

A WEARY WORLD: Week Three

EMBRACING PARADOX

Monday: Light and Dark

Monday's reading reminds us that even during the darkest times it is important to try and "look towards the light". Looking toward the light or identifying something positive in your current situation doesn't mean that the feelings of pain, suffering, or helplessness will magically go away. Your situation may continue to be difficult, but if a glimpse into the light can provide a moment of extra hope and peace, then let it lift you up when you need it the most. Even in the darkness try and focus on the things that are, rather than the things that aren't. That doesn't mean you shouldn't acknowledge your reality, it just emphasizes that your world will not forever be dark.



Today's Reflection Question:

*What are some
slivers of light
you are seeing
amongst the
darkness right
now?*