



Choosing Light

Last week, we were challenged to give up an obligation to create more space for connection with God. How did it go? Was it easy or difficult? This week we move from a place of challenge to a place of familiarity. The Lenten passage this week is one that is well known across many Christian denominations. For our devotion, we focus on the latter half of this passage and how it might inspire us in a new and fresh way.

SCRIPTURE: John 3:19-21

DISCUSSION:

- Take some time to talk about or draw on paper different opposites that you see in your everyday life. What can you learn from them?
- Together, think of and share times that light was helpful.
- Also, think of and share times where light was uncomfortable.
- This passage in John urges us to seek truth and to live in the light. What might that look like for you in your home? In your school? In your community?

ACTIVITY:

One way that we can follow Jesus is by looking for ways to share the "light of Christ" with others. Our passage shares that when we live in the light, others will understand that our actions are in line with God's purposes. But how can we increase our awareness of following the light of Christ? This week, consider using the following verse from the letter to the Philippians as a guide:

"Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things." (Philippians 4:8)

This Sunday evening, gather as a family and brainstorm how you can live in a way that shines Christ's light in your church, school and community this week. Write down or draw the example you choose. As your act of fasting this week, make the choice to practice your example of Christ's light in the world. Make a point to check in with each other during the week by asking, "How are you choosing light today?"

PRAYER:

God of love and light, You gave us your Son to conquer death and bring us into life, to lead us out of darkness and illuminate our paths with light. Help us this week, and every week, to learn how to choose light and to share that light with each other, so that we may know the vastness of your love for us and for this world. AMEN.