

**PRAYING WITH OUR SPC ROLE MODELS**  
**Celebrating 325 Years of Life and Mission**  
**DECEMBER 2021**



**Theme:** Kenosis

**Grace:** Lord Jesus, I beg for the grace of radical love and total commitment to You so that my life may be poured out in service to others, totally emptied of self.

**Scripture Text:** “Though He was in the form of God, Christ Jesus did not regard equality with God as something to be grasped, but emptied himself, taking the form of a slave, being born in human likeness.” Phil 2: 6-7

**POINTS FOR PRAYER AND REFLECTION:**

**A. Kenosis in the life of St. Paul**

At the center of the Christ hymn is the notion of kenosis (self-emptying), an extraordinary moral initiative that Jesus took to reconcile with humanity. For Paul, kenosis is not just one of many virtuous attitudes, but a decisive one that claimed the entire person of Christ including his own life, let alone his power and privilege. The kenosis of Jesus also gives us a concrete living example of humility and self-sacrifice. Humility is more than a mental attitude; it is the concrete and conscious replacement of self-serving with serving others and sharing one’s entire life to the benefit of others. For Paul, following the path of kenosis meant a life totally given, poured-out, and emptied of the “self.”

**B. Kenosis in the life of our Sisters**

**SISTER IRENE SOON-DEOK HONG (1908 -1972)**

**Province of Seoul, Korea**

Inspired by the Beatitude, “Blessed are the poor in spirit,” Sr. Irene lived a simple life with great faith, in humility and poverty. Even as a Provincial Superior, she always put on an apron to do the lowly tasks. Though she was strict with her personal poverty, she was generous to others. She listened attentively to others and was generous and humble enough to apologize to anyone irrespective of age or position.

**SISTER BERNARD DE MARIE DE BROQUEVILLE (1919-2000)**

**Province of Hong Kong**

Sr. Bernard was 30 years old when she embarked on her missionary journey to Hong Kong. Arriving at a time when Hong Kong was facing another dark era—the pouring of refugees from China—she worked quietly, humbly, and untiringly as a nurse in her little corner in St. Teresa’s Hospital. As a Provincial Superior, her organization and administrative skills, apostolic zeal and enthusiasm, coupled with compassion and generosity, blossomed into many initiatives, most of them for the benefit of the underprivileged and the formation of her Sisters.

### **C. Kenosis in our life**

1. As I pray over Phil 2: 6-7, I ponder on Christ's kenosis, especially in the mystery of his incarnation.
2. Our society today is permeated with a way of life that puts oneself first before others; of instant gratification and of seeking comfort and pleasure. I examine the quality of my commitment to God. In what way am I being called to practice kenosis given the context of our world today?
3. Dialogue with the Lord on the points above.
4. Share in community how you can be more life-giving to each other and to those around you through your life of selfless service.