

# LIVE IN THE LIGHT

We tend to think that to live in the light of the spirit means that there should be a kind of special sunshine inside of us, a divine glow in our conscience, a sunny joy inside us that makes us constantly want to praise God, an ambience of sacredness surrounding our attitude. But that's unreal.

## WHAT DOES IT MEAN TO LIVE IN THE LIGHT?

To live in the light means to live in honesty, pure and simple, to be transparent, to not have part of us hidden as a dark secret.

We move towards spiritual health precisely by flushing out our sickest secrets and bringing them into the light. Hiding something, lying, dishonesty, deception, and resentment does real damage to us and to those we love.

Spiritual health lies in honesty and transparency and so we live in the light when we are willing to lay every part of our lives open to examination by those who need to trust us.

- To live in the light is to be able always to tell our loves ones where we are and what we are doing.
- To live in the light is not have to worry if someone traces what websites we have visited.
- To live in the light is to not be anxious if someone in the family finds our files unlocked.
- To live in the light is to be able to let those we live with listen to what's inside our cell phones, see what's inside our emails, and know who's on our speed dial.
- To live in the light is to have a confessor and to be able to tell that person what we struggle with, without having to hide anything.

To live in the light is to live in such a way that, for those who know us, our lives are an open book.

---

## BLESSING

Holy Spirit, Stir our souls. With your winds, let us feel freedom.  
With your wings, gather us in. With grateful hearts, let us shine. Amen.

---

## FOCUS FOR THIS WEEK

**At the end of each day ask yourself:**

How did I live in the light today?

How do I want to live in the light tomorrow?