



The Baptism of the Lord

Mark 1: 7-11

And he preached, saying, "After me comes he who is mightier than I, the strap of whose sandals I am not worthy to stoop down and untie. I have baptised you with water; but he will baptise you with the Holy Spirit." In those days Jesus came from Nazareth of Galilee and was baptised by John in the Jordan. And when he came up out of the water, immediately he saw the heavens opened and the Spirit descending upon him like a dove; and a voice came from heaven, "You are my beloved Son; and with you I am well pleased."

The Gospel of the Lord



Prayer One

The Sign of the Cross

**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

Reflection

*The word beloved ,which is our theme this week,
describes something that means the world to
somebody; something or somebody that is truly
cherished.*



Here are some things to reflect on as you begin the day:

[please pause for a moment after each question]

- **Who do you really love in the world?**
- **What is it about them that you love?**
- **What do you do to show them you love them?**
- **What are the more important things in your life?**



Are there any things in your life that are important to you, that maybe you take for granted and don't think about so much?

Final Prayer

God our Father, help us to cherish the things that we love and let us always show the people in our lives how much they mean to us. Help us to recognise the good in everyone around us, as you recognised the good in your Son, and as you continue to see the good in each of us.

Our Father, who art in heaven... In the name of the Father and of the...



Prayer Two

The Sign of the Cross

**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

Reflection

During this week in 1997 Princess Diana, in the last year of her life, made headlines by calling for a worldwide ban on landmines.

Reflection

Landmines are essentially small bombs that are placed in the ground. An army might put them in an area they want to protect, or in a place they think the enemy is likely to go.

The problem with landmines, though, is that not all of the ones that are laid are used for their intended targets. They often stay in the ground for a long time after the war is over, only to be remembered years later when an unsuspecting, innocent person steps on one.

The UN estimates that there are 110 million landmines in the world, and that they kill around 800 people per month, and injure many more. Most of the victims have little to do with the war for which the mines were laid.

When we see the value in human life - when we are able to see people as *beloved* - then the natural instinct is to protect people. That's why people like Princess Diana, and many others have fought to eradicate the dangers that threaten human life.

Final Prayer

God our Father, make us wise enough to recognise that which is dangerous, and strong enough to do what we can to stop it. Give strength to all those who campaign for what is right in the world, and give comfort and healing to all those affected by tragedy.

Our Father, who art in heaven...

Prayer Three

The Sign of the Cross

**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

Reflection

The Bible makes it very clear to us that we are God's beloved. We are his children who he loves very dearly. But what does this fact mean to us?

Imagine this...

God is infinite.

**He is more powerful than we could possibly ever imagine.
There is nothing he doesn't know and there is nothing he can't do.
God needs absolutely nothing.
And yet God chose to make you.
He gave you a personality and a mind.
He gave you a heart to love and the ability to make a difference.
And, what's more, God loves you more than you can ever imagine,
And believes in you even when you doubt yourself.
Even though there are six billion people in the world,
God knows you better than your best friend.
He hears every thought, hears every prayer,
And takes an interest in everything you do**

**When you stop and think about
it, it's pretty amazing really!**

Final Prayer

God our Father, if we feel low today, or if we feel unloved, remind us that you made us and that you love us. We are your beloved children. Every hair on our heads has been counted, and you are with us through every doubt, every worry, and every decision we have to make.

Our Father, who art in heaven...

Final Thought:



GOD'S LOVE IS
UNCONDITIONAL
UNENDING &
UNMISTAKABLE.
WE ARE
BELOVED.

Next weeks theme: Listen