

## Reflection Questions

- What fears do you have about plunging yourself into the grace that baptism brings?
  - What types of confusion, chaos, and/or doubt are present in your life that seem to stand in your way?
  
- In what areas of your life do you find yourself powerless?
  
- What freedom has come as a result of embracing your baptism and identity as a beloved daughter or son of God?

### Sunday Mass Readings This Week (Optional Readings Available)

**1st Reading:** Isaiah 42:1-4, 6-7

**Responsorial Psalm:** Psalm 29:1-2, 3-4, 3, 9-10

**2nd Reading:** Acts 10:34-38

**Gospel:** Luke 3:15-16, 21-22

## The Baptism of the Lord



Baptism is the moment when the Holy Spirit draws us out of this fallen world and into the life of the Holy Trinity. This invitation is not extended because we deserve it or have done something to merit it, but is rather an extension of God's grace.

Saint Gregory of Nazianzen (also known as Saint Gregory the Theologian), whose feast day we celebrate on January 14, reveals an important truth about entry into the sacramental life. "Baptism is God's most beautiful and magnificent gift. It's called a gift because it's conferred on those who bring nothing of their own. It's called grace because it's given even to the guilty." Our experience finding new life in Christ through self-discovery, loving detachment, and our own recovery runs parallel to the spiritual grace of our baptism.

We celebrate the Baptism of Jesus Christ this week and, while doing so, take the opportunity to embrace the promises of our own. This week's gospel reading concludes:

*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."*

Baptism is the gate which makes the Christian life possible. To be Christian means to be grafted onto Christ—a status that can be hard to accept in the midst of chaos or when when we are exerting unreasonable control. Recognizing our own powerlessness over addiction and disordered attachment confirms the plunge taken in our baptism and our constant need for new direction. We find our identity as beloved sons and daughters of God—a seal that cannot be tarnished by sin or shame.

Just like we witnessed the magi change routes after encountering Jesus, there comes a point in our recovery journey where we cannot return to where we had come from. Sure, we can revert back to old compulsive patterns, but not without the place in our soul that has been claimed by God and awoken to the Good News.

Clothed in the grace of Jesus Christ while still in tune with our inherent powerlessness, we find identity. In fact, the *Catechism of the Catholic Church* notes that, "Baptism seals the Christian with the indelible spiritual mark of his belonging to Christ."

The first step of recovery is a crucial starting point where the insufficiency of our human resources is brought to light. This step is a tangible way to carve space in our lives to surrender to the new life made available by God's grace. Many of us like to think that we can achieve this work on our own and are often dissatisfied with recovery until we fully surrender.

As we begin a new calendar year, now is a great time to re-engage or begin working through the twelve steps. It is suggested that, during the course of working through Step 1, we explore and write down the consequences of attempting to change others, assuming others' responsibilities, and unhealthy means of getting our needs met. It is a simple, yet hardly easy, way of coming to terms with reality and pursuing a new path.

Those suffering in the midst of a loved one's addiction may know too well that one symptom of our condition is denial that we do, in fact, need God's grace. Putting the work of recovery down on paper reminds us of that from which we have been delivered and aligns us with God's most beautiful and magnificent gift.