

January 5, 2026

# *Daily Reflections*



## **FROM DARKNESS INTO LIGHT**

By Sister Jayne Helmlinger, CSJ

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### **Excerpts from Today's Readings**

*“Beloved: We receive from him whatever we ask, because we keep his commandments and do what pleases him. And his commandment is this: we should believe in the name of his Son, Jesus Christ, and love one another just as he commanded us. Those who keep his commandments remain in him, and he in them, and the way we know that he remains in us is from the Spirit whom he gave us.”*

**1 JOHN 3:22-24**

*“The people who sit in darkness have seen a great light.”*

**MATTHEW 4:16**

After John the Baptist’s arrest, Jesus began his public ministry of teaching, preaching, and healing; *“Repent, for the Kingdom of heaven is at hand.”*

**MATTHEW 4:17**

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## Reflection

As we continue to walk in this Season of Christmas, we remain centered in the wonder of God with us. God chose to send his only Son to bring his Light into the world. Today's gospel reveals the mission of Jesus and is important for us ponder: how does Jesus' ministry touch our lives today?

In the earliest understanding of "repent," it meant to change directions and reorient your life toward God. It is a reminder for any of us who are waiting or living in darkness to courageously step forward into the Christ Light and live as Jesus taught us to live.

We all experience fear and discouragement; remember, Jesus overcomes these if we turn and trust in him. Jesus preached and he also healed. If you are "in darkness" in your life or fearful for whatever reason, allow the healing power of the Holy Spirit to soothe and encourage you to seek the Light.

In my own life, sometimes I experience a melancholy, and I am not always aware of its source. It is in times like these that I call upon the power and gentle illumination of Christ's light. I pray for Jesus to shine a light on what may be hidden or wounded in me. If I experience others in the shadows or margins of darkness, I try to be that soft light of Christ that falls gently upon them, pointing always toward the God who beckons and heals us all.

In each of the readings we have God's invitations to us. We are urged to follow and seek God's light in our lives. We are to be "children of the light" through how we listen, speak, act, and love. And we are beacons of light that point to the ultimate Light of God through the witness of our very lives.

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**O Glorious Light**



O Light of Christ, illumine all that needs healing in my life. Let me not allow the false comfort of darkness to seep into my being.

O Light of Christ, may I move always toward your Light, drawing upon the courage of your public ministry and that of the Apostles.

O Light of Christ, may I be a soft, gentle light that points to your way of peace, love, and joy that draws others ever closer to you.

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## For Pondering

- How are you being Christ's Light through your daily witness?
- Who needs your gentle presence in their life on this day?

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## For Prayer

*O Light of Christ,  
continue to illumine our way as we seek to be your light in the world.  
We pray for all those who find themselves in darkness,  
that they may seek the God who is our Light and our salvation.  
Amen.*

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