

An «exercise» to live the Gospel of the Incarnation daily

9th portal

Time of welcome

To share news, events, joys and sorrows.

Each one also comes with his/her particular «mission»! To also share what makes our “mission.”

Fr. Baudouin



An exercise!? And Fr. Baudouin adds: «This exercise is the most important, it is our distinctive exercise...». For him then it counts as the exercise which carries the special hallmark of our way of living a spirituality at « **the school of the Incarnation** »

«May people admire what they will; for us we find nothing more admirable than the Incarnation and its divine consequences. If you want to believe me we will go to no other school ! This one suffices ! »

What « exercises » then must we do to become familiar with « this school of the Incarnation » ?

The way in which Fr. Baudouin speaks of this « school » actually suggests a true apprenticeship, a training, «exercise » to do under the impulsion of a sole master: the Spirit of the Word Incarnate.

Two expressions, in particular, orientate us to this apprenticeship.

- ◆ The first expression: **«we will unite ourselves to the Word Incarnate»**. These words indicate for us the entry into prayer, as the first steps of an exercise : teach us how to approach Jesus. « God, no one has ever seen», with Jesus we dare to come closer to God. By taking the time to contemplate him we learn from him to look on God as a Father who loves us and we learn to welcome each other as his children. It is a way for us to live together our day to day life.
- ◆ The word **« Adoration »**. This important word was often used as a resume for a whole way of prayer. This way of prayer begins firstly by an experience of adoration. It then leads us to thanksgiving and the offering of ourselves, “in union with the Word Incarnate” to be with him for service in his mission at the service of our brothers and sisters.

But this word **«Adoration »** also evokes with Fr.Baudouin different «exercises» arousing “**admiration**».

As is seen in Fr. Baudouin’s commentary on this text of Isaiah 9,6 :

“Let others admire and depreciate this or that object. Fix your admiration like the prophet Isaiah. What does it mean to admire ? It is to consider an object with surprise and wonder because of its great beauty, its amazing perfections not seen elsewhere. Admiration is complete once it takes away all strange memories from the soul, when it fills ones intelligence to overflowing and it charms ones heart or ones love.”

(Letter 21.03.1825)

Pause to admire! As one does before a beautiful sunset or a mountain scene. Pause to admire! *Admire with surprise and wonder the « the era of the incarnation »!* God in a man”, Jesus of Nazareth, on the roads of Galilee, but also on all our roads, because *« ever since God became man, we meet with him in every human face »* Exercise of attention to be astonished, to allow oneself to be surprised by the Words of Scripture. To know how to gather the many “seeds of the Word” sown on our paths, even sometimes among the thorns and rocks.

Thus, Fr. Baudouin has given us not only schemas of prayer but above all has invited us to « adoration » throughout all of life. In important moments as when making a serious decision, he invites : « Adore Jesus as Truth the enemy of all lies.» (letter 9 July 1801). Or again when he is named to go to Chavagnes, he says to Mme Saint-Benoît: «Adore the Word Incarnate sending out his apostles to all corners to spread there his fire and his light.»

(letter 23 Sept. 1801)

The school of the Incarnation thus proposes to us a whole series of exercises :

Silence - attention - surprise - astonishment - wonder - contemplation adoration...

- on reading the life of Jesus and the Scriptures
- faced with events, meetings, persons,
- to discover the seeds of the Word, « hidden in each person, in each culture», the presence of God in our world.
- to give thanks.
- to offer oneself for mission at the service of others in the footsteps of Jesus...

“Exercises” to take throughout all of life, animated by the Spirit of Jesus.

Our «distinctive exercise » thus forms us for adoration and mission in everyday life. It is, as again Fr. Baudouin tells us, « mystical plowing » to carry out at each moment, in the « here and now » of our days:

The art of the ploughman is to make the earth soft and fine, so that the roots of the seeds can spread easily and that the salts of the earth can more easily find the roots and that the rays can more easily heat and produce fermentation. Mystical ploughing is this continuous work which the soul hungry for justice gives itself in order that its will become soft and supple to receive the divine seed, and thus allow the rays of grace to enter. (letter 13.09.1815)

The «exercises» in a Treasure in Common

The Treasure in Common presents the **school of the Incarnation** as a **school** that proposes **exercices** to live the mystery of the Incarnation. These exercises have need of breath – that of the Spirit of Jesus – and are thus sources of life and of joy for all who practice them.



Exercises of searching, of attention, of gaze...

- The Incarnation is the Mystery of the Divine Presence. A hidden mystery. Still to day, He continues to dwell, to live, to act among us by the action of his Spirit: “ Seeds of the Word”, hidden realities, seeds of the Kingdom.

- To discover them, we must live always searching, finding his presence in everyday life, giving value to what is small, simple, gratuitous... We must open our eyes when faced with daily events, to see urgencies and seeds of life. It allows us to see events as pathways of the Incarnation.

- We must learn how to discover God:
in the face of each person,
in the face of life,
in the face of history,
in the face of nature.

And in order to discover Him we must look, contemplate, listen, be close

Have a positive gaze on the world, on people, which allows us to grasp the «of God » in the life of each one and in human experiences, to recognise « seeds of the Word.” (FMI Constitutions no 8)

The Incarnation gives savour to my daily life.