

The Spiritual Life 6

St. John of the Cross said that every quality which the Holy Spirit produces in a person has three distinguishing characteristics: *Tranquillity, Gentleness and Strength*.

The opposite of these "Trademarks of the Spirit" are *Anxiety, Hurry and Worry*, characteristics that are evident in me when I am not giving over control to the Holy Spirit.

A very common example for me -- ask my wife Win! -- is when I am anxious about something. I am then, says Evelyn Underhill, acting as "a self-focused and self-made soul." I am embarrassed to admit that she and Win are right.

I may speak with theological jargon or have fervor of religious feeling, but Underhill says that the true quality of my spiritual life is revealed by this simple test: To what extent are Tranquillity, Gentleness and Strength evident in me?



Coffee/tea thought: Which of these triads of qualities do I see in myself today?

John

Ref: *Evelyn Underhill, THE SPIRITUAL LIFE (1937) ISBN 0-8192-1350-0*

属灵的生命6

十架若望说圣灵在人里面生成的每一样品质都有三个特点：安静，温柔和能力。

与“圣灵制造”相反的就是焦虑，匆忙和担忧；这些特征是我没有把自己交托给圣灵的明证。

举个常发生在我身上的例子——可以问我太太Win！——当我为什么事担心的时候。我就像安德希尔所说的那样，变现出一个“只关心自己，纯天然的魂”。我惭愧，我就是她和Win所说的那样。

我可以谈些属灵的术语或对宗教很有热情，但安德希尔说真正的属灵生命可以通过一个简单的测试测出来：我里面有多少安静，温柔和能力？

随想：今天我看得见我里面有这三样吗？

史建恩