

Daily Reflections



LOVE MADE FLESH

By Sister Bernie Inocencio, CSJ

Centering

*With one voice the Angels sing;
Songs that make creation ring
Prophets hear and call us
To live in spirit and in truth*

*Word of God enthroned,
Dwell in us forevermore;
Love has come to show the way
Hallelujah, peace be with us
Love has come to show the way.*

*God the Father, Elohim;
Voice of thunder, spirit, wind
Breathe on me your very life;
Grace will make the darkness bright.*

*Word of God enthroned,
Dwell in us forevermore;
Love has come to show the way
Hallelujah, peace be with us
Love has come to show the way.*

*God of Covenant divine,
Lead us to the end of time
Beyond sorrow, beyond fear;
Beyond pride and earthen tears.*

*Word of God enthroned,
Dwell in us forevermore;
Love has come to show the way
Hallelujah, peace be with us
Love has come to show the way.*

"LOVE HAS COME" BY MATT MAHER

TODAY'S FIRST READING

Beloved:

*What was from the beginning,
what we have heard,
what we have seen with our eyes,
what we looked upon
and touched with our hands
concerns the Word of life —
for the life was made visible;
we have seen it and testify to it
and proclaim to you the eternal life
that was with the Father and was made visible to us—
what we have seen and heard
we proclaim now to you,
so that you too may have fellowship with us;
for our fellowship is with the Father
and with his Son, Jesus Christ.
We are writing this so that our joy may be complete.*

1 JOHN 1:1-4

Reflection

Today, I share with you the writings of St. Augustine regarding St. John's Epistle. Focus on the words that are in bold.

Life itself was revealed in the flesh

Our message is the Word of life. We announce what existed from the beginning, what we have heard, what we have seen with our own eyes, what we have touched with our own hands. ***Who could touch the Word with his hands unless the Word was made flesh and lived among us?***

Now ***this Word, whose flesh was so real*** that he could be touched by human hands, began to be flesh in the Virgin Mary's womb; but he did not begin to exist at that moment. We know this from what John says: ***What existed from the beginning***. Notice how John's letter bears witness to John's Gospel: ***In the beginning was the Word, and the Word was with God.***

Someone might interpret the phrase "the Word of life" to mean a word about Christ, rather than Christ's body itself, which was touched by human hands. But ***consider*** what comes next: and ***life itself was revealed***. Christ therefore is himself the Word of life.

And ***how was this life revealed?*** It existed from the beginning, but was not revealed to humans, only to angels, who looked upon it and feasted upon it as their own spiritual bread. But what does Scripture say? ***Humankind ate the bread of angels.***

Life itself was therefore revealed in the flesh. In this way ***what was visible to the heart alone could become visible also to the eye, and so heal human hearts.*** For the Word is visible to the heart alone, while flesh is visible to bodily eyes as well. We already possessed the means to see the flesh, but we had no means of seeing the Word. ***The Word was made flesh so that we could see it, to heal the part of us by which we could see the Word.***

John continues: And ***we are witnesses*** and we proclaim to you that eternal life which was with the Father and has been revealed among us – one might say more simply "***revealed to us.***"

We proclaim to you what we have heard and seen. Make sure that you grasp the meaning of these words. The disciples saw our Lord in the flesh, face to face; they heard the words he spoke, and in turn they proclaimed the message to us. So we also have heard, although we have not seen.

Are we then less favored than those who both saw and heard? If that were so, ***why should John add: so that you too may have fellowship with us?*** They saw, and we have not seen; yet we have fellowship with them, because we and they share the same faith.

And our fellowship is with God the Father and Jesus Christ his Son. And we write this to you to make your joy complete – complete in that fellowship, in that love and in that unity.



Image created by Sister Bernie Inocencio, CSJ

For Pondering

- St. John’s Gospel opens with this statement: “In the beginning was the Word, and the Word was with God.” How does that statement sit with you? What are your thoughts about that statement? How do you fully grasp and believe that line?
 - Consider the concept of “touching the Word with human hands.” How does it bridge the gap between the abstract, eternal nature of the Divine and the tangible, lived experience of humanity?
 - The text suggests that “what was visible to the heart alone” became “visible also to the eye” through the Word becoming flesh. How does this text help you grasp the mystery of Incarnation and the reason why Jesus came?
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For Prayer

*Heavenly Father,
We thank you for the miracle of the Incarnation,*

where Life itself was revealed in the flesh.

We are grateful that what existed from the beginning,
what was once visible only to angels and our hearts,
became a tangible reality that human hands could touch
and human eyes could see.

Heal our hearts, O Lord, that we may truly see and grasp
the meaning of your Word made flesh.

Help us to be faithful witnesses to the eternal life revealed among us, proclaiming what
we have heard
and seen with clarity and conviction.
May we feast on this spiritual bread
and live fully in the reality of your presence.

Amen.

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