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MASS READINGS

FIRST READING Isaiah 60:1-6

RESPONSORIAL PSALM Psalm 72:1-2, 7-8, 10-11, 12-13

SECOND READING Ephesians 3:2-3a, 5-6

GOSPEL Matthew 2:1-12



CIR WEEKLY MEETING REFLECTION
LUST ADDICTION RECOVERY

THE EPIPHANY OF THE LORD

As we celebrate the Epiphany of the Lord, we reflect on Christ being revealed as the true Light of the world. For those recovering from lust addiction, this feast speaks directly to the longing beneath the compulsion—the deep desire to be known, loved, and made whole. Epiphany reminds us that God reveals Himself not to shame us, but to guide us out of darkness and into freedom.

The magi are seekers. They follow a light they cannot fully explain, trusting that it will lead them toward truth. Many of us can relate. Long before we named our addiction, there was a restless search for relief, connection, or escape. Lust promised satisfaction but ultimately led to secrecy, isolation, and distortion of intimacy. Recovery begins when we redirect our search toward God.

The magi rely on guidance beyond themselves. When they reach Jerusalem, they ask for direction from those who know the Scriptures. This mirrors a turning point in recovery. Personal resolve alone is not enough. Healing deepens when we submit to accountability—through sponsors, fellowship, spiritual direction, and honest conversation. Asking for help becomes an act of courage rather than weakness.

This Sunday's gospel reading recounts the magi's encounter with Christ (Matthew 2:1-12):

After their audience with the king they set out. And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was. They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they departed for their country by another way.

The encounter with Jesus changes the direction of the magi's lives. They do not return the same way they came. Recovery works similarly. Encountering Christ through prayer, the sacraments, and the Twelve Steps reorders our desires and redirects our behavior. While temptations may still arise, we are given new tools and a new path.

The gifts offered by the magi symbolize surrender. Gold represents what we value most, frankincense our prayer and devotion, and myrrh our suffering. Lust addiction often thrives on withholding—hiding thoughts, behaviors, and wounds. Recovery invites us to bring all of these into the light. When we offer our struggles honestly to God, He transforms shame into humility and compulsion into freedom.

Mary's presence reminds us that healing unfolds in a space of gentleness and safety. Lust addiction often involves harsh self-judgment or perfectionism. Mary's

quiet faith invites us to trust God's work rather than force immediate results. Growth happens over time as we remain willing and open.

Epiphany reassures us that God continues to reveal Himself along the journey. Each honest confession, each boundary kept, and each moment of surrender becomes a new step toward wholeness. As we continue to seek the Light, Christ leads us away from old patterns and toward authentic intimacy and lasting peace.

REFLECTION QUESTIONS

- How does the journey of the magi reflect your own search for healing and truth in recovery?

- What does it look like for you to bring your struggles honestly into the light rather than keeping them hidden?

- In what ways has your encounter with Christ and recovery redirected the path of your life?
