



Bread for the Journey

January 2023

Epiphany moments

This is written in the season of Epiphany, when Jesus was 'manifested, shown' to the Gentiles; more generally, an epiphany is a revelation or realisation, often of a sudden nature. Here's something to mull over as we seek more of God, make real more of 'God in us, the hope of glory'.

After this, Jesus and his disciples went out into the Judean countryside, where he spent some time with them, and baptised. Now John also was baptising at Aenon near Salim, because there was plenty of water, and people were coming and being baptised. (This was before John was put in prison.) An argument developed between some of John's disciples and a certain Jew over the matter of ceremonial washing. They came to John and said to him, "Rabbi, that man who was with you on the other side of the Jordan - the one you testified about - look, he is baptising, and everyone is going to him."

To this John replied, "A person can receive only what is given them from heaven. You yourselves can testify that I said, 'I am not the Messiah but am sent ahead of him.' The bride belongs to the bridegroom. The friend who attends the bridegroom waits and listens for him, and is full of joy when he hears the bridegroom's voice. That joy is mine, and it is now complete. He must become greater; I must become less."

John 3:22-30

In a sense, every service we go to, every prayer we make, is an epiphany - we enter into these things in the knowledge that 'God is with us' and that God's presence with us is to reveal more of himself to us.

If you were to look at your life-in-God in this way, what difference would it make week by week, day by day?

'A person can receive only what is given them from heaven.'

What have you received from God in the last week, the last month? Give thanks as you count your blessings, OR ask yourself in what ways you have been insensitive to God's giving, and then ask for a more receptive heart.

In what ways is Jesus 'increasing/ becoming greater' in you, from you?

It's a paradox that we only reach fullness of life as we give ourselves more to God, and yet we 'must become less'.

Pray about this, and how it pans out in your life.

There is great good in reviewing our baptism promises from time to time; *I turn to Christ/I repent of my sins/I renounce evil.*

Spend some time with these words, these promises, and ask for the Spirit's help in being faithful to your baptism vows. Those with a Methodist or Moravian heritage may want to go over the words of the Covenant Service as well, and see how they speak to you now.

Bring all your thoughts together in a prayer of St. Thomas More:

*Thank you, dear Jesus,
for all that you have given me,
all that you have taken away from me,
and all that you have left me.*

If you would like to speak confidentially about your life-in-God do contact one of the Anglican Diocese of Cyprus and the Gulf's, Spiritual Directors Group:

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