



Anthem: Come Down, O Love Divine Bianco da Siena (d. 1434) AMPNEY by Ralph Vaughn Williams
tr. Richard Frederick Littledale, alt. setting by David Ashley White

People who have had little self-reflection live life in a huge reality blind-spot."

Bryant McGill, American author and Nobel Peace Prize nominee

A synonym for *self-reflection* is *introspection* which is defined as "a reflective looking inward: an examination of one's own thoughts and feelings." from *Merriam-Webster Dictionary* online

Growing as a disciple of Christ involves study of scripture and asking some self-reflection questions.

Romans 13:11b-14 - The hour has come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. NIV

Self-Reflection Questions for Romans 13:11b-14:

- Have I been "slumbering" or complacent to the way of loving and living taught by Jesus?
- Do I realize that with each passing day salvation is nearer than when I "first believed"?
- Am I living with a joy and expectation for what God has in store for me each day so that I am found awake and ready for the "day" or the coming of Christ?

Self-reflection can result in a rededication to Christ and the reclaiming of the Holy Spirit who can restore the joy of God's salvation and sustain a willing spirit for living life in anticipation of Christ's coming.

In reading the anthem text below, note in the first stanza that the Holy Spirit is addressed as "O Love divine" and "O Counselor" and is called to be present in our lives. In the second stanza, the Holy Spirit is asked to purge us of pride and earthly passions, to purify our love, and to light our paths. The final stanza expresses our yearning to be filled by the Holy Spirit and reminds us that the "body is a temple of the Holy Spirit" living within us as written in I Corinthians 6:19. adapted from https://hymnary.org/text/come_down_o_love_divine

Prayer: Lord, help me to self-reflect and determine when I am not living up to the teachings of Jesus. Forgive me when I have failed. Fill me anew with the Holy Spirit so that I continue to grow in Christ's image.

Anthem Text

Come down, O Love divine, seek thou this soul of mine, and visit it with thine own ardor glowing;
O Comforter, draw near, within my heart appear, and kindle it, Thy holy flame bestowing.
O let it freely burn, till earthly passions turn to dust and ashes in its heat consuming;
and let thy glorious light, shine ever on my sight, and clothe me round, the while my path illuming.
And so the yearning strong, with which the soul will long, shall far outpass the pow'r of human telling;
for none can guess its grace, till Love create a place wherein the Holy Spirit makes a dwelling.