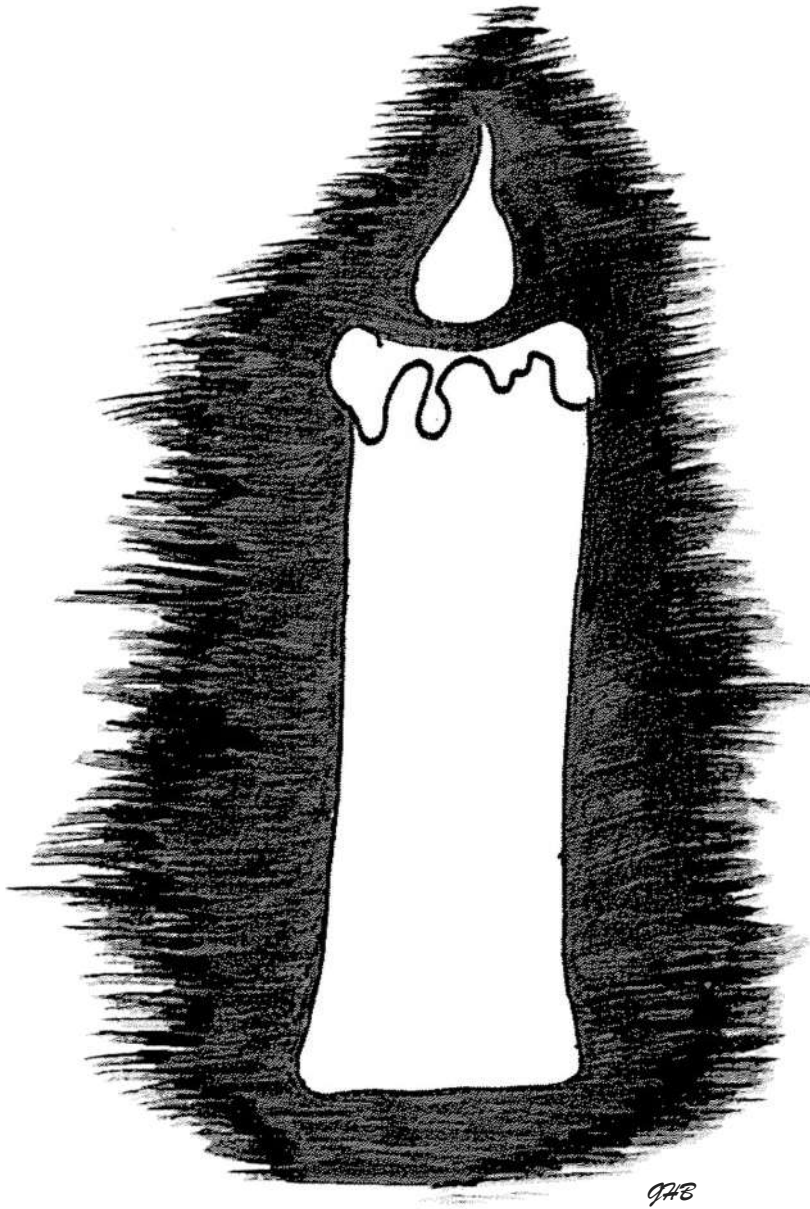


SUNDAY

1

Light One Candle



FOR TODAY: Today we begin Advent by lighting just one candle. It might seem small against December's early darkness, but that's exactly the point. Hope often starts small - a tiny light, a single step, one moment of believing things might get better. You don't need to light up the whole room today. Just one candle, one small flame of hope, is enough to begin. Let its gentle light remind you that even the smallest hope matters, and there is always at least one—the blessing of another new day.

Question to ponder: What one small hope can you hold onto today?

"The people who walked in darkness have seen a great light"

(Isaiah 9:2)

SACRED MOMENTS: The prophet Isaiah spoke of people walking in darkness seeing a great light. But that light didn't appear all at once — it dawned gradually, like a sunrise. As we light this first Advent candle, we remember that hope often begins with just a spark, the tiniest flicker in inside us. Even when shadows feel deep, Sacred Light is beginning to dawn. This single flame reminds us that we're not alone in the darkness — the Divine Spirit is with us, lighting the way one step at a time.

Practice: When you see any light today - a lamp, the sun, a candle — pause and remember: hope is dawning.