

You Are Light

Jesus said, "I am the light of the world. If you follow me, you won't be stumbling through the darkness, for living light will flood your path. (John 8)

Let your good deeds glow for all to see, so that they will praise your heavenly Father. (Matthew 5)

There is no mistaking the effect of light upon a darkened place. Light boldly announces its presence and sends the darkness away. God's desire is to fill us with His light. He wants us to shine as a brilliant testimony of His presence and power in our lives, so that the darkness in the lives of people around us will be replaced by the light of God's goodness.

If, however, we notice the world around us becoming darker and darker, it won't help us to blame the darkness! The only remedy for darkness is light. If our circumstances or our feelings are becoming darker, the solution is not to

blame the darkness but to bring light. Jesus told His disciples they should be the "light of the world." God wants us to be the ones through whom the light of His love and kindness will shine. As we allow that to happen the darkness is dispelled from inside of us and from around others as well.

All this will be because the mercy of our God is very tender, and heaven's dawn is about to break upon us, to give light to those who sit in darkness and death's shadow, and to guide us to the path of peace. (Luke 1)

The world has never been the same since God, our Heavenly Father, introduced His light through His son. Can that be said of us as well? Do people around us recognize the light that is within us? When we allow God's light to shine unhindered through our lives, the darkness around us will be dispelled.

Questions For Reflection and Discussion

1. How do I feel about light?
2. What effect does light have on me?
3. What is it about light that God seems to think is good for life and for me?
4. How is Jesus Christ the light of the world? How is He light to me?
5. What effect do I have on my world -- people and circumstances around me?
6. What do I do when I feel dark and the world feels like a dark and fearful place?
7. How can I invite God's light to dispel the darkness in my heart?
8. How can I cooperate with God's light to dispel the darkness in the world around me?
9. What do I need if I am going to be able to be light in dark places?