youth live out their faith in their daily lives. Also to understand deeper the basic characters of youth workers so that they can walk with the youth in a closer manner.

**Target :**

Chinese Youth Pastors, Youth Leaders, Parents

**Language :**

Cantonese (with English materials).

**Course Features :**

- Equal emphasis on theory, actual cases and practicality. Local brothers and sisters will be invited to lead small group discussions, feedbacks within local context.
- Learning methods: every session will have 45 minutes of lecture or video; and 30 minutes of group discussion; a total of 4 sessions (5 hours)
- Videos will also be played for purpose of sharing and discussion.

**Course Outline :**

<b>Session</b>	<b>Theme</b>	<b>Content</b>
<b>1</b>	<b>Nurturing and walking with the internet generation</b>	<ul style="list-style-type: none"><li>• Understanding the characteristics of internet generation</li><li>• Education of information &amp; media literacy</li><li>• How to walk with the internet generation</li></ul>
<b>2</b>	<b>In search of the calling of the youth</b>	<ul style="list-style-type: none"><li>• Exploring the calling: from professionalism to fulfilling the mission</li><li>• Understand one's own identity and mission</li></ul>

<p><b>3</b></p>	<p><b>Nurturing the heavenly people and earthly citizens</b></p>	<ul style="list-style-type: none"> <li>• The influence of the change of social culture on youth.</li> <li>• The fulfillment of the values of heavenly people</li> <li>• Reflection on faith of social community</li> <li>• Heavenly vision: what can we do for this city?</li> </ul>
<p><b>4</b></p>	<p><b>Fulfilling the ministry of youth evangelization</b></p>	<ul style="list-style-type: none"> <li>• A look back on wholistic gospel</li> <li>• Exploring life, family and society</li> <li>• To be at the scene of life to life interaction.</li> </ul>

**[ Lecturers ]**

**Dr. LEUNG Wing-Tai**

*General Secretary of Breakthrough*

Dr. Leung graduated from Gordon-Conwell Seminary in Christianity and Society, Master of Fine Arts from University of Southern California in Cinema-Television, and PhD in Communication from Regent University. He is currently a Court Member of the University of Hong Kong and an International Advisor of ISACC (Philippines). Dr. Leung has been participating and mobilizing youth culture fervently, has a strong sense of mission towards youth ministry and has served Breakthrough for over 30 years.

## **Mr. NG Ringo**

*Manager, Counseling Center of Breakthrough*

Mr. Ng graduated from University of Hong Kong and China Graduate School of Theology with a Master Degree in Marriage & Family Counseling. He feels strongly that family relationship has long lasting influence on the youth and is passionate about youth & family counseling and teaching. Mr. Ng often conducts seminars and workshops on parenting at secondary schools and churches. He also writes parenting columns in various newspapers and magazines.

## **Mr. CHOI Andrew**

*Manager, Audio-Visual & Digital Media of Breakthrough*

Mr. Choi graduated from China Graduate School of Theology with a Master Degree in Divinity, a Master Degree in Communication from Regent University and a Bachelor Degree in Science from University of Manitoba. Mr. Choi has many years of experience in digital media, understands extremely well the culture of information technology and mass media. He is now fully involved in promoting the media ministry of Breakthrough, participating in audio-visual production, youth website, electronic publishing and the ministry in internet culture. On top of these, he also participated in psychological rehabilitation of post-earthquake in Sichuan, the training for local teachers & volunteers, and holding activities for the affected students. Mr. Choi also participates actively in the gospel ministry of Breakthrough, leads gospel camps and training for youth workers in evangelizing, nurturing the new generation.

## [ Extended Reading 延伸閱讀 ]

### 青少年家長篇 (“For Youth Parents”) :

1. 哪個孩子不出色 (梁永泰著)
2. 新領袖 DNA (梁永泰著)
3. 生命逆轉 — 聖經人物的第二曲線人生 (梁永泰著)
4. 嘴巴失控了：青少年導師求生手記 (伍詠光著)
5. 戀愛出事的理由 (伍詠光著)
6. 牧養新世代 (蔡元雲、謝文策著)
7. 改變，由我開始 (蔡元雲著)
8. 不信贏在起跑線 (吳思源著)
9. 聖經的教養智慧 (上官賢恩著)
10. 折翼孩子能飛 (師徒創路學堂師生合著)
11. 創路達人の從零開始 (鄧淑英、梁裕宏、黃嘉儀、李潔卿合著)
12. 荒島校長的教子祕笈 (陳兆焯著)
13. 教壞細路 — 荒島校長的教養筆記 (陳兆焯著)
14. 孩子不難教 (余慧明、劉振國合著)
15. 追風箏的父母 (霍玉蓮著)
16. 陪孩子跑一場障礙賽 (關子凱著)
17. 噢，女兒戀愛了 — 父女交換日記 (孫寶玲、孫諾合著)
18. 歲月的育養 — 給現代父母的啟示 (黃麗彰、黃志昌、黃麗明、黃志安合著)
19. 完美婚姻 55 式 (黃鴻麟著)
20. 化解婚姻中的 13 種危機 (區祥江著)

## 青少年工作者篇 (“For Youth Workers”) :

1. 牧養新世代 (蔡元雲、謝文策著) 突破出版社 (2013)
2. 褪色的天國子民 (程翔等) 突破出版社 (2013)
3. 行在地上的天國子民 (程翔等) 突破出版社 (2014)
4. 這一代先知在哪裏 (蘇恩佩) 突破出版社 (2013)
5. 竊線以外 — 資訊洪流中創造離線空間 (梁永泰) 突破出版社 (2014)
6. 平等·分享·行動 (Benson & Friends) 突破出版社 (2013)
7. 嘴巴失控了：青少年導師求生手記 (伍詠光、楊安琪著) 突破出版社 (2012)
8. 敢夢想飛 — Young Life 召命導航手冊(增訂版) (蔡元雲著) 突破出版社 (2011)
9. 成長體驗 Debriefing (麥淑華 鄧淑英著) 突破出版社 (2006)