

THURSDAY

## Notice the Light



"The light shines in the darkness" (John 1:5)

**FOR TODAY:** As we near the winter solstice, light becomes precious in all forms — sunbeams through windows, lamp glows, surface reflections, even phone screens connecting us. Each glimpse reminds us that darkness, physical or emotional, is temporary. Light always finds ways to shine, even in unexpected places.

→ **Consider:** What sources of light have you noticed today that you usually take for granted?

**SACRED MOMENTS:** John's gospel declares that light shines in darkness, and darkness cannot overcome it. Like God's Spirit, light persists, finding ways through the smallest openings. Jesus, the light of the world, taught us to see divine light in unexpected places - in struggles, humble moments, and what others overlook.

→ **Practice:** Each time you notice light today, whisper "Thank you for shining" — a prayer of gratitude for both the physical and spiritual light that helps us find our way.