

Faith in action: Bible reflection

Light of the world

Introduction:

Have a collection of various light sources – candle; bulb; torch; picture of sun etc. Share stories of when you needed to use them and the difficulties you had without them e.g. power cuts; camping at night; even how life is dreary when the weather is dull etc.

Discuss briefly the importance of light to daily life.

Bible Reflection:

You are the light of the world. A town built on a hill cannot be hidden.
¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:14-16

Read the passage through (it would be good for all to have a copy); take a moment in silence to ask God for his wisdom and then consider together the following thoughts:

Just as we *are* the salt of the earth, we *are* the light of the world.
We don't need to strive to be light; as followers of Christ it is what we are.
We are the light of the world because Jesus is the light of the world.
The light of Christ fills our lives as we put our trust in him.

How aware are we of the benefit of the light of our lives to those with whom we interact?

How willing are we to demonstrate our faith (use our light) by showing God's love in action to those in need?

What are we doing now, and what could we consider doing in the future, to practically lighten the lives of those in need.

(Consider looking at some *Inspired Ideas* as pointers for your discussion)

To finish:

Refer back to the collection of light sources shown at the beginning. Relate the benefits that these bring with the initiatives and acts of kindness that we can show to others.

Let us take seriously Christ's guidance not to hide away our light but be ready through our practical service to lighten the lives of those around us; and through our actions to make visible the love of God.

Prayer:

**Jesus Christ, Light of the world,
we have drawn near for inspiration
that we may bring light to our family and friends
and to those in dark and uncertain situations.**

Lord, let me be a light
to chase away shadows of fear and doubt,
a lighthouse beacon, steady and strong,
to light storm-tossed waters of grief,
a candle in the window to welcome the lost,
or flicker with joy and laughter
to brighten sadness and despair.
But most, Lord, let me be a heart-glow of love
and offer a shoulder to cry on, arms to enfold.
Let me be a light, Lord,
to shine forth the rainbow promise of your love.
Maureen Hawk Turk (Lifting Women's Voices, 2009)

**Jesus Christ, Light of the world,
we go from here to take your light
to a world in need of your love.
May we be a beacon of hope
to those you call us to serve.
Amen**

Consider giving everyone a candle to take away, to light at home, as a reminder of the light of our lives shining out in the world.

This reflection is from the *Inspired* initiative. You can find more resources at <http://inspired.mothersunion.org/>