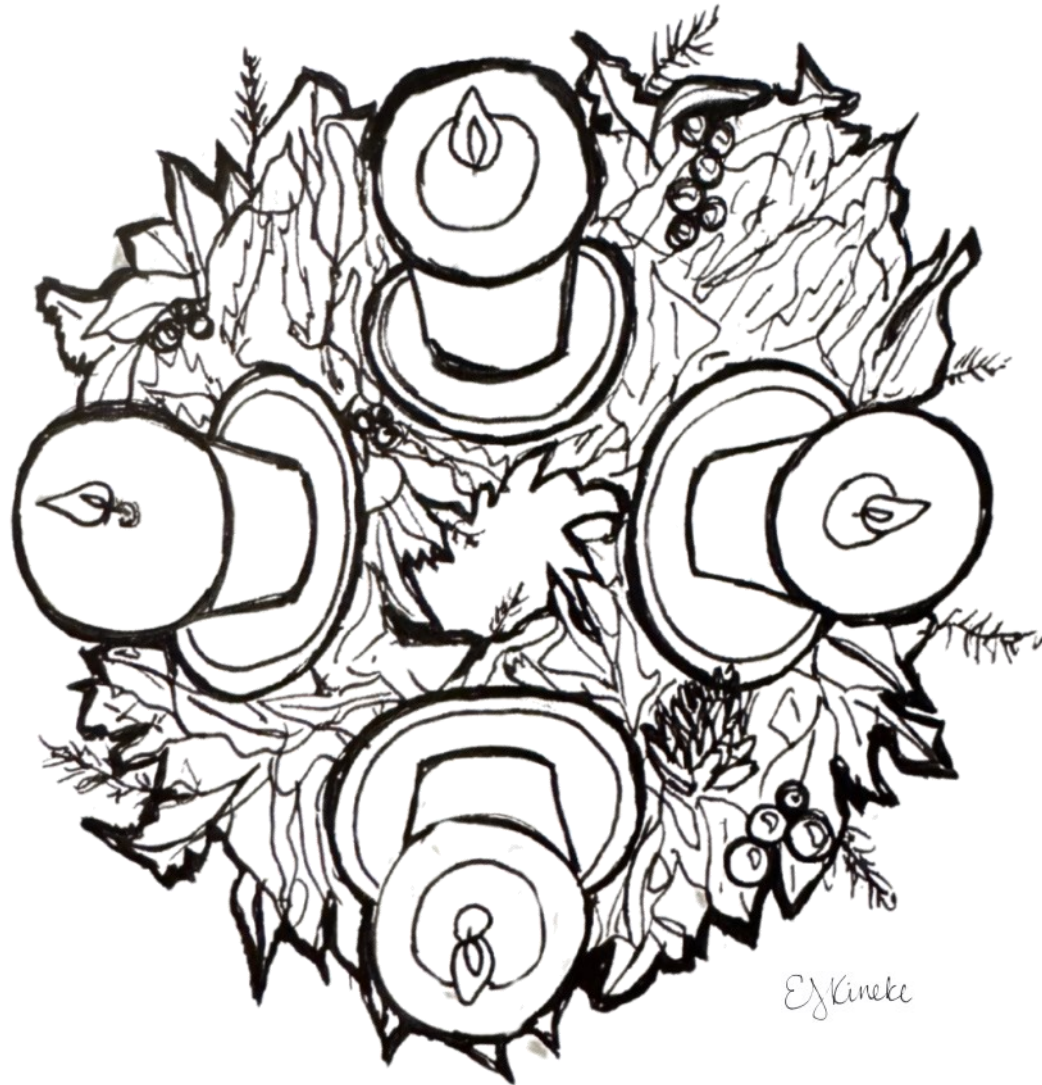


SUNDAY

## Light Four Candles



"Perfect love casts out fear" (1 John 4:18)

**FOR TODAY:** With all four candles lit, our Advent wreath glows at full strength. This brightness may highlight both hope and holiday anxieties. Like these four flames working together, we can hold multiple feelings at once. The light reminds us we don't need perfection - just presence in this moment, taking one illuminated step at a time.

→ **Reflection:** As you look at these four lights (or imagine them), what fears and anxieties might you gently release into their warm glow?

**SACRED MOMENTS:** Love casts out fear through gentle presence, like light naturally dispelling darkness. Our fourth candle recalls how God's love entered as a baby — unthreatening and simple. Perfect love doesn't demand our perfection; it meets our uncertainty and helps fears dissolve. Jesus entered a fearful world showing divine love outweighs anxiety.

→ **Practice:** Gazing at these four lights, breathe in saying "Perfect love," and then out saying "casts out fear." Let your breath and the steady flames remind you of God's constant divine presence.