

LORD LET YOUR LIGHT SHINE



YOU, THE REFLECTION OF HIS LIGHT

SETTING

I keep silence and let your Word Lord descend on me like that soft light that floods everything.

Today John the Baptist leaves us his personal testimony about the One whom he had baptized. In this way, he invites us to overcome the superficiality in which the inertia of our routine lives often surrounds us and submerges us. We deepen into a more conscious and lively spirituality, based on the solid Christological identity of Jesus, whom we have confessed as such in our baptismal promises. What existed from the beginning, what we have seen and heard, what we have contemplated and felt with our hands, the eternal life that was with the Father, is what we announce and testify to you.

The Light makes us to be light in our lives. We are the light.

SONG. JESUS CAME TO JOHN THE BAPTIST -Heather Buell

https://www.youtube.com/watch?v=c9bdRzrA9fo

GOSPEL -- John1, 29-34

"The next day he saw Jesus coming toward him and declared: "Here is the Lamb of God, who takes away the sin of the world. This is he of whom I said, after me comes a man, who ranks ahead of me because he was before me, for he existed before me. I myself did not know him, but I came baptizing with water for this reason, so that so that he might be revealed to Israel." And John testified, saying: "I have seen the Spirit coming down like a dove from heaven and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me: "He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit." And I myself have seen and have testified that this is the son of God."

We deepen the text

The last formula is very solemn: "Yes, and I have seen him and I bear witness that this is the Chosen One of God". In the time of John the Baptist, this way of saying that Jesus was the Messiah they were waiting for, the one who had to bring perfect joy on earth. John the Baptist could not yet perceive the whole mystery of Jesus (in fact, what follows proves that he had many questions), but the fact of applying the title of Messiah to his cousin, the son of Mary, was already considerable!

The truth is that Jesus is designated by John the Baptist as the Messiah who had been expected for centuries. Obviously, we can ask what it is that allows John the Baptist to affirm without hesitation and with complete certainty that Jesus is the Messiah of Israel. It is simply what he has seen with his own eyes: the Holy Spirit hovering over him. And here too the formula is very solemn: "I have seen the Spirit descend from heaven like a dove and hover over him. I did not know him, but the one who sent me to baptize in water told me: The man on whom you will see the Spirit descend and remain, that is the one who will baptize in the Holy Spirit." The word "maintain" is important here, indeed: each king on the day of

his consecration, received the anointing of oil, a sign of the Spirit that would accompany him throughout his mission. The Messiah, everyone knew, would be inhabited, permanently guided by the Spirit of God, also He would be the one who should bring the Holy Spirit to all humanity.

As for the lamb, this mention first makes us think of the paschal lamb: the Easter rite each year reminded the people that God had freed them. The Lamb also made one think of the Servant of God of whom the second book of Isaiah speaks (53): The Servant of God was compared to an innocent lamb that bore the sins of the multitude.

When John the Baptist says that Jesus is the Lamb of God, he presents him as a liberator of humanity (he is the paschal lamb). It is true that sin has not disappeared, so how and why can we say that Jesus is truly the liberating messiah of humanity? The truth is that sin is no longer a fatality: Jesus Christ gives us the possibility of freeing ourselves from the gears of sin. If we remain grafted onto Him, in all the circumstances of our lives, if we let ourselves be permanently guided by the Holy Spirit in whom we were immersed on the day of our Baptism, we will be able to discover in ourselves this new freedom.

Like Jesus, we can live love, gratuitousness and forgiveness.

Imaginative Contemplation

- Read the text slowly, contemplate the situation, internalize the words that seem most significant to you, remember them.
- Put yourself in the place of John the Baptist and say the words that he says about Jesus. Observe what you feel. Remember those moments when you have contemplated and recognized Jesus.
- Make a gesture of thanks praise.

AMBIENTAL MUSIC. JEFF WAHL - "PRAIRIE SKY"

https://www.youtube.com/watch?v=JKoSEeF_BG4

YOU INSPIRE MY LIFE

WHAT WE HAVE SEEN AND HEARD

What we have seen And touched with our hands, The eternal life that was with the Father. Is what we announce And we testify Born to illuminate We are part of that divine history, That paints new scenarios. Born to illuminate We are heart that feels And let grace emerge What do you have inside? Born to illuminate We are thought That remembers updates and futurities. Born to illuminate We are word that communicates The good news. Born to illuminate We are a look that reflects The light it has received. Born to illuminate

We are echo that reproduces The good vibes Born to illuminate We are hands that caress Others hands, others bodies. Born to illuminate We are steps that travel Serene Paths of life. Born to illuminate We are a door that opens To everyone who wants to enter. Born to illuminate We are fraternal table. Arranged with bread and wine Born to illuminate We want to be a little you. Born to illuminate We are solid witnesses, That inspires authentic choices. Born to illuminate In a fraternal way, We are with you Novelty, Kingdom.

SONG. WASH ME LORD - HYMNTHUSIAST

https://www.youtube.com/watch?v=hR7Ju9998uc



Sisters of Charity of St. Anne C/ Madre Ràfols, 13 - 50.004 - ZARAGOZA (Spain) www.chcsa.org

