

## **The Exaltation of the Holy Cross | Monday 14 September 2020**

Today is Monday the 14 September, the Feast of the Exaltation of the Holy Cross.

The monks of the Abbey of Keur Moussa sing: 'The Lord Jesus emptied himself for us, therefore God has exalted him above all things.' As I listen, as I enter into prayer today, can I bring myself humbly before the Father, as Jesus did, and place myself completely in his hands?

Today's reading is the text we have just heard sung, from St Paul's Letter to the Philippians.

Philippians 2:5-11

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.

Today's reading conveys a strong sense of the person of Jesus, and inspires a very Ignatian attitude, a desire to serve others for their benefit, just as Jesus did. This desire is probably already present in you, probably already visible at least in some parts of your life. Where do you see yourself, perhaps even unwittingly, responding to others with sincere concern for their well-being?

In what aspects of your life would you want a generosity you know is already there to grow? How, in other words, do you want to be more Christ-like in your attitude to others and to the world around you?

Just reflect, as you listen to the Scripture again, what it is about Jesus's freedom to respond to God's will that inspires you.

Perhaps, now, you can ask God for what you need so that your generosity can free yourself and others from fruitless self-preoccupation.

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.