



Living in Relational Wholeness

Coalesce Podcast

Episode 011 – Jesus, Profound Wisdom-Guide

Note, terms, scripture, practice



[Isaiah 42:1-4](#)

[Isaiah 49:1-6](#)

[Isaiah 50:4-9](#)

[Isaiah 52:13-53:12](#)

[Mark 1:15](#)

[Acts 17:6](#)

[Matthew 5-7](#)

[Matthew 5:3-12](#)

[Mark 8:29](#)

[Mark 8:34-35](#)

[Mark 9:31](#)

[Mark 9:34-35](#)

[Mark 10:33-34](#)

[Mark 10:35-37](#)

[Mark 10:38](#)

[Mark 10:42-45](#)

Practice: Self-Emptying

Make my joy complete by being of a single mind, one in love, one in heart and one in mind. Nothing is to be done out of jealousy or vanity; instead, out of humility of mind everyone should give preference to others, everyone pursuing not selfish interests but those of others. Make your own the mind of Christ Jesus: Who, being in the form of God, did not count equality with God something to be grasped. But he emptied himself, taking the form of a slave, becoming as human beings are; and being in every way like a human being, he was humbler yet, even to accepting death, death on a cross. —[Philippians 2:3-8](#)

Jesus consistently asks people to “come after me” or to “follow me.” Well, we see where he’s leading us: to the cross. Victory is not the avoidance of death, but precisely death transformed. And that is what God does with people who say yes to the process.

In the passage above, Paul uses the Greek word *kenosis* to describe Jesus’ act of self-emptying and surrender. Contemplative prayer is a practice of self-emptying. At its most basic, contemplation is letting go—of our habitual thoughts, preferences, judgments, and feelings. Though life itself is often our most powerful teacher through great love and suffering, contemplation is a daily, small death to false self and ego. It makes space for True Self to reappear, to rise from the ashes of our partial and protected self. If you do not already have a regular contemplative or meditative practice, I encourage you to begin with a few minutes of silence every day, emptying your mind of patterned—mostly negative—thoughts to simply be present to Presence.