

## Evelyn Underhill's Prayer Book

An author who has been influential in my spiritual growth is Evelyn Underhill (1875-1941). She is known for her deep spiritual books and was one of the first women in England to teach on spiritual topics. She often led retreats on spiritual growth.

Recently, 75 years after her death, prayer notebooks she used in the retreats were unexpectedly found. These hand-copied prayers are from Underhill's extensive reading of many Christian writers over the centuries. The collection has been published (2018) and I am enjoying beginning my days by reading her prayers. Here is an example:

"We put aside all that we are: we cleave to all that God is: we will bear all that troubles us, for His glory. O God! help us to worship You after Your mind and not after our own. Help us to forget ourselves and live only for Your glory. Help us to accept gratefully our weakness and inadequacy and forget them in adoring You.

The Lord is in His holy temple: let all the earth keep silence before Him."



*Coffee/tea thought:* Is there a phrase in this prayer that helps you draw closer to God's heart today?

John

Ref: Evelyn Underhill's Prayer Book (2018)

## 伊芙琳·安德希爾的祈禱書

伊芙琳·安德希爾 (Evelyn Underhill) (1875-1941)，對我的靈性成長具有影響力的一位作家。她以其書籍的屬靈深度而聞名，是英格蘭最早以靈修為主題教導的女性之一。她經常帶領有關靈性成長的退修會。

在她去世 75 年後，最近，意外發現了她在退修會所用的祈禱筆記本。這些手工抄寫的祈禱來自於安德希爾廣泛閱讀數個世紀許多基督教作家的所得。該系列祈禱本已經出版 (2018 年)，我很高興閱讀她的祈禱作為每天的開始。這是一個例子：

“拋開我們所有的一切：渴望追求神祇自己：為祂的榮耀，忍受一切困擾我們的事。神啊！幫助我們敬拜您，尋求您的旨意，而不是為自己。幫助我們忘記自我，單單為您的榮耀而活。幫助我們以感恩的心接受我們的軟弱和不足，並忘記這些，敬拜您。

耶和華神在祂的聖殿中：讓全地靜默在祂面前。”



*隨想:* 是否有哪句禱告詞可以幫助您今天更加貼近神的心？

史建恩

參考：伊芙琳·安德希爾的祈禱書 (2018)