

# Workplace reflections for Advent

## Light in darkness . . .

**The sun shall be no more your light by day, nor for brightness shall the moon give light to you by night; but the Lord will be your everlasting light, and your God will be your glory. Your sun shall no more go down, nor your moon withdraw itself; for the Lord will be your everlasting light and your days of mourning shall be ended. [Isaiah 60: 19-20 ]**

We live our lives within polarities: birth – death; joy – sorrow; poverty – plenty; success – failure; light – darkness. Every day we are somewhere on the scale between these poles. Today you will find yourself in mood, spiritual health and sense of hope somewhere between light and darkness, and your work will influence how you feel. If all is well – be thankful; but if the situation is not as bright as it might be, just remember that Christ is present to lighten our darkness. We can let his light of hope shine on any of the dark things that might threaten us today.

*As the rain hides the stars, as the autumn mist hides the hills, as the clouds veil the blue of the sky, so the dark happenings of my lot hide the shining of thy face from me. Yet, if I may hold thy hand in the darkness, it is enough. Since I know that, though I may stumble in my going, thou dost not fall. [Celtic – source unknown.]*

**Prayer: Good Lord, since darkness only exists because light is absent, help me in any moments of darkness this day to seek your light and to trust in the guidance of your Holy Spirit; and this I ask through Jesus Christ your Son, who is the Light of the World.**

*By Geoffrey Brown*

