

Reflection Thursday 2nd Week Easter 2024

Today we hear John the Baptist speaking to his disciples. In the verse immediately before this, John had spoken about Jesus saying, *'He must increase, but I must decrease'*. John then goes on to speak of Jesus, in the opening line of the gospel, as *'the one who comes from above'* and who, therefore, *'is above all others!'* John was very aware that Jesus was far greater than him which is why John says that Jesus *'comes from heaven'*. John shows us that he had a profound appreciation of the uniqueness of Jesus, which is why he was able to say, *'He must increase, but I must decrease'*.

This helps us realise that we never fully appreciate the uniqueness and specialness of Jesus. The more we see of Jesus, however, the more we recognise there is so much more to be seen and known of him. The closer we come to Jesus, the more we realise how much deeper our relationship with him could be. Sometimes it can even seem that the closer we get to Jesus, the more distant we are from him, and we then realise that there is much more work to be done spiritually to make Jesus more welcome in our lives. But, by allowing Christ to increase in us and giving less space to ourselves (decrease), we become less and less self-centred. Then, the more Jesus increases in us, the more we become our true selves, our Christ selves, the person God is calling us to be. This is the great paradox of the Christian life: **decreasing in order to increase!**

What do you call a selfish sponge? Self-absorbed.

What's a selfish person's favourite musical note? Mi

Self-depreciation quote. Most people don't like me when they first meet me, but after they get to know me, they really can't stand me!