



Daily Reflections

JOHN THE BAPTIST

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

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."

JOHN 3:22-30

Reflection

There is such a powerful lesson for us in John's gospel for today: we must check our egos at the feet of the Lord. How easy it would have been for John the Baptist to be envious of the attention Jesus was attracting as he preached, taught, and healed. John was able to stay firmly grounded in his understanding that Jesus was the Son of God; not himself! No matter the acclaim John the Baptist experienced, he waited with anticipation, trust, and joy for Jesus. The symbolic language used in this passage invites us to deeper reflection on how effective our own efforts are at allowing God to be God in our lives.

"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."

These words are inviting and challenging. They call forth the best in us and urge us to listen for God's voice in our lives and when we hear it, respond in joy. Think of how much better our world would be if we truly grasped and accepted that God must increase as we decrease. It doesn't mean we are nothing – it means we are made in God's image and likeness, and we are called to allow God's love to flow through us and into our world.



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For Pondering

- How have you experienced yourself “decreasing” and God “increasing” in your life?
 - Where and how do you seek the voice of God in your life?
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For Prayer

*O God,
we pray for the grace to be humble
and not seek to draw attention to ourselves.
May we be a gentle, loving presence to all we meet this day
as we allow your love to flow through us.
Amen.*

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