



Daily Reflections

January 13, 2019

Scripture

Luke 3: 15-16, 21-22

The people were filled with expectation,
and all were asking in their hearts
whether John might be the Christ.
John answered them all, saying,
"I am baptizing you with water,
but one mightier than I is coming.
I am not worthy to loosen the thongs of his sandals.
He will baptize you with the Holy Spirit and fire."
After all the people had been baptized
and Jesus also had been baptized and was praying,
heaven was opened and the Holy Spirit descended upon him
in bodily form like a dove.
And a voice came from heaven,
"You are my beloved Son;
with you I am well pleased."

Our Scripture Reflection

"The people were filled with expectation": These words are an important "head's up" to us about what prevents us from experiencing the fullness of the Christian life. Do we not lack excitement, anticipation, longing? It seems we have become so immersed in the stuff this world has to offer that we

become bloated because we try to take in too much. And when we do, the end result is the same each time: We hunger for more, something filling. Well, that something is Jesus. But please note: Jesus is not just another brand among many other brands on a store shelf or an Amazon product page. Jesus really is the Way, the Truth and the Life. Nothing or no one else can satisfy as He can and will.

Food for your Journey

These are the words from a 14th century spiritual classic, *The Book of Privy Counseling*, describing the joy one experiences as a disciple of Christ:

"So abounding will that joy be that it will follow you to bed at night and rise with you in the morning. It will pursue you through the day in everything you do The enthusiasm and the desire will seem to be part of each other ... though you will be at a loss to say just precisely what it is that you long for.

"Your whole personality will be transformed, your countenance will radiate with an inner beauty, and for as long as you feel it, nothing will sadden you. A thousand miles would you run to speak with another who you knew really felt it and yet when you got there, find yourself speechless! ... Your words will be few, but so fruitful and full of fire"

--*The Cloud of Unknowing and the Book of Privy Counseling*

(Garden City, N.Y.: Image Books, 1973), 182-83.

I discovered this reference in Janet Ruffing,

Uncovering Stores of Faith

(New York: Paulist Press, 1989), 1.

A Prayer from the Heart

Dear Jesus, During this time of the year when the festivity of the holidays is over and the days are short, cold and dreary, I find myself feeling listless and lonely. Lord, You are the Light of the world, the Light that dispels all darkness. May I seek and embrace Your Light because only Your Presence can fill the deepest longings in my soul. Amen