

## Look Upon Christ Crucified

by Joan Weisenbeck FSPA

**Gaze** “Look upon Him [the poor Christ] who became contemptible for you, and follow Him, making yourself contemptible in this world for Him.” CA:ED 42

**Consider** Clare modeled her life on the humanity of Jesus. By gazing upon the image of the crucified Christ, she came to identify with his poverty. Her vision of poverty had a privileged place in her life, because Jesus is the Poor Crucified. Because of her encounter with the crucified Christ, she could witness to the world what intimacy with Christ really is. She found her spiritual understanding of love in gazing on the visual image of the crucified Christ. For Clare to gaze daily upon the face of the crucified is the way to spiritual transformation, because Christ is the invisible God made visible. Clare encouraged daily prayer before the cross, something every person can do. To contemplate Christ crucified is to look at ourselves and others and know that death does not have the last word because Jesus, risen in glory, speaks the Word of Life, given to us in the Scriptures.

**Contemplate** O God, like Clare, I gaze upon the crucified Christ, to become like the one I see. As I contemplate Jesus I see myself with new eyes as I look at him looking back at me with love and delight. I imagine the feelings that Jesus has for me as he gazes upon me in love, and I am silent and rest in this awareness. Amen.

**Imitate** Like Clare, choose wisely who or what you look upon. What do you gaze upon in your daily experience of life and when you come to prayer? Do you experience yourself as beloved by God, both flawed and graced? Imitate this Jesus of the Gospels, and follow his way by living out the limits of love.

