



My Evolving Understanding of Incarnation Henrietta Adindu, SHCJ

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So many gifts from our SHCJ heritage and lived experiences speak to me about our incarnational spirituality

. for example, our hymn that I love so much:

**“Thou who was rich beyond all splendour,
all for love’s sake, became man...”**

In our Constitutions we quote 1 Corinthians 16: 14

“Let everything you do, be done in love”

Love summarises our Incarnational Spirituality. It was love of humanity that led to the incarnation of the second person of the triune God.

Over the years I have grown to understand more deeply that Jesus Christ is fully divine and fully human. Sometimes we forget that second part; the humanity of Jesus, which is what the incarnation is all about. In his Spiritual Exercises, St. Ignatius Loyola encouraged what he called the “prayer of consideration,” which invites us to contemplate the human experience of Jesus of Nazareth.

For the past twenty years or so my ministry has included to a large extent leading people into more intimate relationship with the incarnate God through the 30-days retreat of the Spiritual Exercises of St. Ignatius. It was indeed a most touching experience to have the opportunity to actually visit the cave at Manresa in Spain where Ignatius spent nearly a year writing the Spiritual Exercises, over five hundred years ago.



The grace of the second week of the Spiritual Exercises invites the exercitant to know Jesus intimately in his humanity, to love him more intensely, and to follow him more closely. The exercitants consider the two standards and make daily conscious choices for Christ, for love; try to enter into the vision of God looking upon our messed-up world with compassion and out of love the second person of the trinity became human to show us the way.



How did Jesus live daily?

How did Jesus live from the crib to the cross?

How do we like Jesus live out the reality of the incarnation?

I invite us to daily consider the Prayer of Saint Richard of Chichester and perhaps make it your own.



**Thanks be to thee
my Lord Jesus Christ,
for all the pains
and insults
thou hast borne for me,
O most merciful redeemer,
friend and brother,
may I know thee
more clearly,
love thee more dearly
and follow thee
more nearly day by day.
Amen.**