



Daily Reflections

December 27, 2018

Scripture

1 John 1: 1-8

Beloved:

What was from the beginning,
what we have heard,
what we have seen with our eyes,
what we looked upon
and touched with our hands
concerns the Word of life —
for the life was made visible;
we have seen it and testify to it
and proclaim to you the eternal life
that was with the Father and was made visible to us—
what we have seen and heard
we proclaim now to you,
so that you too may have fellowship with us;
for our fellowship is with the Father
and with his Son, Jesus Christ.
We are writing this so that our joy may be complete.

Our Scripture Reflection

We have just passed the darkest day of the year when we experience the least amount of natural light. Our bodies and minds need light. Our souls

desperately need light but a light that is much brighter and more fulfilling than that of the sun. We need THE SON, Jesus Christ Who is forever the Light of the world. 1 John reminds us that He is in this world. We need only to open our hearts and become humble before Him.

Food for your Journey

Those who are in recovery programs have little confusion about what it means to “walk in the light.” To help them walk in the light, several of the “Twelve Steps” are particularly applicable here:

We honestly admit our weaknesses, that we are powerless over our darker habits and that our lives have become unmanageable ...

We trust God to restore us to sanity ...

We turn our will and our lives over to God ...

We make a searching and fearless moral inventory of ourselves, and we are entirely ready to have God remove all these defects of character ...

We seek through prayer and meditation to improve our conscious contact with God, as we understand him, praying only for knowledge of his will for us and the power to carry that out.

A Prayer from the Heart

Dear Jesus, You are the Light of the world Who dispels the darkness in the hearts and minds of those who believe in You. May I not only bask in Your Light but may I also become “Lumen Christi”, Your Light to others. Amen