



Introduction: The God Who Empties Himself

The term *kenosis* (from the Greek *κένωσις*, meaning “emptying”) represents one of Christianity’s most profound and revolutionary concepts, revealed in **Philippians 2:5-7**:

*“Have among yourselves the same attitude that is also yours 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 (ekenōsen)**, taking the form of a slave.”*

This “self-emptying” of Christ lies at the heart of the mystery of the Incarnation and serves as a model for spiritual life.

1. Kenosis in Scripture: Theological Foundations

A) Philippians 2:5-11

- **Context:** St. Paul writes to a community divided by ambition (Phil 2:3-4).
- **The act of humiliation:** Christ, being **God**, willingly:
 - **Empties Himself** of His glory (not His divinity).
 - **Assumes human nature** (Jn 1:14).
 - **Takes the form of a slave** (the lowest social status in Roman society).
 - **Becomes obedient unto death on a cross** (a punishment reserved for criminals).

B) Other Biblical References

- **2 Corinthians 8:9:** “Though He was rich, for your sake He became poor.”
- **John 17:5:** Jesus prays to regain the glory He had “before the world existed” (showing His kenosis was temporary).



2. Kenosis vs. Traditional Theology

The Church teaches that:

- **Christ never ceased to be God** (against the Arian heresy).
- **He voluntarily limited the use of His divine attributes** (e.g., not using His omnipotence to avoid suffering).
- **It is an infinite act of love**: God makes Himself vulnerable to redeem us.

Analogy: Like a king who, without ceasing to be king, wears rags to save his people.

3. Kenosis and Christian Life: Imitating Christ's Self-Emptying

Jesus didn't just *teach* humility—He *lived* it. Thus, kenosis is:

A) For the Church

- **Radical service**: The pope washing prisoners' feet.
- **Preferential option for the poor** (Mt 25:40).

B) For Every Believer

1. **Empty the ego**: Reject pride (Prov 16:18).
2. **Love to the point of sacrifice**: Like a mother who gives up her dreams for her children.
3. **Trust in God**: "*When I am weak, then I am strong*" (2 Cor 12:10).

Modern example: Mother Teresa, who served the poorest from her own poverty.

4. Kenosis in Today's World

In a culture obsessed with *success*, *power*, and *self-sufficiency*, kenosis is:

- **Countercultural**: Jesus reverses worldly logic (Mk 10:42-45).
- **Liberating**: Frees us from the slavery of "keeping up appearances."
- **Revolutionary**: Like St. Francis, who embraced poverty to find true freedom.



Conclusion: The Power of Weakness

Kenosis is not defeat—it is **love's victory over selfishness**. By emptying Himself, Christ:

- **Conquers sin** (not with armies, but with a pierced heart).
- **Shows us the way:** *"Learn from Me, for I am meek and humble"* (Mt 11:29).

Invitation:

"Do you want to be great? Become small. Do you want to be free? Give yourself away. Do you want to live? Empty yourself so God may fill you."

□ *"For whoever wishes to save his life will lose it, but whoever loses his life for My sake will find it"* (Mt 16:25).

How will you live your *kenosis* today? Share your reflection.