



BECOMING LIGHT



Surgery Department – FSE Field Hospital

1. Touch **I touch the Spirit of Light.**

I find and hold an object that symbolises the Light of God for me. I consider how this Light can be both within me, enlightening my heart, and without, shining in darkness.

I remember a small story of receiving light when I was stumbling and afraid in the dark. If praying alone I hold that memory. If I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Light ... I begin to understand why the Spirit's Light is so desirable in times of darkness and shadow.

2. Desire **I desire to be Light.**

I consider three things, taking a few minutes exploring each. I ask myself:

Where is light present in my life? ...

Where is light absent in my life? ...

What is the contrary of light for me? ...

I ask the Spirit for the gift and fruit of Light, and to expose the works of darkness.

3. Choose **Today I choose the Way of Light.**

I slowly and prayerfully read the prayer text below:

Once you were darkness, but now in the Lord you are light. Live as children of light, for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord.

Take no part in the unfruitful works of darkness, but instead expose them. Everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it is said, 'Sleeper, awake! Rise from the dead, and Christ will shine on you.' Eph 5:8-14

I choose, in three thoughtful steps, the direction I wish to take:

I choose to follow the way of Light, of the good spirit, toward God's love.

I reject the way of darkness, of being blinded by a bad spirit.

I turn and walk in the contrary direction, from dark to light, to shining bright.

4. Rest **I rest in the Spirit of Light.**

I imagine the Spirit of Light addressing me by name, saying, 'Awaken. Rise from the dead. Live as a child of the Light'.

I rest for a moment in the good, right and true Light of the Spirit ... I feel my heart brighten and break free of binding darkness.

5. Reach Out **I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the person who gave me light? Secondly, to whom and how do I pass on this exercise - who urgently needs Light now?**

Note: The three dots ... indicate the places to pause.

