



Daily Reflections

January 31, 2019

Scripture

Mark 4: 21-25

Jesus said to his disciples,

"Is a lamp brought in to be placed under a bushel basket or under a bed, and not to be placed on a lampstand?"

For there is nothing hidden except to be made visible; nothing is secret except to come to light.

Anyone who has ears to hear ought to hear."

He also told them, "Take care what you hear.

The measure with which you measure will be measured out to you, and still more will be given to you.

To the one who has, more will be given;

from the one who has not, even what he has will be taken away."

Our Scripture Reflection

At this time of the year aren't you longing for more sunlight in your day? Yes, the days are getting "longer" but won't the arrival of spring be a glorious thing? Our world and the lives of the people in it are longing to see light, the Light of Christ. Jesus tells us in today's Gospel reading that His Light has been entrusted to us. We are called to "let it shine!". Every kind word that we utter, every compassionate deed that we do let's others see the Light of Christ.

Food for your Journey

Light makes things beautiful. Light makes people beautiful. Light sets a kind of mood. If you think of all of these lights, just note the kinds of images and even feelings and moods these call forth. Think of the light of a candle at a dinner table for two. Think of a campfire, with young people singing and roasting marshmallows. Think of a flashlight when the electricity goes out. A street lamp on a foggy evening; the sun coming through stained — glass windows; a Christmas tree; the sky just before the sun sets; a reading lamp beside a cozy chair; a night light in your child's bedroom; the bright sun on a sandy beach; the headlights on your car; the reflected light of a full moon on a clear night; the glow of starlight; the lights that outline the runway at the airport; the spotlights at the theater.

Light is indeed powerful and beautiful. And the imagery of light is used throughout the Bible. "God is light and in him is no darkness at all," says the book of First John. "The LORD is my light and my salvation; whom shall I fear?" says Psalm 27. Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." John the Baptist spoke about the light of Christ, testifying that "The true light, which enlightens everyone, was coming into the world."

There's no doubt about the source of light. And yet, in the Sermon on the Mount, Jesus says: "You are the light of the world," and "Let your light shine."

— Cliff Loesch, "Life as children of light," University Friends Meeting Web Site,

A Prayer from the Heart

Dear Jesus, How wonderful You are that You love me so much that You entrust Your Light to me. I am not worthy, Lord. Make me humble. Help me to realize that every kind word and every act of kindness I carry out today is my way of sharing Your goodness with others. Please allow me the joy of witnessing Your glory as I do. Amen