

Light Two Candles



"Peace be within your walls" (Psalm 122:7)

FOR TODAY: As we light this second candle, we think about peace — not the kind that demands perfect calm or silence, but the kind that can exist even in life's chaos. Like the steady glow of these two flames, peace can grow gradually. Sometimes it's just a quiet moment between breaths, or the gentle recognition that right now, in this moment, you're okay. Two candles now light our way, reminding us that peace can grow slowly, one small light at a time.

→ **A Gentle Reminder:** There are always moments of peace around us—even if it's just in taking one deep breath. Breathe deep and notice the peace.

SACRED MOMENTS: "Peace be within your walls," the psalmist wrote, speaking of both home and heart. As our second Advent candle joins the first, its light reminds us God offers peace that can dwell anywhere - in grand temples or simple rooms, in stable homes or temporary shelters. The peace of God isn't dependent on our circumstances but on God's certain presence with us, wherever we are.

→ **Practice:** When you see any two lights today (lamps, windows, stars), pause and whisper "Peace be here."