

THE EPIPHANY OF THE LORD

God, the Creator of life, must be sought with humility and willingness if we are to experience freedom from addictions, compulsions, and unhealthy attachments. At some point in recovery, we come to accept that our own strategies, self-knowledge, and willpower were not enough. We admit powerlessness and open ourselves to the saving action of God. In our Catholic faith, this God is not distant or abstract. He reveals Himself personally in Jesus Christ, who enters our lives to heal, restore, and guide us toward freedom.

The Epiphany of the Lord celebrates revelation. God makes Himself known not only to the people of Israel, but to the entire world. The magi—outsiders and seekers from the East—are drawn by a sign they do not fully understand. Their journey reflects the spiritual search many of us experience before and during recovery: a longing for meaning, peace, and truth that eventually leads us toward God.

The magi follow the light they are given. Their own insight and observation bring them part of the way, but not all the way. When they arrive in Jerusalem, they seek further guidance from those familiar with Scripture. This mirrors the experience of recovery. Our personal insight may awaken us, but lasting freedom requires humility and openness to others. Sponsors, mentors, therapists, spiritual directors, and trusted friends help us discern what God is revealing and where He is inviting us to go next.

This Sunday's gospel reading describes the moment the magi encounter 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 magi's encounter with Christ changes the direction of their lives. They do not return home the same way they came. Recovery works in a similar fashion. When we truly encounter Christ—through prayer, the sacraments, honest self-examination, and fellowship—we are changed. We may still walk through familiar circumstances, but we do so with new direction, new purpose, and new freedom.

The gifts the magi offer symbolize surrender. Gold represents what we value most, frankincense our prayer and devotion, and myrrh our suffering. Recovery invites us to offer all three. We bring our talents, our time, our wounds, and our struggles before God. When we do, He transforms what once enslaved us into a source of humility, compassion, and service.

Epiphany reminds us that God reveals Himself gradually. Rarely does healing come all at once. Instead, we are invited to keep walking, keep seeking, and keep trusting. The Light continues to guide us, even when the path ahead is unclear.

As we gather in recovery fellowship, we remember that we do not walk this road alone. God provides companions, guides, and signs along the way. Like the magi, we are

invited to remain attentive, willing, and open to being led. When we follow the Light of Christ, our lives are redirected toward freedom, joy, and lasting peace—one day at a time.

REFLECTION QUESTIONS

- Where do you see yourself in the journey of the magi—seeking, asking for guidance, or encountering Christ in a new way through recovery?
- What “treasures” (time, energy, honesty, suffering, or talents) are you being invited to offer to God as part of your recovery today?
- In what ways has your recovery redirected the course of your life, even if your circumstances have not completely changed?

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