

Light of the World: Instructions for Reflection Time

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’” --John 8:12

“Your word is a lamp to my feet, and a light for my path.” --Psalm 119:105

“This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. --I John 1:5-7

Appropriately, as Jesus hung on the cross, “From noon and until three in the afternoon, darkness came over all the land” (Matthew 27:45). The light of the world had been extinguished. Sorrow, fear, and confusion reigned in the hearts of His followers, who surely must have felt they were living in darkness. When Mary Magdalene goes to the tomb of Jesus early on Sunday morning, we are told that “it was still dark” (John 20:1). But we know that she soon encounters angels in shining clothes, and Jesus opens her eyes—and those of many others—to see Him resurrected.

As you look at the burning candle(s), consider the many ways that Jesus is the light of the world:

- He sustains life.
- He reveals hidden things.
- He exposes sin.
- He eliminates darkness.
- He is pure and holy.
- He guides us into truth.
- He helps us see things rightly.
- He helps us judge rightly.
- He enables us to live openly.
- He purifies us so that we become “the light of the world” to shine before other people and to bring Him glory through our good deeds (Matthew 5:14-16).

Light and Write

Light one of the small candles as a representation of your own life, the wondrous identity that He bestows upon you as the light of the world. Watch the fire glow and flicker, remembering that His light dwells within you. Ask yourself, “How have I experienced the goodness and wonder of His light?”

Write a thank-you note to Him on a piece of paper, and place it on the table (anonymously).