

To think, to feel, to love... like Jesus.



REFLECTION

There are probably very few people who know about Jesus and do not feel a deep admiration for him, regardless of their religion or beliefs. And it is also likely that, more than once, we have experienced a sincere desire to be like him, to learn to see, think, and love as he did.

When we contemplate him in the Gospel—**humble, approachable, deeply compassionate**—we understand that his way of being is not taught only through words or concepts, but through shared life, personal encounter, and the experience of a profound humanity lived to the full. Jesus is not someone we know by "knowing" about him; he is, above all, a living and real presence that transforms us from within, renewing our way of being and existing.

Paul tells us clearly: "Have among yourselves the same attitude that is also yours in Christ Jesus..." (Phil 2:5). It is not a matter of simple external imitation, but of daring to live our most radical vocation: to connect deeply with the Spirit of the Lord who dwells within us and beats in our own hearts. Jesus emptied himself completely in order to love without measure, truly becoming one of us. This becoming one with us is his greatest act of love. In Jesus, God definitively chooses humanity and reveals to us how he loves us: fully human.

Henry de Ossó encourages us to walk this path: to know and love Jesus until it is He who lives in each one of us. To know him from within, entering into his depths, his most intimate affections, and his deepest desires. To be clothed in Christ means to let him think, feel, and love us from the depths of our being. It is overwhelming to recognize that God becomes one of us in order to manifest himself as one in us.

Thus, daily life—daily work, conversations, silence, suffering, joy... everything that happens to us—is transformed into a sacred space where Jesus is present.

Thinking like Jesus, feeling like Jesus, loving like Jesus... this is the way: a way that deeply humanizes, that heals wounds, that ignites God's tenderness. It is the most authentically human way of existing.



TEXT OF THE WORD. 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, 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."



CHARISMATIC TEXT

ENRIQUE DE OSSÓ, A MONTH AT THE SCHOOL OF THE SACRED HEART OF JESUS, PROLOGUE

To think like Christ Jesus, to feel like Christ Jesus, to love like Christ Jesus, to act like Christ Jesus, to converse like Christ Jesus, to speak like Christ Jesus, to conform, in a word, our whole life to that of Christ, to clothe ourselves with Christ Jesus, this is the only essential business and occupation of every Christian. For Christian means alter Christus, another Christ [...]

But in order to conform ourselves to the life of Christ Jesus, it is first necessary to study it, to know it, to meditate on it, and not only on its outer shell, but to enter into the feelings, affections, desires, and intentions of Christ Jesus, so that we may do everything in perfect union with Him. [...]

I will live today, I will eat, I will sleep, I will speak, I will be silent, I will work, I will suffer, I will do everything, I will suffer everything in union with Jesus, in union with that divine intention and with those feelings with which Jesus did it, Jesus suffered it, and desires that I do it, or suffer it! Whoever does this, and we must all do it, will live here on earth a life of heaven, will be transformed into Jesus, and will be able to say with the Apostle: I live, yet not I, but Christ lives in me.

QUESTIONS FOR PRAYER

- **What thoughts occupy my mind on a daily basis? What place does Your gaze have in my way of understanding life, of judging, of deciding?**
- **What would change if I learned to think like You, to see the world through Your eyes?**
- **What feelings dwell within me today? What do they move me to do?**
- **How can I open my heart so that Your Spirit may manifest itself in me, and my feelings may be Yours?**
- **How do I identify the love that springs from Your living presence in me and in the depths of each person? How do I make others feel with my way of acting? What dynamic does my love generate when it comes from You?**



Tu modo - Cristóbal Fones sj

Jesus, as I contemplate your life
the way you treat others,
I allow myself to be challenged by your tenderness:
your way of loving moves us to love.
Your treatment of others is like crystal clear water,
which cleanses and accompanies us on our journey.

**Jesus, teach me your way
of making others feel more human;
may your steps be my steps,
my way of proceeding.**

Jesus, make me feel with your feelings,
see with your gaze,
commit my actions,
give myself to death for the Kingdom,
defend life even to the cross,
love everyone as a friend
and, in the darkness, carry your light.

Jesus, I want to be compassionate to those who suffer,
seeking justice, sharing our faith;
may I find true harmony
between what I believe and what I want to be.
May my eyes be a source of joy,
embracing your way of being.

I would like to know you, Jesus, just as you are;
your image on me is what will transform
my heart into one like yours,
that comes out of itself to give:
capable of loving the Father and my brothers and sisters,
who serves the Kingdom in freedom.

Teach me your way, Lord.