

Contemplation: Seeing and loving – Franciscan Prayer – Ilia Delio, OSF – pp. 127-129

A student once wrote in a paper, “I never thought I could strive for contemplation. I thought contemplation is for special people, and not for the ordinary person like me.” My response to him was, “no person is too ordinary to contemplate God. It is essential to living the Christian life.” The idea that everyone is called to contemplation was entirely new for this student and I am sure for many others as well. We don’t view the Christian life as one of contemplation and we certainly don’t speak of Christian life as a contemplative life or hear it preached this way on Sunday. Yet, if we have been following the path of Franciscan prayer all along, we realize that this path of pray is a contemplative one. The Progression of prayer that leads to contemplation begins with the gaze on the crucified Christ and continues to penetrate the depths of this reality until the one who gazes comes to see the heart of charity hidden in the heart of Christ. We have already described contemplation as a penetrating vision but we must also concede that it is a deepening of love, a continuous action of ongoing transformation, since nothing is more liberating and active than love. This love not only enables one to see more clearly and deeply into the depths of the Spouse, the heart of Christ, but to feel and taste the hidden sweetness of God.

In his first *admonition*, Francis describes contemplation as seeing God in Christ with the eyes of the Spirit.

He describes contemplation as the vision of God’s humility. The Father who dwells in “inaccessible light,” he writes, is humbly present in the Son through the love of the Spirit. This is the meaning of Incarnation which we encounter in the Eucharist. God’s humbling movement toward humanity: “Each day he humbles himself as when he came from the royal throne into the Virgin’s womb, each day he himself comes to us, appearing humbly.” Contemplation for Francis and Clare is a penetrating gaze that gets to the heart of reality. It is looking into the depths of things and seeing them in their true relation to

God. Bonaventure calls this type of penetrating vision “contuition” whereby one sees concrete reality in itself and in God.

For Clare, contemplation begins with the mirror of the crucified Christ. That is why she advised Agnes to see herself in the mirror each day. It is Clare, I believe, who provides a common path to contemplation because what she advocates is daily prayer before the cross – something every person can do. To accept God in the Crucified is to accept God in our own lives and this means to accept who we are. Clare draws a relationship between contemplation and self-identity. The more we contemplate or dwell on the mystery of Christ by gazing upon the Crucified, the more we discover our own identity. We might say that the cross provides the most honest reflection of ourselves. When we gaze on this mirror of the cross we not only see who God is, selfgiving love, but gazing on the God of humble love leads us to reflect on our own lives. So the gaze is self-reflective. The crucified Christ, who is the image of God, is the image in which we are created and thus the basis of our identity. If we gaze long enough, that is, if gazing becomes a way of life then it will lead to a new level of self-knowledge. We will come to a new understanding of ourselves and this understanding will be creative, since it will transform the one who gazes in the mirror of the cross into a reflection of the image itself. That is, the more we contemplate Christ by gazing upon the cross, the more we will come to resemble Christ. This image of God, revealed in the one who gazes on the mirror of the Crucified, will be expressed as a new “birth” of Christ in the believer. To place oneself in the mirror of the cross, therefore, is to expose oneself to the joys and sorrows of being human, the joy of God’s all-embracing love and the sorrow of the Spouse “despised, struck, and scourged.” By dwelling in the mirror of the cross – heart, mind and soul – we are called to “transform our whole being into the image of the Godhead itself.” In this way, we are called to a life of contemplation.

Clare had particular insight with regard to the capacity of the human person to image God. In her fourth letter to Agnes, she draws a relationship between contemplation and the human face. She tells Agnes to “gaze upon that mirror each day...and continually study your face within it, so that you may adorn yourself within and without with beautiful robes.” Although Clare does not define the goal of contemplation explicitly, she describes this goal broadly as conversion through imitation of Christ and interior transformation in order to reflect the face of Christ to the world. She is certain that such transformation can only take place in the mirror of the cross. She speaks of the human face as the sign of transformation because the face discloses the person in a particular way and therefore reflects one’s personal identity or self-expression. The face symbolizes the person because it both reveals what a person is and yet conceals the inner depth of the person. The idea of the “face” not only connotes uniqueness and distinction, that which makes a person who she or he is, but it connotes form or expression since it is the face that one sees. To study one’s face in the cross means to question the form or shape of one’s life. The face is the epiphany of God. Only by becoming truly human, like the beloved spouse, does one disclose the face of God.

