



Prayer and Reflection Resources

Deepening Our Experience of Self-Emptying Love

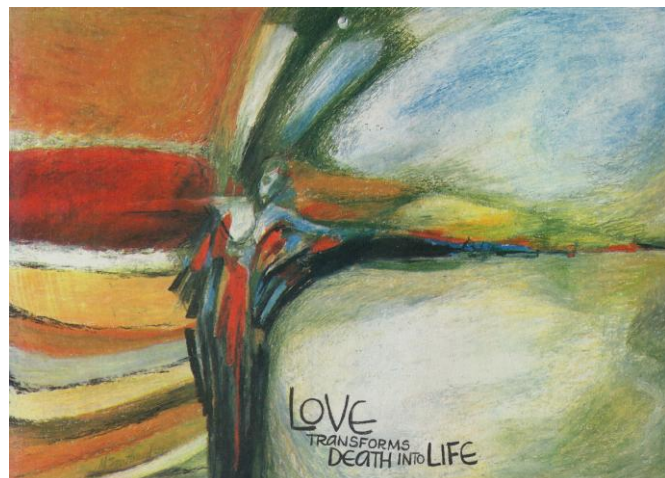
Pray for the grace. . .

to grow more deeply into the humility and self-emptying love of Jesus.

Scripture:

Philippians 2:5-9

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 something to be grasped.
Rather, he 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 . . .



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Maxims:

- Empty yourself continually in honor of the Incarnate Word who emptied himself with so much love for you (Phil. 2:7). Make your commitment to live in the practice of the most sincere, true, and profound humility possible to you . . .

Maxim 3 (English translation of the French)

- Unmask the illusions that lure you away from your true self.

Maxim 5 (contemporary interpretation)

- Shed old ways that keep you self-centered. Embrace love. Be love.

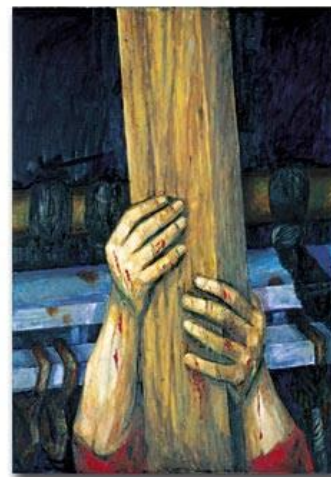
Maxim 6 (contemporary interpretation)

SSJ Philadelphia Constitutions:

- Totally dependent on God's grace,
we are led by the Holy Spirit
to identify with Jesus
in his self-emptying,
so that, drawn ever more fully
into the mystery of his death and resurrection,
we may die to self
and live in God and for others.
We model our lives together on the life of the Trinity:
by desiring always to respond
to the Father's gift of life;
by seeking to imitate
the Son's humility and self-emptying love;
by trying to know and express
God's love in our lives through
the action of the Holy Spirit.

Paragraphs 7 and 9

- As we desire to walk with Jesus in poverty,
we make the gift of our person,
our time, our talents, our possessions
in union with him
for others in love.



Artist: Sieger Koder

We can thus further our mission of unity
by sharing fully
what we have and what we are
with one another and with all persons.

The call of the gospel impels us to commit ourselves
to alleviate, as far as we are able,
the suffering of those in need
and to share our resources with them.
We seek to take on the attitude of Jesus
toward all creation,
his concern for all,
his availability and selfless detachment.

Paragraphs 74 and 76

Songs:

- *Jesus, the Lord*, Roc O'Connor, SJ
https://www.youtube.com/watch?v=LeoCsmmt9Dg&list=RDLeoCsmmt9Dg&start_radio=1
- *I Give Myself Away*, William McDowell
https://www.youtube.com/watch?v=qJoUa_PKdJY
- *The Point of Arrival*, Carrie Newcomer
https://www.youtube.com/watch?v=lYL-_DE0jvU&list=RDlYL-_DE0jvU&start_radio=1
- *Japanese Bowl* by Peter Mayer
https://www.youtube.com/watch?v=qOAzobTIGr8&list=RDqOAzobTIGr8&start_radio=1



- *Christ In Me Arise*, Trevor Thomson
https://www.youtube.com/watch?v=TJQoxfG-R9g&list=RDTJQoxfG-R9g&start_radio=1

- *O Love*, Elaine Hagenberg
https://youtu.be/U2cqblTDR8w?si=RmBAKF_aduvl85l3
- *No Body*, Chris Renzema
<https://youtu.be/79mX-T3c7XA?si=gx6JeiAnxUV5HpUB>
- *Do With It What You Will*, The Porter's Gate
<https://youtu.be/Up6xGF3RzJ8?si=dazoZ6lcep1VXf20>
- *All To Jesus I Surrender*, Judson W. Van DeVenter and Winfield S. Weeden,
https://www.youtube.com/watch?v=7x2lpLSfq8&list=RD7x2lpLSfq8&start_radio=1
- *Divine Surrendering*, Doe Paoro
<https://www.youtube.com/watch?v=TDXfA77R8OY>
- *You Find Me In The Empty*, WorshipWave
<https://www.youtube.com/watch?app=desktop&v=zlmKvqul0b0>



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Videos:

