

Weekly Meditation December 15, 2010
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Light in the Darkness

The people who walked in darkness have seen a great light; those who lived in a land of deep darkness - on them light has shined...the light shines in the darkness, and the darkness cannot overcome it...you are the light of the world. ~ Isaiah 9:2, John 1:5 and Matthew 5:14

I am a single woman. Being cautious is second nature. When I walk alone at night, I stick to well-lit places. I always try to park my car near a street light. I know where the flashlight, candles and matches are in case the electricity goes out. I like the light. It makes me feel safe. It makes me feel visible - I am seen.

Ever feel like you walk in darkness, ever feel you live or have lived in a land of deep darkness? There are times in our lives that feel like that, where no matter how hard we try or search we just can't seem to penetrate pervading shadows. Darkness can take many forms: fear, ignorance, oppression, depression, uncertainty. In those times we wonder if it will ever be light again.

But no matter how dark it gets, Advent promises there is Light that can dispel any darkness. Light that can't be put out or overcome. Light also takes many forms: awareness, guidance, insight, confidence, courage, companionship. It is not by chance that Christmas is celebrated so close to the winter solstice. It promises on the longest night of the year that light will always grow and return.

A great light shines on us and in us. We don't have to wander alone in the dark any more. We aren't alone. A great light is shining in the world and absolutely nothing has the power to put it out. It shines in me. It shines in you. Don't be afraid of the dark...

Prayer: Beloved, you are the light on my way, you are the fire in my belly, you are unquenchable. Fill me today with light and love and shine through me. Amen.