

Vision Prayer Reflection for Fourth Sunday of Lent

Reflection to accompany our Vision Prayer - Visio Divina

Open our hearts to be a Presence of peace and reconciliation.

... the light came into the world, but people preferred darkness to light.

It seems counter intuitive that anyone would prefer darkness to light. But think about it - darkness can often feel easier to navigate than light. No need to shield our eyes from the brightness. No way to see into shadowy corners or peer into rooms we would rather not visit. The lamp is off, we are nestled in, and we like it this way. Snug and protected in our own private cocoons, the dark provides ready cover to not venture forth or leave what is known. Closed hearts rest easiest in darkness, the two are connected.

Like darkness our closed hearts offer protection. We allow nothing in that might awaken our vulnerability – choosing instead to rest in our woundedness, our righteousness, our indignation. Its comfortable and undemanding. Our closed hearts carry little risk. Or so we think. The illusion of protection soon gives way to an underlying separation and estrangement; darkness grows constricting and an underlying fear emerges. Now what?

That is the dilemma... what now. Do we risk being vulnerable. Do we risk inviting the Light.

“Forget your perfect offering. There’s a crack in everything. That’s how the Light gets in.”
– Leonard Cohen

How might you risk opening your heart this week to be a Presence of peace and reconciliation?