

February 5, 2023



BE THE LIGHT

By Julie Mussché

Excerpts from Today's Readings

If you remove from your midst oppression, false accusation and malicious speech; if you bestow your bread on the hungry and satisfy the afflicted; then light shall rise for you in the darkness, and the gloom shall become for you like midday.

ISAIAH 58:9-10

You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

Reflection

You might have had occasion recently to have experienced a “black” or “brown” out. These are particularly disconcerting at night. Appropriately, there are flashlights stashed all around my house. At a deep visceral level, darkness strikes an anxious chord in most of us. Darkness is equated with danger, evil, uncertainty and imbalance.

In today’s readings, light is stressed as offering a glimpse of hope and Sacred Presence. We are given the responsibility to be God’s light in the world. What does that mean in the context of darkness in today’s world? What does that mean specifically to you? How would you describe the elements of darkness? What about light? Pause for a moment and engage these questions through mind, body, and spirit. Perhaps walk through the readings as you meander through the questions.



For Consideration

In your pondering of light and darkness, what and where is the Sacred Thread? In the readings today, we are invited to shine our light out to the world and are given the promise of light in the midst of darkness if our actions are righteous. How do you shine your sacred light? What is your call to expand that brightness?

Closing Prayer

*Oh, Sacred Fire,
beacon of inspiration,
thank you for guiding me toward You
and sparking my heart and spirit
to shine out Your love before others.*

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