

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Ephesians 5:8-14

Once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!
Rise from the dead,
and Christ will shine on you.”



COLLECT

Almighty God, through the waters of baptism your Son has made us children of light. May we ever walk in his light and show forth your glory in the world; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. Amen.



Duccio (d. 1319) *Healing of the Man Born Blind*, National Gallery, London.

“What an example of firm faith the blind man gives us! A living, operative faith. Do you behave like this when God commands, when so often you can’t see, when your soul is worried and the light is gone?” — St. Josemaria Escriva

““Don’t shine so that others can see you. Shine so that through you, others can see Him.” — C.S. Lewis

“Rejoice with Jerusalem and be glad because of her, all you who love her.” — Isaiah 66:10 (NIV)

The Epistle reading from the Fourth Sunday of Lent tells us to “Live as children of light— for the fruit of the light is found in all that is good and right and true.”. The reading tells us that believers should live as children of light, putting aside the works of darkness and walking in the ways of righteousness. The passage emphasises the importance of exposing and reprovng evil deeds, and notes that everything that is exposed by the light becomes visible and that Christ will shine on those who follow him.

How can you live as a child of light?
How can you be a child of light through your actions in the world - spreading the light and love of Christ?

***House of Light* by Rumi**

I will never leave this house of light,
I will never leave this blessed town
for here I have found my love
and here I will stay for the rest of my life.

If this world turns into a sea of trouble
I will brave the waves and steer my mind’s ship
to the safe shore of love.

If you are a seeker looking for profit go on
and may God be with you,
but I am not willing to exchange my truth,

I have found the heart and will never leave
this house of light.

To Listen:

Awake O Sleeper by Marty Haugen

Christ Be Our Light by Bernadette Farrell

A playlist of music suggestions for the course can be found at
<https://open.spotify.com/playlist/3pJcG5xAlxzhL2Aolau0Q4?si=582cd1f921ae4fb1>