

# A Bright Sadness - Week Five

## Lamenting Darkness

*Lord, make me an instrument of your peace; where there is darkness, let me sow light.*

### Gathering and Centering

As you enter this sacred time of reflection and prayer, gather and center yourself physically and mentally, seeking to be as fully present to God as you are able. Settle into a quiet, comfortable space where you can be undisturbed. Consider lighting a candle to symbolize God's presence. Then relax your body, breathe deeply, and begin your time with this prayer:

*Spirit of God,  
I welcome you here.  
I invite you to silence my distractions,  
ease my worry, and calm my fear.  
Still my restless spirit as I hold space now  
for my bright sadness.*



### The Sad ~ Darkness

Ephesians 5:8a (New Living Translation)  
"For once you were full of darkness..."

### The Bright ~ Light

Ephesians 5:8b-9 (New Living Translation)  
"...but now you have light from the Lord. So live as people of light!  
For this light within you produces only what is good and right and true."

### Prompts for Prayer and Reflection

- ~ Grace has been described as unmerited or unearned favor. Ponder your need for grace and forgiveness. Express your gratitude to God, specifically naming how he has brought light to your dark behaviors, attitudes, and actions. Thank Him for patiently making you more and more like Jesus.
- ~ Secrets have power in darkness. Take several moments to quiet your spirit, inviting God into an examination of your life. Is there anything you need to acknowledge or confess? Is there a relationship that needs reconciliation? Is there someone you need to forgive? Bring these things into the light of God's presence.
- ~ Do you know anyone who's life is dimmed with darkness and harmful behaviors? Ask God how you might be a safe, welcoming, and gentle friend as you pray for His light to break into this person's life.
- ~ What does it mean for you to live as a person of light? Ask God to strengthen your ability to live in those ways.
- ~ Reflect on the image above. Notice the contrast of dark and light. What else do you notice? What thoughts or emotions are evoked? Consider writing down your experience with this image and responding to God in prayer.
- ~ How does the obedience of Jesus, through His suffering and death, affect your desire and ability to do what is good, right, and true?

