

Meditation: I am the light of the world

[At this point, the leader turns on quiet music for meditation.]

Look at this picture:

There's so much to see in this picture: There's a door without a handle on the outside of it. There's a man wearing a crown of thorns, who's holding a lamp in one hand and he's knocking on the door with his other hand.

The man is Jesus...

The crown of thorns reminds us of the time when he was crucified. The lamp that he's holding reminds us that he is the light of the world, the one who chases away the darkness. And he's knocking on the door that doesn't have a handle on the outside, because although he wants to befriend us and save us, he will never force himself on us – we need to invite him into our lives ourselves.

And so now why don't you close your eyes...

Breathe a big breath in, really slowly, and then breathe out very slowly. Breathe in very slowly, and then breathe out very slowly. Breathe in peace and breathe out fear. Breathe in peace and breathe out worry and anxiousness. Keep going... Now, imagine that you are standing in a room that represents your life. There're some shelves that have some memories that you are displayed, perhaps things in your life that you're proud of but there's drawers where we've hidden away the stuff that we're not so proud of. The thing is the room is a bit gloomy because light bulb is broken. In some places, its darker than others. There's a window with curtains that are drawn together. Through the gloom, you can see that there's a table and two chairs and opposite you, there's a door. You can hear someone outside knocking in a gentle but firm way.

Open the door, so Jesus can come in as he promised... He comes in and puts the lamp in the centre. He sits and you sit... in the warm glow of the light from the lamp. In the room, the drawers with all the hidden, dark stuff that we're not proud of, slides open, spilling their contents to the floor. Jesus looks at you and says, *"Why have you hidden this. Did you think I didn't know?"* And the stuff that we'd hid and weren't proud of, suddenly evaporates, it disappears! And the curtains are drawn back, and the windows are flung open, and Jesus' light floods every part, every nook and cranny of the room. Jesus reaches over the table, takes your hand in his, smiles, and says, *"I am making all things new, even you."*

Imagine Jesus' smile and his light filling your whole vision. And suddenly, you know that you are loved and valued and forgiven.

Breathing in and out, breathing in and out, and slowly, we come back, and we gently open your eyes.

If you need help using these resources, please contact: igniteenquiries@diocant.org

Find our Ignite resources: <https://canterburydiocese.org/ignite/ignite-resources>

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