

神賜給我們屬靈生命

耶穌又對他們說：「願你們平安！父怎樣差遣了我，我也照樣差遣你們。」。說了這話，耶穌向他們吹了一口氣，說：「領受聖靈吧！」約 20:21

上星期在約見我的屬靈導師中，談到在我們靈程中的奧秘，當我們檢視一下在那裡我們最參與在自己的靈命成長呢？原來是當我們在接納的狀態。這就是老生常談的講法：祈禱必定引致到「似是而非是」(to be or not to be)。到底那一部分是我做？那一部分是神做？在那一點是因我的參與會導致靈命成長開始有阻礙？

十七世紀的一位基督徒靜觀者蓋恩夫人用一艘船作比喻。所有的水手都用力划槳使船得向前行駛。當船已在海中，又得著順利的風，船長只需要放出船的帆，然後掌握著舵；不費吹灰之力，船就行駛暢順。他們在一小時內行駛的迅速，比他們用盡一切的力氣去划還要輕省。若這時候用槳，只會拖慢這船而產生疲勞…所以是無用而且是不必要的。

耶穌命令他的門徒，就是這麼簡單：「領受聖靈吧！」到底神邀請你從祂那裡去接受，而不需自己努力的生命是怎樣的？

我實在告訴你們：「凡要承受神國的，若不像小孩子，斷不能進去。」可 10:15

反省問題：

1. 是否很難想像，我們特意去幫助自己的靈命成長會成為阻礙神直接的工作？試列出一些「幫神做」的東西，是可能阻擋你接受神想送給你的。
2. 有那些屬靈的準備可以比對蓋恩夫人的划船到合適的位置？
3. 我們需要的意向是甚麼，以致能使我們最佳的接受聖靈的召命？我們是怎樣把槳放在水裡，緩慢了禱告的船？

禱告：

與耶穌交談，問他要從他那裡領受的是甚麼，求主給你信心去放下禱告的「工作」。

4 . “God Gives us Spiritual Life”

Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” And with that he breathed on them and said, “Receive the Holy Spirit.” John 20:21

I met with my spiritual director last week. In the course of our time together we examined the mystery of how we participate most with our spiritual growth by simply being receptive to God. This is the age-old question to be or not to be to which prayer inevitably leads us. What part do I play in my spiritual life? What part does God play? And at what point does my own participation actually begin to hinder my spiritual growth?

In speaking of this matter, Jeanne Guyon, a 17th century Christian contemplative, used the metaphor of a ship that leaves the port. All the sailors are working hard, pulling at the oars in order to make the ship advance. But once the vessel is at sea and has found favourable winds, the pilot simply spreads the sails and holds the rudder. She writes,

Oh what progress they make without becoming the least bit tired. They are making more progress in one hour without any effort than they ever did before, even when exerting all their strength. If the oars were used now, it would only slow the ship and cause fatigue . . . they are now useless and unnecessary.

Jesus’ command to His disciples was to simply, “Receive the Holy Spirit.” What is the life God is inviting you to receive, without effort, from Him?

I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it. Mark 10:15

Questions:

- Is it difficult to imagine that our well-intentioned contribution to our own spiritual life might actually be in the way of God’s more direct work in our life? List some of the things you “do for God” and consider how they might possibly prevent you from receiving other things God has in mind.
 - What type of spiritual preparation might be the equivalent Jeanne Guyon’s metaphor of rowing the ship into position?
 - What disposition are we called to in order to better “receive the Holy Spirit?” In what ways do we slow down the ship of our prayers by keeping our “oars” in the water?
- Prayer: Talk to Jesus about what He might want you to receive from Him. Ask the Lord to give you faith to let go of the ‘work’ of prayer.