



ECMN+ Advent Spiritual Practices 2023

The Light of Christ

Begin with a period of silence.

Light a candle, if possible in a room with enough darkness that the candle's light shines brightly.

Look at the flame and observe the life that is in it – its movement and brightness, how the flame is never still. Allow yourself time to watch the light it sheds, to watch the darkness and the shadows. Light is a gift from God.

Give yourself time to get in touch with the light of Christ shining in the places in our Cities, country, and world facing the greatest challenges.

Repeat the following phrase multiple times, “the light shines in the darkness, and the darkness did not overcome it” (John 1:5). Meditate on the fact that the darkness never overcomes God's light.

Recall Christ's promise that he would dwell in us. His light is in us, not just outside of us. What might God be calling you to focus on, and what might God be inviting you to let go of, so Christ's light can shine in and through you?