Reflection Sheet

Gospel of the day

Mark 1:1-8

The beginning of the gospel of Jesus Christ the Son of God.
As it is written in Isaiah the prophet:
Behold, I am sending my messenger ahead of you;
he will prepare your way.
A voice of one crying out in the desert:
"*Prepare the way of the Lord,*
make straight his paths."
John the Baptist appeared in the desert
proclaiming a baptism of repentance for the forgiveness of sins.
People of the whole Judean countryside
and all the inhabitants of Jerusalem
were going out to him
and were being baptized by him in the Jordan River
as they acknowledged their sins.
John was clothed in camel's hair,
with a leather belt around his waist.
He fed on locusts and wild honey.
And this is what he proclaimed:
"One mightier than I is coming after me.
I am not worthy to stoop and loosen the thongs of his sandals.
I have baptized you with water;
he will baptize you with the Holy Spirit."
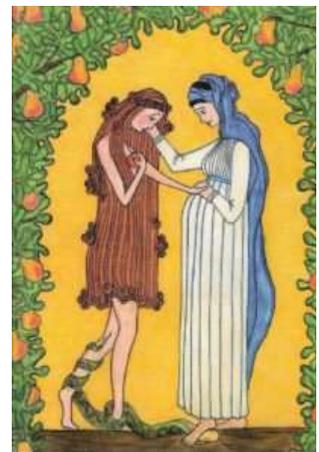
Reflection Questions.

- What do we need to "untie" and "detox" ourselves from at this time? What kinds of things distract us from our relationship with Christ?
- Do we ask God to help us recognise the small graces that He sends us in our daily lives? Are we grateful for these signs of His love?
- How can we learn from John the Baptist's humility? Do we let God "who is stronger and greater" than we are, lead the way? Or do we lose hope because we are not focused on Him.
- The Shepard King is a beautiful image of Christ. Ponder what this means and how it might help your understanding of Christ.
- How do we influence those around us? How can we put the truth and love of our faith across to others in a "prophetically persuasive" way?

Prayer for the Week

Let us pray that this week we look into our hearts and repent of the things that we do not wish present to the Christ Child this Christmas.

Let us be humble and yet strong in our faith like St John the Baptist.

Let the Shepherd King lead us into His grace and love.

Mary and Eve