

## Authentic Spiritual Growth 1

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“Instead of leading to absolute quietude and serenity, true spiritual growth is characterized by increasingly deep risk taking.” -- Gerald May

I can know I am growing in faith when I find, over time, that I am becoming more and more willing to trust God in the tough, sometimes scary issues of life.

In areas where I feel successful, I feel in control. But feeling less need for God, I grow little in these areas.

When I feel most vulnerable, most wounded and weak, most defeated -- those are the times and situations where my faith grows the most. I agree with Gerald May that this is when God provides the most profound opportunities for me to act in true faith.

My most rapid advances in transformation into the likeness of Jesus always come when my own power seems the most weak or blocked. In these situations I have only two choices: Either clench my hands in worry, or let go and relax in God. I can choose to either turn away from, or toward, God.

“This tiny option, the faith Jesus measured as the size of a mustard seed, is where grace and the human spirit embrace in absolute perfection and explode in world-changing power.” - G. May



*Coffee/tea thought:* May I have your grace today, Father, to make this tiny, but momentous choice to trust you.

John

Ref: *Gerald May, M.D., ADDICTION AND GRACE (1991) (p. 128)*

## 真实的灵命长进<sup>1</sup>

“不是变得更安静沉着，真实的灵命长进意味着更能面对困难。”——杰拉德·梅

当我发现我越来越愿意在遇到困难或灾难时信靠神，我就知道我的信心在增长。

在成功的时候我觉得自己在掌握全局。但我不觉得需要神，在这些方面我的长进很少。

当我觉得受伤失败时——这时在这些方面我的信心有大长进。我同意杰拉德·梅所说，神在这时赐下最好的机会叫我操练我的信心。

我在被模成耶稣的样式的道路上长进最快的时候总是在我自己的能力最软弱的时候。在这些情况下我只有两个选择：在困难中咬紧牙关，抑或放手交给神。我可以选择远离或转向神。

“这个小决定，耶稣所说像芥菜种大小的信心，是恩典和人的灵拥抱并爆发出改变世界的力量之处。”——杰拉德·梅

随想：今天愿我有的你恩典，天父，做出这个小却重要的决定来信靠你。

史建恩