



Christ our Light

(At a time of loss)

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Lord when I find myself in a world of darkness I recall your words asking you to surround me with your light once

more. When a friendship ends or someone I love passes away from this life I am left feeling alone. My feelings often take over and my mood becomes dark. It is then I recall your words and realise that you have overcome darkness forever. You went through your passion and death so that the rule of darkness might be forever ended. I need to draw strength from this reality. When life ends here it is just like passing through a door into a new and more wonderful way of being. Where you have gone we hope to follow. Yet I am weak. My faith lacks strength to put aside doubts and pain. Even then you stretch out your hand and lead and support me.

Before you raised Lazarus your friend and restored his life to him you showed how much you cared for him and his sisters by weeping. Yet then you said to Martha his sister " I am the resurrection and the life. He who believes in me will live, even though he dies and whoever believes in me will never die. Do you believe in this?" In your words you help me realise that life now is only a part of your plan for everyone. Our destiny is to share in everlasting life with you forever. Help me to really believe and know this is true. Like Martha help me respond to you and your promise in her words " Yes Lord, I believe you are the Christ, the Son of God who has come into the world ! "

Amen.

Declan 2010