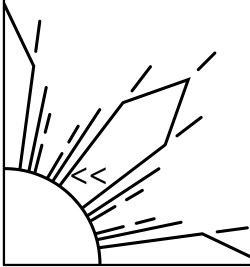


PHILIPPIANS 2:5-11

THE CHRIST HYMN

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
as something to be exploited,
but 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,
so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,
and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.



Lectio Divina

Prepare

Identify a Bible passage that you would like to read. Be mindful of your body position as you find a comfortable place to sit. Quiet your mind by taking a few gentle breaths to help you center on God. Ask God to speak to you through the reading.

Read

Read the passage slowly, either out loud or silently. Listen for a word, phrase, or image that stands out to you in the passage. Repeat the word in your mind.

Reflect

Re-read the passage a second time. Linger over the word, phrase, or image that captured your attention in the first reading. Notice any feelings evoked within you. Ask God how this new awareness speaks to your life in this moment.

Pray

As you re-read the passage for the third time, consider how God might be inviting you to respond to what has been brought to your attention. Talk with God about what is on your heart.

Contemplate

Rest in the awareness of God's presence. Remain open to anything else that may be stirring within you. Thank God for your new awareness and know that you are loved.

