

Vulnerable and Confident

Henri Nouwen spent a six-month retreat in upstate New York. Each day he wrote a prayer which later became a book, *A CRY FOR MERCY* (2002).

Nouwen is transparent, searching and painfully honest as he describes trying to make space in his heart for God to dwell. Below is a short adaptation of one prayer.

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Make me more aware of Your forgiving presence in my life. Less concerned about performing in the eyes of my world.

Let me recognize You in the depth of my soul. Heal me, and let me experience You in the center of my being, from where You can teach and guide me.

Let me know You as my loving Brother who holds nothing against me -- not even my worst sins -- but who wants to touch me in a gentle embrace.

Take away the many fears, suspicions and doubts that prevent me from allowing You to be my Lord. Give me courage, freedom to be vulnerable in the light of Your Presence, confident in Your unfathomable mercy. Amen



Coffee/tea prayer: May I echo Nouwen's longing for You alone, to be all I need and desire.

John

脆弱和自信

亨利·卢云在纽约上州退修六个月。他每天所写的祷告词之后成为《呼求怜悯》(2002)。

卢云敞开寻求并诚实地愿意在心中有空处为神。下面摘录一段祷告。

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叫我更认识在我的生命中你的同在。叫我少思量世界对我的看法。

叫我的魂深深地认定你。医治我，叫我经历你在我最里面，也在那里教导我。

叫我知道你是我的至亲，总是扶持我——即使我罪深重——你都温柔拥我入怀。

除去拦阻你作我主的惧怕，猜忌和怀疑。叫我有勇气和自由，以软弱来到你面光之前，信靠你的怜悯。阿门。

随想：愿我与卢云一样单单渴慕你，叫你成为我所有的需要和恋慕之所在。

史建恩