



Daily Reflections

January 2, 2021

Scripture

John 1:19-28

And this is the testimony of John, when the Jews sent from Jerusalem priests and Levites to him, to ask him: Who art thou?

And he confessed, and did not deny: and he confessed: I am not the Christ.

And they asked him: What then? Art thou Elias? And he said: I am not. Art thou the prophet?

And he answered: No.

They said therefore unto him: Who art thou, that we may give an answer to them that sent us?

What sayest thou of thyself?

He said: I am the voice of one crying out in the wilderness, make straight the way of the Lord, as said the prophet Isaias.

And they that were sent, were of the Pharisees.

And they asked him, and said to him: Why then dost thou baptize, if thou be not Christ, nor Elias, nor the prophet?

John answered them, saying: I baptize with water; but there hath stood one in the midst of you, whom you know not.

The same is he that shall come after me, who is preferred before me: the latchet of whose shoe I am not worthy to loose.

These things were done in Bethania, beyond the Jordan, where John was baptizing.

Our Scripture Reflection

At the time that John the Baptist came on the scene, people were longing for the messiah. Times were so incredibly difficult due to Roman occupation, famine, disease and confusion caused by competing religious teachings of the various scribes. When John ministered in the Jordan river valley, he looked like, acted like and spoke like a great prophet. He seemed to be

the one for whom they had longed to see. So it is with excitement and hope that the people interrogate him. But John is not their man. He, however, came to prepare the way for the One Who was to come, Jesus Christ.

Food for your Journey

In San Francisco, when Christine and I had business to do in one of those massive old office buildings from the '30s I was introduced to another marvel of American technology: the revolving door. This particular building had a big, heavy glass door that carried a lot of momentum, and once I got in, I couldn't get out. Every time I neared an opening, the door would slap up behind me and push me past; and the harder I pushed to get around to try again, the faster I was pushed around. I thought I was going to be trapped there permanently. That is the feeling: you just can't stop; you have to keep going round and round.

Seeing I was in trouble, Christine called out, "All you have to do is stop."

I stopped, the door stopped, and I was free.

That is what happens when the senses get out of control. The revolving door keeps hitting us from behind--slap, slap, slap, slap--and we keep running faster and faster, not realizing that the faster we go, the more we will be urged to go even faster. In order to get out of the trap, we have to slow down the thinking process so as to get control of it, then begin to change our likes and dislikes so we can get free.

--Meditation consultant Eknath Easwaran,

Take Your Time: Finding Balance in a Hurried World

(Tomales, Calif.: Nilgiri Press, 1991), 132.

A Prayer from the Heart

Dear God, As I begin this day, I pray for Your Peace and calm. When times arise that are really hard and circumstances in life try to get me down and I feel confused because I don't know what to do. I ask that You bestow Your wisdom upon me. I don't want to lean on my own knowledge exclusively anymore because it has let me down so many times. I need to hear Your voice, Lord. Give me the discernment to hear Your voice and Your voice alone. Speak to me in the way You know I will hear you best. I also pray for Your Will to be done. I give You the praise and the glory in my circumstances because I know that I am exactly where You want me to be. I know this is to teach me something or to help me to grow. No matter what, I trust you and ask You to show what is best in every situation. Make me humble before You, Lord. Amen