



# Daily Reflections

**January 12, 2019**

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## Scripture

### **John 3: 22-30**

Jesus and his disciples went into the region of Judea, where he spent some time with them baptizing.

John was also baptizing in Aenon near Salim, because there was an abundance of water there, and people came to be baptized, for John had not yet been imprisoned.

Now a dispute arose between the disciples of John and a Jew about ceremonial washings.

So they came to John and said to him, "Rabbi, the one who was with you across the Jordan, to whom you testified, here he is baptizing and everyone is coming to him."

John answered and said,

"No one can receive anything except what has been given from heaven. You yourselves can testify that I said that I am not the Christ, but that I was sent before him.

The one who has the bride is the bridegroom; the best man, who stands and listens for him, rejoices greatly at the bridegroom's voice.

So this joy of mine has been made complete. He must increase; I must decrease."

# **Our Scripture Reflection**

The biggest barrier to our growth in faith, second to none, is the inflated ego! Our culture preaches the importance of self to us over and over again and in every manner from our clothing style to the plethora of SELF help literature. Not until we choose to shrink our exaggerated notion of self will Jesus' Precious Presence grow within us. John the Baptist's words say it all: "He must increase; I must decrease."

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## **Food for your Journey**

As you see more clearly that your vocation is to be a witness to God's love in this world, and, as you become more determined to live out that vocation, the attacks of the enemy will increase.

You will hear voices saying, "You are worthless, you have nothing to offer, you are unattractive, undesirable, unlovable." The more you sense God's call, the more you will discover in your own soul the cosmic battle between God and Satan.

Do not be afraid. Keep deepening your conviction that God's love for you is enough, that you are in safe hands, and that you are being guided every step of the way. Don't be surprised by the demonic attacks. They will increase, but as you face them without fear, you will discover that they are powerless.

What is important is to keep clinging to the real, lasting and unambiguous love of Jesus. Whenever you doubt that love, return to your inner spiritual home and listen there to love's voice. Only when you know in your deepest being that you are intimately loved can you face the dark voices of the enemy, without being seduced by them.

Only when your roots are deep can your fruits be abundant.

--Henri J.M. Nouwen, *The Inner Voice of Love: A Journey Through Anguish to Freedom* (Doubleday, 1996), 93-94.

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## **A Prayer from the Heart**

Dear Jesus, Make me humble. Help me to follow Your example of surrendering my life completely to Your Father. May I always strive to put You and others before myself. Amen