

**Saturday 15th February**



### **Holding the Christ-Light**

*"I will hold the Christ-light for you  
In the night-time of your fears  
I will hold my hand out to you  
Speak the peace you long to hear"*

The third verse of Richard Gillard's hymn speaks of holding the Christ-light.

Whilst on retreat this week we were asked to reflect on what is meant by the Christ-light. The light that existed in the beginning, that illumined the prophets and peoples of old, that was born as a human being. The light that the darkness has always tried to put out but never succeeded. The light that we, as children of God, have within us. The light we shouldn't hide under a bushel.

There are times on our journey when the light may feel dim or even seem to have gone out. Anyone who has suffered mental health issues may have felt the dimming of the light, but others who hit a difficult patch in life can experience this too.

We are called to be the light of the world as Jesus was. We should also help others with their light. If a person is struggling it isn't about chiding them for lack of faith but holding on to the light for them. By holding the light, they can still see it, the hope in the darkness. It is also there for them when they are ready to bear it alone once more.

Creator God  
Light in the darkness  
Our guide through all the perils of life  
We thank you that you have filled us with your light  
The light of creation, the light of Christ  
Give us the strength to share the light with others  
To hold the light for those who are struggling  
Until they can take the light again  
Amen