If contemplation is to study one’s face in the mirror of the cross, then contemplation is the way the self achieves its true form as image of God. To study one’s face in the cross is to ask, what am I? What distinguishes me? For Clare, we cannot really answer these questions without looking at our image in the mirror of the cross. The self is not a substance from God, according to Clare, but is created precisely in relationship to God. To come to the knowledge of who we are is to discover the treasure within each of us, the image of God in which we are created and by which we are in relationship with God.

**A letter to the Entire Order – Francis of Assisi-
The Saint – Page 118- #26-29 –
Prayer: “Let Everyone be Struck....”.**

26. Let everyone be struck with fear,
let the whole world tremble,
and let the heavens exult
when Christ, the Son of the living God,
is present on the altar in the hands of a
priest!
27. O wonderful loftiness and stupendous
dignity!
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!
28. Brothers, look at the humility of God,
and *pour out your hearts before Him!* (Ps
62:9)
*Humble yourselves
that you may be exalted by Him!* (1Ptr5:6)
29. Hold back nothing of yourselves for
yourselves,
that He Who gives Himself totally to you
may receive you totally!

**God is Love (*Deus Caritas Est*) – Pope Benedict
XVI – Paragraph 41- Mary’s Prayerfulness**

41. Outstanding among the saints is Mary, Mother of the Lord and mirror of all holiness. In the Gospel of Luke we find her engaged in a service of charity to her cousin Elizabeth, with whom she remained for “about three months” (1:56) so as to assist her in the final phase of her pregnancy. “Magnificat anima mea Dominum”, she says on the occasion of that visit, “My soul magnifies the Lord” (Lk 1:46). In these words she expresses her whole programme of life: not setting herself at the centre, but leaving space for God, who is encountered both in prayer and in service of

neighbour—only then does goodness enter the world. Mary's greatness consists in the fact that she wants to magnify God, not herself. She is lowly: her only desire is to be the handmaid of the Lord (cf. Lk 1:38, 48). She knows that she will only contribute to the salvation of the world if, rather than carrying out her own projects, she places herself completely at the disposal of God's initiatives. Mary is a woman of hope: only because she believes in God's promises and awaits the salvation of Israel, can the angel visit her and call her to the decisive service of these promises. Mary is a woman of faith: "Blessed are you who believed", Elizabeth says to her (cf. Lk 1:45). The Magnificat—a portrait, so to speak, of her soul—is entirely woven from threads of Holy Scripture, threads drawn from the Word of God. Here we see how completely at home Mary is with the Word of God, with ease she moves in and out of it. She speaks and thinks with the Word of God; the Word of God becomes her word, and her word issues from the Word of God. Here we see how her thoughts are attuned to the thoughts of God,

how her will is one with the will of God. Since Mary is completely imbued with the Word of God, she is able to become the Mother of the Word Incarnate. Finally, Mary is a woman who loves. How could it be otherwise? As a believer who in faith thinks with God's thoughts and wills with God's will, she cannot fail to be a woman who loves. We sense this in her quiet gestures, as recounted by the infancy narratives in the Gospel. We see it in the delicacy with which she recognizes the need of the spouses at Cana and makes it known to Jesus. We see it in the humility with which she recedes into the background during Jesus' public life, knowing that the Son must establish a new family and that the Mother's hour will come only with the Cross, which will be Jesus' true hour (cf. Jn 2:4; 13:1). When the disciples flee, Mary will remain beneath the Cross (cf. Jn 19:25-27); later, at the hour of Pentecost, it will be they who gather around her as they wait for the Holy Spirit (cf. Acts 1:14).

Scripture Reflection – Psalm 67

1 For the leader; with stringed instruments. A psalm; a song.

2 May God be gracious to us* and bless us; may his face shine upon us.^a

3 So shall your way be known upon the earth, your victory among all the nations.^b

4 May the peoples praise you, God; may all the peoples praise you!

5 May the nations be glad and rejoice;

for you judge the peoples with fairness, you guide the nations upon the earth.^c

6 May the peoples praise you, God; may all the peoples praise you!

7 The earth has yielded its harvest; God, our God, blesses us.^d

8 May God bless us still; that the ends of the earth may revere him.

* [Psalm 67] A petition for a bountiful harvest (Ps 67:7), made in the awareness that Israel's prosperity will persuade the nations to worship its God.

* [67:2] May God be gracious to us: the people's petition echoes the blessing pronounced upon them by the priests, cf. Nm 6:22–27.

a. [67:2] Ps 4:7; 31:17; 44:4; 80:4; Dn 9:17.

b. [67:3] Jer 33:9.

c. [67:5] Ps 98:9.

d. [67:7] Ps 85:13; Lv 26:4; Ez 34:27; Hos 2:23–24.