***Monthly Spiritual Message***

**June 2023**

**SELF-EMPTYING**

**Sharing in the Self-Emptying of God**

***Make your own the mind of Christ Jesus****: Who, being in the form of God, did not count equality with God something to be grasped. But he* ***emptied*** *himself, taking the form of a slave, becoming as human beings are; and being in every way like a human being, he was humbler yet, even to accepting death, death on a cross. And for this God raised him high, and gave him the name which is above all other names….* (Philippians 2:5-9)

*Kenosis* (κ*ενωσις*) – the act of emptying.

The Catholic understanding of *kenosis* of Christ is that the Eternal Word chose to enter creation as true man and God, uniting humanity and divinity in the one person. The Incarnate Word came as a baby, to be cared for by Mary and Joseph: the son of a humble tradesman, not a king. With his disciples, he shared all he had from a common purse. Jesus limited his display of divinity so that he could be poor with the poor.

Through much of the gospel story, Jesus’ divinity is often hidden to allow people to express their faith. In following the Father’s will rather than his own, he did not resist being imprisoned and crucified by the powerful. On the Cross, Jesus emptied himself of his human life with blood and water pouring from his side (John 19:34). The gospel stories show that Jesus came in humility and poverty and emptied himself into the world.

Our understanding is that the Son of God never lets go of his divinity, nor once he is humanly conceived, does Jesus ever let go of his humanity. God shows himself in humility, emptying himself. He is never empty because he is filled with boundless love.

Christ continues to humble himself every time we celebrate Eucharist. He comes under the simple elements of bread and wine. Christ humbles himself so that we may share in his divinity, as the priest says during mass quietly during the offertory: “*By the mystery of this water and wine, may we come to share in the divinity of Christ, who humbled himself to share in our humanity*.”

God the Father’s outflowing love, through the Word, brought about all of creation, making room for something other than God’s self. Jesus’ expression of love is the gift of his life: his service to others; his faithfulness to the Father’s will; the sacrifice of his life on the cross for our sins. Jesus’ emptying allows us, and all of creation, the possibility to be filled with God’s divine love, so *that* *God may be all in all* (1 Cor 15:28). St Francis beautifully describes in his *A Letter to the Entire Order* (FA:ED I v.27-29 p.118) how Eucharist invites us into God’s humility:

O sublime humility!  
O humble sublimity!  
The Lord of the universe,  
God and the Son of God,  
so humbles Himself  
that for our salvation  
He hides Himself  
under an ordinary piece of bread!  
Brothers, look at the humility of God,  
and pour out your hearts before Him!   
Humble yourselves  
that you may be exalted by Him!  
Hold back nothing of yourselves for yourselves,  
that He Who gives Himself totally to you  
may receive you totally!

St Bonaventure identified Christ’s emptying, in poverty, humility and obedience through acts of love, as the one aspect of his life that *all* canimitate. We cannot imitate Christ’s divine power, his divine wisdom or knowledge, nor can everyone act as a priest at the altar. All can practise self-emptying: the values of poverty, humility, and obedience in imitation of Christ. This is the Franciscan path towards holiness! By emptying ourselves in faith, we make room for God.

Secular Franciscans are called to live humbly and follow the evangelical virtue of poverty in a special way. They are called to follow Christ by humbling themselves and following God’s will especially in times of *difficulties and persecution* (Rule 10). They are to have a *“spirit of* *detachment from temporal goods by simplifying their own material needs*” and to see themselves as *stewards* rather than owners of property (Rule 11). They are to follow the will of the Father through faithfully fulfilling their duties in life. (Rule 10) Nor are they to yearn for possession and power (Rule 11). They will be *ready to* *place themselves on an equal basis with all people,* *especially with the lowly* (Rule 13).

In the General Constitutions, Secular Franciscans are called to live “*the spirit of Beatitudes and* *in a special way, the spirit of poverty*” as a sign of faith and as means for experiencing an “*interior freedom*” (Art 15.1). They are called to “*reduce their own personal needs so as to be better able to share spiritual and material goods with their brothers and sisters, especially those most in need*” (Art 15.3) They are called to “*love and practise purity of heart*” (Art 15.4): seeking to please and honour God rather than themselves. They are to seek to do the will of the Father, becoming *brothers and sisters of Christ*, and be willing to accept help through the sacraments of the Church and from their *confreres* (Art 12.2), their fellow fraternity members. They are called to seek, in the “*spirit of minority*”, relationships with “those on the fringe of society” (Art 19.2).

Franciscans are called to simplify their life to make room for God. A spirit of poverty opens people to see what is truly valued by God and it moves them to share what they can in service of others, especially the poor. By emptying themselves of a need to seek power and control over others, Secular Franciscans humbly seek to follow God’s will: forming strong fraternities by seeking to become “one heart and one mind” (Acts 4:32), like the early Christian community.

In our Franciscan journey, we often run on empty. It is a life requiring *a strong personal commitment* *and* *the stimulation of the fraternity* (Art 15.2). Secular Franciscans practise obedience and poverty by humbly serving God and neighbour *in the world*, through *religious, apostolic and charitable works* (Art 30.3), individually or together as a fraternity.

Attending the fraternity meeting is not the sole activity of the Secular Franciscan life! The fraternity meeting’s role is to provide Secular Franciscans with prayerful support, formation, and encouragement *for* *sustaining their witness and commitment in the world*. (Art 50.1) The meeting is a place where they can learn gospel living from each other and support each other through *prayer, dialogue and review of life* (Art 15.2). Franciscans are called to be sustained by faith, and the support and prayers of our fraternity. Fraternity meetings provide a prayerful place where Christ can be encountered to inspire individual Secular Franciscans to continue along their path of life.

By faithfully following the footsteps of the Christ Crucified, emptying themselves, Franciscans make room for the Holy Spirit in their life.

*Lady holy Poverty, may the Lord protect You, with Your Sister, holy Humility!*

(St Francis, *A Salutation of the Virtues 2*)

**Further Reading**

Cronin, Kevin. *Kenosis: Emptying Self and the Path of Christian Service*. Continuum, New York 1994.

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Hayes, Zachary. *The Hidden Centre: Spirituality and Speculative Christology in St Bonaventure*. Paulist Press, New York, 1981.

Fr Joseph McKay OFM

National Spiritual Assistant OFS - Australia