

# EMPTIED

THOUGHTS FROM MAJOR NORMAN GARCIA

I wanna be emptied, broken, mended, refilled.  
I wanna live for You, always, my God.  
Please empty me.

Emptying oneself is dangerous stuff. Jesus tells a peculiar story of a person who has a demon that leaves. As it turns out, this is not a good thing to happen because seven worse demons saw the empty space and decided to move in! (Matthew 12:43-45)

Yet, as dangerous as being empty is, it is the first of a two-part rhythm in our Christian development. We are told that Jesus emptied Himself:

You should have the same attitude toward one another that Christ Jesus had, who though he existed in the form of God did not regard equality with God as something to be grasped, but emptied himself by taking on the form of a slave, by looking like other men, and by sharing in human nature. He humbled himself, by becoming obedient to the point of death—even death on a cross!

(Philippians 2:5-8 NET)

**Only after Jesus is emptied can He be exalted and glorified:**

As a result God highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee will bow—in heaven and on earth and under the earth—and every tongue confess that Jesus Christ is Lord to the glory of God the Father.

(Philippians 2:9-11 NET)

**The second step in the two-part rhythm is being filled.**

I lift my soul up to You, Lord.  
Your mighty river rushes in.  
And I reach down for Your water,  
You fill and satisfy my soul.

Spirit of the Living God, fall afresh on me.  
Spirit of the Living God, fall afresh on me.  
Break me, melt me, mold me, fill me;  
Spirit of the Living God, fall afresh on me.

Jesus models this twofold rhythm of emptying and filling that is to be our pattern. In the garden of Gethsemane, He emptied His ambitions to the will of the Father so that He could fulfill the will of the Father. It is provocative to think that Jesus, on at least one occasion, had a will that was different from His Father's. The presence of earthly purposes and ambitions makes Him human. The submission of His will to God's makes Him the perfect Son.

## Prayer exercise

During a 5-10 minute period of meditation:

Breathe out saying or thinking the words, "Not my will, Father, but Yours be done." (Emptying)

Breathe in saying or thinking, "Your will be done." (Filling)