

John 1:29-34

A reading from the Holy Gospel according to John
Glory to you, O Lord

John saw Jesus coming towards him, and said, "Behold, the Lamb of God, who takes away the sin of the world! This is he of whom I said, 'After me comes a man who ranks before me, because he was before me.' I myself did not know him, but for this purpose I came baptizing with water, that he might be revealed to Israel." And John bore witness: "I saw the Spirit descend from heaven like a dove, and it remained on him. I myself did not know him, but he who sent me to baptize with water said to me, 'He on whom you see the Spirit descend and remain, this is he who baptizes with the Holy Spirit.' And I have seen and have borne witness that this is the Son of God."

The Gospel of the Lord.

Praise to you, Lord, Jesus Christ



John 1:29-31

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John 1:32-34

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Theme of the Week Baptism

In John 1:29-34, John the Baptist identifies Jesus as the "**Lamb of God**" and the "**Son of God**" after witnessing the Holy Spirit descend on Him during His baptism. This passage emphasizes that baptism is not just a water ritual but an encounter with the Holy Spirit that reveals our true identity.

A large, colorful stained glass illustration of the Holy Spirit as a dove. The dove is white with its wings spread, set against a circular background of warm colors (red, orange, yellow) radiating from a central point. The entire scene is framed by a mosaic of various colored stones.

I saw the Spirit
come down
like a dove
from the sky
John 1

See

Theme of the Week Baptism

Hear

See: Visualise the Moment

The "Look": Imagine the scene at the River Jordan. John doesn't just mention Jesus; he shouts, "Behold!" or "Look!". Use your imagination to picture the expression on John's face—one of absolute certainty and awe—as he points out the person who will change everything.

The Symbolism: Visualize a dove resting on Jesus. In your mind, compare this to the sacrificial lambs of the Old Testament Passover; Jesus is being presented as the final sacrifice to "take away the sin of the world".

Hear: Listen to the Testimony

Dual Identity: Listen to John's two-part declaration. First, Jesus is the humble Lamb who deals with our sin. Second, He is the powerful Son of God who baptizes with the Holy Spirit.

The Voice of Confirmation: While John does the speaking here, recall the other Gospels where God's voice from heaven confirms, "This is my dearly loved son".

Think: Deepen Your Understanding

Water vs. Spirit: Reflect on the difference between John's baptism (symbolic, using water) and Jesus' baptism (transformational, using the Holy Spirit). Water cleanses the outside; the Spirit changes the inside.

Identity and Mission: Consider how John the Baptist knew his role was to "become smaller" so Jesus could "become greater". Think about how knowing Jesus' true identity changes how you view your own purpose.

Think

Do: Put it Into Action

Be a Witness: Like John, use your "pointing" skills. Share a testimony or "God moment" from your week with a friend, directing the attention toward what God is doing rather than yourself.

Symbolic Reminder: Create a coloured bead bracelet (using white for purity, red for sacrifice, and green for new life) to wear as a conversation starter about what your baptism means to you.

Examine Your "Weight": Take a moment to "release" feelings of guilt or shame in prayer, trusting that as the Lamb of God, Jesus has already "taken away" those sins.

Do