



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

SELF-EMPTYING AND HUMILITY

By Sr. Jayne Helmlinger, CSJ

Today's Second Reading

Brothers and sisters: Christ Jesus, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to death, even death on a cross. Because of this, God greatly exalted him and bestowed on him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

PHILLIPIANS 2:6-11

Reflection

Philippians 2 is a wonderful part of scripture because it invites us to reflect on what we are willing to embrace, and sometimes endure, to remain faithful to

the One who created us. The words “Jesus ... did not regard equality with God something to be grasped” are a gentle reminder for us to lean into our faith and keep the focus on God, and not on some misguided idea of advancing ourselves in the eyes of our Beloved.

This passage also invites us to reflect on what humility is like in our own lives. Do we embrace this virtue as easily as we do other virtues? Humility can be a wonderful companion in our spiritual journey because it is a strong reminder to let God be God in our lives. It is a virtue that leads to self-emptying love and enables us to be instruments of God’s enduring love each day.

Humility and Self-Emptying Prayer

O God who gifts us with the grace we need to follow the way of Jesus, we pray for the gift of humility. May we seek what is of God and turn from anything that puts ourselves above His will.

As our journey unfolds today, we pray for the desire and openness to embrace self-emptying love. To do so allows space for the Spirit’s movement within and creates an energy and willingness to serve our brothers and sisters in new and creative ways.

Like St. Paul, may we have the passion and desire to live our lives with dogged determination to spread the Good News in lands far and wide. May we do so embracing the spiritual companions of self-emptying love and humility.



Bethany Center in Tampa, FL
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- As you reflect on your own sense of self-emptying love, what comes to mind? Are you at peace with where you are at this moment of your journey? If so, give thanks. If not, what might you do to allow yourself the gift of self-emptying in order to be filled with God's love?

- How might you cultivate the virtue of humility in your life?

For Prayer

*O God of all,
may we strive to be self-emptying so to be filled with Your love,
and pour this love out in service to all we encounter today.
Let us embrace the virtue of humility
to remain steadfast in our commitment
to do all in your name and glory.
Amen.*

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Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

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