



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

SELF-EMPTYING LOVE

By Sr. Jane DeLisle, CSJ

A Reading from the Letter to the Philippians

*If then there is any encouragement in Christ, **any consolation from love**, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. **Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself**, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death-- even death on a cross. Therefore, God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.*

Reflection

The reading from Philippians begins with great urgency, encouragement, and passion for the transforming love of God to be received. In the Son, the free gift of God's self is poured out for us, such is God's love and desire for us to be one in God and one another.

The reflection today is on God the Son, the second person of the Trinity. For our sake, God the Son freely surrendered all that it meant to be God. The Son chose to take on flesh and become one of us in all that it means to become human. This is the absolute self-emptying motivated by love for all of creation. He gave himself totally to live among us, to offer us tangible revelation, to give us a glimpse of the lavish love God has for each of us and all of creation.

GOD THE SON becomes our Redeemer and is the incarnate, outpoured Love of God for us. The Son, who always has been and always will be, does not cling to his God-self; rather, he yields to the needs of God's people, releases all for love, and surrenders being God to become human like us. God the Son freely enters kenosis/transformation to become a human being and to know from the inside all that is the human reality.

The Son willingly and fully surrenders his God-self to become human, like us, and reveals God to us in great humility, compassion, mercy, and love. Why? Such is God's love that we might know more intimately the desire of God for us. We, too, are invited into transforming grace, to fully spend ourselves in love for others and for all of creation. We are to be God's great love in the world, as was the Son.



Holy Trinity icon
Photo by Sr. Jane DeLisle, CSJ

For Pondering

- How do I receive and respond to God's gracious gift of self to me?
- For whom do I fully spend myself out of love?
- What enables me to freely be for others? And how is this gift nourished

within me?

For Prayer

*We pray to the honor of God the **SON** who “fully spends” himself to reveal the fullness of God’s love, compassion, mercy, and forgiveness.*

God the Son emptied himself for us.

I pray to be open to God’s transforming love in my life.

Be my help, o God, so I might desire to put on the mind and heart of Christ.

*May I/we strive by a very deep humility
to become empty of self/ego/pride, of self-interest and self-will,
to be self-emptying love for all of creation.*

Amen.

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