

THE EPIPHANY OF THE LORD

For family members and friends affected by addiction, the Epiphany of the Lord offers a message of hope rooted in trust and surrender. Epiphany celebrates God revealing Himself to those who are searching, even when the journey feels uncertain or overwhelming. Many who love someone struggling with addiction know this feeling well—the desire for answers, the longing for peace, and the hope that healing is possible.

The magi are seekers from outside the familiar religious world. They follow a sign they do not fully understand, trusting that it will lead them somewhere meaningful. Family and friends often begin their own recovery journey in a similar way. We recognize that something is not working, yet we may not know exactly what to do next. Epiphany reassures us that seeking God with honesty and openness is enough to begin.

The magi do not rely solely on their own wisdom. When they reach Jerusalem, they ask for guidance from those who know the Scriptures. This moment reflects a turning point familiar to family recovery. We begin to seek support beyond ourselves—through meetings, prayer, spiritual direction, and relationships with others who understand the impact addiction has on families. Healing begins when we stop trying to manage everything on our own.

This Sunday's gospel reading tells the story of the magi encountering 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 Jesus changes them. They leave by another way, choosing a new path rather than returning to familiar danger. Family recovery also invites us to take a different way. This often means letting go of control, releasing expectations, and learning to trust God with outcomes we cannot manage. These shifts can feel uncomfortable, yet they open the door to peace.

The gifts offered by the magi can help frame our own surrender. Gold represents what we value most, frankincense symbolizes prayer and trust, and myrrh reflects suffering. Family members often carry deep sorrow, fear, and grief. Epiphany invites us to bring all of this honestly before God, trusting that nothing offered to Him is wasted.

Mary and Joseph model quiet faithfulness. They do not fully understand what lies ahead, yet they remain open to God's guidance. Family recovery often unfolds in this same way—one step at a time, grounded in prayer, boundaries, and trust. As we grow spiritually, we learn that loving someone does not require controlling them.

Epiphany reminds us that God continues to reveal Himself along the way. As we remain willing, attentive, and open,

He provides light for each next step. In seeking God first, we find greater serenity, clarity, and hope—regardless of what others choose.

REFLECTION QUESTIONS

- Where are you currently seeking guidance or clarity as a family member or friend affected by addiction?

- What expectations or attempts at control might you be invited to release as part of your own recovery?

- How have prayer, fellowship, or setting healthy boundaries helped redirect your path toward greater peace?

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