



# LIGHT

*Practice Sheet*

**This week we invite you to reflect on the sign of Light**

**Question:**

Where is the light in your life?

**Scripture:**

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

*John 1:1-5*

**Collect:**

Christ our True Light: when the lights of this world blind and bewilder and its darkness brings us no peace, train our eyes to behold your brightness and enfold us in the healing shadow of your wings, that we may love you by night as by day; who with the Father of lights and the Spirit of truth shine upon us, one God, through endless ages. Amen.

**Practice:**

Pay attention to light as you move through your day.



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