

Once you were darkness, but now in the Lord you are light. Live as children of light, for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them.

Everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, '*Sleeper, awake! Rise from the dead, and Christ will shine on you.*'¹³³

1. Desire **I ask the Spirit for Light.**

I find and hold an object that symbolises the gift of God's light for me.

I consider, 'Where is light present in my life?'

'Where is light absent in my life?'

'What is the contrary of light to me?'

I ask the Spirit for the gift of light.

2. Choice **Today I choose the Way of Light.**

I choose to follow the way of Light, of the good spirit, toward God's love.

I reject the way of darkness, of being blinded by a bad spirit.

I turn and walk in the contrary direction, from dark to light, to deep peace.

3. Light **I live in the Enlightening Trinity**

I imagine I am surrounded by the Enlightening Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, 'Live as a child of the light, be light to others'.

I rest for a moment in warm light of the Trinity. I feel my spirit brighten.

I conclude giving thanks for the Spirit of Light.

PRAYER TIME: 10 minutes.

³³ Eph 5:8-14