

Children of Light

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

"Your faith should be for you a light which guides you in all things, and a shining light for those whom you instruct, to lead them on the way to heaven." (Meditation No. 178.1)

FIRST MOVEMENT

- 1. Pause for a few minutes and remember that God, who is always and everywhere present, dwells in your heart.**

"For it is the God who said, 'Let light shine out of darkness,' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ." (2 Cor 4:6)

- 2. Ask for the grace necessary to be one with Christ in your trust and your willingness to do the Father's will.**

"For I know the plans I have for you," says the Lord, "plans to prosper you, and not to harm you, plans to give you hope and a future." (Jer 29:11)

SECOND MOVEMENT

- 3. Contemplate the Mystery of God's Love at Work in the World**

Read the following Scripture passages a few times slowly. What word or words especially catch your attention? Let these words gradually draw you further into the mystery of God.

"You are the salt of the earth; but if salt has lost its taste, how shall its salt be restored? It is no longer good for anything except to be thrown out and trodden under foot. ... You are the light of the world. A city set on a hill cannot be hid. Nor does one light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before others, that they may see your good works and give glory to your Father who is in heaven." (Mt 15:13-16)

"I have come as light into the world, that whoever believes in me may not remain in darkness." (Jn 12:46)

“This is the message we have heard from him and proclaim to you, that God is light and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not live according to the truth; but if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his son cleanses us from all sin.” (1 Jn 1:5-7)

4. Reflect on the Mystery of God’s Love at Work in Your Own Life

In what way do you bring light into the lives of those with whom you live and work? How are they light in your life?

Are there any pockets of darkness still remaining in you? Are there any areas of your life still in need of the transforming light of Christ?

Who or what is bringing life and light into your life at the present time? Where are you being reenergized?

THIRD MOVEMENT

5. Resolve to Be More Open to the Spirit Who Works in and Through You Today

If you chose to allow this Scripture to come alive in you now, what would have to change in your life? What are the obstacles to this change?

Where is the Spirit drawing you to change and to sacrifice so that others, through you, might more readily have access to a fuller life and to the light of Christ?

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle’s *Method of Interior Prayer*.