

## 01-04-26 FOR THE JOURNEY THIS WEEK

“In the face of darkness, choose light...Against the darkness of ignorance and prejudice, against the willful blindness of all that is unfamiliar or different, let the light shine into your heart, and let your own light shine out for others.”

*Lain Wilson*



John 1:1-9, 14

### Questions for Reflection —

- What do you think it means that Jesus is the light? What does it look like to allow Jesus to be “life” and “light” in you? How can you live as someone who has seen Christ’s light? What challenges you about following the light of Christ? What will help you recommit to following Christ’s light?
  
- When or how in the past have you experienced the light of Christ shining during a dark time in your life? In what aspects of your life are you presently seeking the healing, illuminating, and guiding light of Christ? What will help you open your heart to receive that light? How might you be light for someone else who is struggling in some way?
  
- What places/situations of darkness would you identify in the local, national, and international news? What would it mean for God’s light to shine in such places and situations? What actions, attitudes, and beliefs might help that to happen? What specifically might you as an individual and we as a congregation do to radiate the light of God’s love into the darkness?

### Daily Household Prayer

Generous God, You are the source of all life, creating and sustaining every living thing. You are the source of all food, material and spiritual, nourishing us in both body and soul. You are the light that goes before us, shining into the darkness. May we be filled with your breath, nourished by your food, renewed by your living water and sustained by your love. Amen.