



Worship and Reflections

We are the light of the world (1)

(Optional: leader lights a large candle to symbolise the light of the world).

Please join in all text written in **bold**.

Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12

**Jesus Christ, light of the world,
we draw near to renew our light in you
that our lives may brightly reflect your love.**



Reading:

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:14-16

You *are* the light of the world.

Just as we *are* the salt of the earth, we *are* the light of the world.
We don't need to strive to be light; as followers of Christ it is what we are.

We thank you, Lord, that we *are* the light of the world.

We are the light of the world because Jesus is the light of the world.
The light of Christ fills our lives as we put our trust in him.

We thank you, Lord that you fill our lives with your light.

As Jesus' followers we reflect the light that comes from him.
The more we look on him the more brightly we shine out with his love.

We thank you, Lord that our lives shine with the light of your love.

Are we aware of the spiritual brightness of our lives?



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Let us take a moment in the silence to ask God to make us more aware and confident in the truth of his light within us.

Lord, you keep the lamp of my life burning brightly.
You are my God. You bring light into my darkness.
Psalm 18:28

How easy do we find it to keep our gaze on Christ within the often busyness of daily life?

Let us take a moment in the silence to ask God to help us to keep our focus on Christ, that our light would make a difference in the world.

For God, who said, "Let there be light in the darkness," has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ.
2 Corinthians 4:6

Jesus Christ, light of the world,
inspire us with your vision
for the part of your world
that you have called us to.
As we fix our gaze on Christ
may we shine ever more brightly
with the outworking of his love
in the plans he inspires us to follow .

Jesus Christ, light of the world,
we draw near to renew our light in you
that our lives may brightly reflect your love.
May we be a beacon of hope
to those you call us to serve.
Amen



Worship and Reflections

Sharing God's light (2)

(Optional: leader lights a few small candles from the large candle and place them around it to symbolise our lives shining before others).

Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."
John 8:12

Jesus Christ, light of the world,
we draw near to receive your vision
that we may bring light to those
in dark and uncertain situations.



Reading:

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, *let your light shine before others*, that they may see your good deeds and glorify your Father in heaven.
Matthew 5:14-16

Let your light shine before others.

The support we give to our family, friends and community - whether expressed by us as individuals or through a project; through small deeds of kindness or by support given at times of crisis - are all tangible ways of showing the light of Jesus in a world where darkness often reigns.

Loving Lord,
help us to brightly shine in the dark places of life;
to bring the light of your love to those struggling in shadows.
Inspire us with your vision for the world
that we may light the way for those in need.

How aware are we of the benefit of the light of our lives to those with whom we interact?

Let us take a moment in the silence to ask God to increase our spiritual understanding of the need for us to shine in the world.



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Among the people of the world you shine like stars in the heavens. You shine as you hold out to them the word of life.

Philippians 2:15-16

How willing are we to demonstrate our faith by showing God's love in action to those in need?

Let us take a moment in the silence to ask God to enlarge our vision of how to practically lighten the lives of those in need.

Many are saying, "Who can show us anything good?"

Let the light of your presence shine on us, O Lord.

Psalms 4:6

As we come to Midday Prayers we are asking God to enable our members throughout the world to reflect the love of God wherever they may be, in whatever circumstances they face.

Jesus Christ, light of the world,
by the power of your word
and through your actions of love,
call us to be your disciples.
Enable us to shine in the darkness,
to stand up for justice and peace
and reflect your love for all.

God of grace, enable your servants
to carry out your mission on earth
through the work of Mothers' Union worldwide.

Today we pray for the people and work of:

(Refer to the current wave of prayer):

Jesus Christ, light of the world,
We take your light into the shadows of life.
May we be a beacon of hope
to those you call us to serve.
Amen





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Walking in the light (3)

Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12

Reading:

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to *everyone in the house*. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:14-16

(Leader repeats for emphasis): That they may see your good deeds and glorify your Father in heaven.

Let us pause now, to enable each of us to reflect personally, on:

- How much God loves and cares for me.
- What was it that inspired Mary Sumner to reach out to those around her?
- What is my source of inspiration?
- What am I doing now, and what could I consider doing in the future, to help share the light of God's love with others?

Let's draw our reflections together in prayer:

Jesus Christ, light of the world,
inspire us in your wisdom
to shine your light
in the most effective way,
that it would reach to those
in greatest need.
Amen





Worship and Reflections

We are the light of the world (4)



Jesus said, "You are the light of the world."
Matthew 5:14

Reading:

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

2 Thessalonians 2:16-17

**Jesus Christ, light of the world,
we have drawn near for inspiration
that we may bring light to our family and friends
and to those in dark and uncertain situations.**

Lord, let me be a light
to chase away shadows of fear and doubt,
a lighthouse beacon, steady and strong,
to light storm-tossed waters of grief,
a candle in the window to welcome the lost,
or flicker with joy and laughter
to brighten sadness and despair.
But most, Lord, let me be a heart-glow of love
and offer a shoulder to cry on, arms to enfold.
Let me be a light, Lord,
to shine forth the rainbow promise of your love.
Maureen Hawk Turk (Lifting Women's Voices, 2009)

(Leader gives everyone a candle, to take away, explaining that this is to light at home, as a symbol of the light of our lives shining out in the world and a reminder of the difference that we can each as individuals make).



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Jesus Christ, light of the world,
we go from here to take your light
to a world in need of your love.
May we be a beacon of hope
to those you call us to serve.
Amen

Let's share the Grace together:

May the Grace of our Lord Jesus Christ
and the love of God, and the fellowship of the Holy Spirit
Be with us all, evermore.
Amen



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