

November 5, 2024

Daily Reflections



Center for Spiritual Development

HE EMPTIED HIMSELF

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's First Reading

***“Have among yourselves the same attitude
that is also yours in Christ Jesus,
Who, though he was in the form of God,
did not regard equality with God
something to be grasped.
Rather, he emptied himself... .”***

PHILIPPIANS 2:5-7

Reflection

Today's reading from Philippians follows from yesterday's, when we were urged to “*step away from selfishness*” to allow love, compassion, and desire for oneness in God to guide our way in this world. With the same passion for good, we are encouraged to let our attitude be that of Christ Jesus.

What is this attitude of Christ Jesus? In seeking to put on the mind and heart of Christ, we are counseled to reflect on the life of Jesus who completely surrendered being God to be completely human, like us. Over his 33 years, Jesus grew into the person God created him to be and fulfilled the mission that was his alone. *“He emptied himself.”*

Like us, Jesus grew up within a family, a community; he cultivated his faith stance, and was drawn into relationship with God. Gradually, through regular prayer, reflection on his lived experience, and openness to God’s abiding presence in his life, he discerned his mission and purpose.

Jesus chose to reflect God’s love, compassion, and mercy to all he encountered. He chose to live life centered on God’s ways for the good of all. Jesus understood the difficulties of the status quo of his times, recognizing the gap between human ways and those of God -- and he chose to be faithful to all that God asked of him. In fidelity to his relationship with God and the mission that was his, Jesus totally spent himself for love of us. May all that was Jesus flow through us. Amen.



Silhouette of Person Standing Beside Cross during Sunset

Photo by Pixabay

For Pondering

- Who is Jesus for you? Who are you to Jesus?
 - What are you being invited to surrender or hold more lightly?
 - How are you being called to spend yourself for the sake of others?
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For Prayer

Slowly read aloud Philippians 2:5-11

Brothers and sisters:

*Have among yourselves the same attitude that is also yours in Christ Jesus,
Who, 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.*

Amen!

PHILIPPIANS 2:5-11

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