- *What is Self-Emptying Love?* by Sisters of Saint Joseph of Orange
With Sister Mary Beth Ingham, CSJ
https://www.youtube.com/watch?v=n_NPN2oqKv0
- *I John 4:7-17 Love Comes From God*
by Prospects for People With Learning Disabilities
<https://www.youtube.com/watch?v=uBKHGzXTtLc>
- *A Process of Self-Emptying* by Richard Rohr, OFM
<https://www.youtube.com/watch?v=ueq1d880H9Q>

Words of Wisdom:

- Ultimately, a self-emptied life is something that God sees, God orchestrates, and God evaluates. Our work is simply to be standing open and willing. God will do the emptying and the filling and God is very good at God's work.
Excerpt from "Toward Becoming Non-Grasping, Self-Emptied Lovers", Catherine Nerney, SSJ (CSSJ Federation Leadership Assembly 2007)
- To say I am made in the image of God is to say that love is the reason for my existence, for God is love. Love is my true identity. Selflessness is my true self. Love is my true character. Love is my name.
Thomas Merton, OCSO
- When we are engaged in acts of love, we humans are at our best and most resilient. The love in romance that makes us want to be better people, the love of children that makes us change our whole lives to meet their needs, the love of family that makes us drop everything to take care of them, the love of community that makes us work tirelessly with broken hearts.
Adrienne Maree Brown (from Grateful Living website)

- The word *change* normally refers to new beginnings. But transformation, the mystery we're examining, more often happens *not when something new begins but when something old falls apart*. The pain of something old falling apart--chaos--invites the soul to listen at a deeper level. It invites and sometimes forces the soul to go to a new place because the old place is falling apart. Otherwise, most of us would never go to new places. The mystics use many words to describe this chaos: fire, darkness, death, emptiness, abandonment, trial, the Evil One. Whatever it is, it does not feel good and it does not feel like God. You will do anything to keep the old thing from falling apart. This is when you need patience, guidance, and the freedom to let go instead of tightening your controls and certitudes.

*Excerpt from "Change as a Catalyst for Transformation",
Richard Rohr OFM*

Poems:

- **Fire**

What makes a fire burn
is space between the logs,
a breathing space.
Too much of a good thing,
too many logs
packed in too tight
can douse the flames
almost as surely
as a pail of water would.
So building fires
requires attention
to the spaces in between,
as much as to the wood.
When we are able
to build open spaces
in the same way
we have learned
to pile on the logs,



then we can come to see how
 it is fuel, and absence of the fuel
 together, that make fire possible.
 We only need to lay a log
 lightly from time to time.
 A fire
 grows
 simply because the space is there,
 with openings
 in which the flame
 that knows just how it wants to burn
 can find its way.

Judy Sorum Brown (in "A Leader's Guide to Reflective Practice")

■ **How to Recognize Grace**

It takes you by surprise
 It comes in odd packages
 It sometimes looks like loss
 Or mistakes
 It acts like rain
 Or like a seed
 It's both reliable and unpredictable
 It's not what you were aiming at
 Or what you thought you deserved
 It supplies what you need
 Not necessarily what you want
 It grows you up
 And lets you be a child
 It reminds you you're not in control
 And that not being in control
 is a form of freedom

Marilyn Chandler McEntyre



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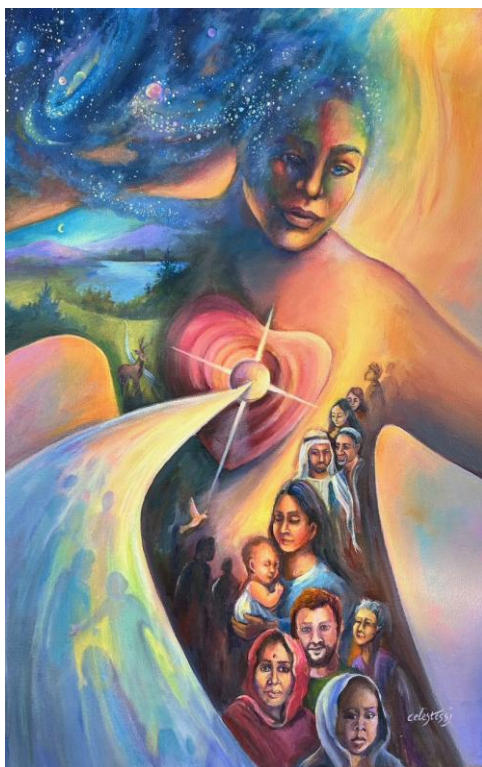
Pray With the Art Throughout These Pages

Create Your Own Art . . .Music. . .Poem

If you wish to share your creativity, please email it to:

vitalityoflifecommittee@gmail.com

It will be posted on our website in the Vitality of Life section for the enrichment of others.



*Cosmic Christ, Celeste Mokrzycki SSJ
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Addendum: Articles For On-Going Reflection

- “Self-Emptying Love”

by Cynthia Bourgeault

<https://cac.org/daily-meditations/self-emptying-love-2023-02-22/>

- “Toward Becoming Non-Grasping, Self-Emptied Lovers”
by Catherine Nerney, SSJ
https://ssjphilamembership.org/wp-content/uploads/MembersOnly/Vitality_of_Life/Philippians2_CathyNerney07.pdf

- “InCarnation: God’s Life Is Our Life”
by Illia Delio
<https://christogenesis.org/incarnation-gods-life-is-our-life/>