

Science tells us that if you combine 6 molecules of carbon dioxide with twelve molecules of water, then add light, the result will be one molecule of glucose sugar, six molecules of oxygen and six molecules of water. This process, called photosynthesis, makes our world possible. Carbon dioxide, which is exhaled by all mammals, is converted into oxygen, which allows us to breathe. Plants use photosynthesis to make our world possible but this process is impossible without light.

Light is essential to our life. It warms the earth and uplifts our spirit, numerous times over the past couple days people said to me, " You know the cold weather is more manageable when the sun is shining." Light gives us strength and it provides direction. When we walk in the light we see where we are going.

Our readings this week end also describe for us the light that gives direction. This light comes to us but we may or may not choose to walk within it. In second Chronicles we heard that the light came to the Hebrew people in the form of prophets but the people rejected them and their message. The prophets came to give guidance with words of encouragement but they were mocked and their words were despised. Needless to say God punished the people for their

obstinance and he sent them into exile in Babylon. Yet God never abandoned them. He sent light again to Cyrus with the words that they should return to Israel.

And in our gospel from John we hear that the light came into the world, not to condemn but to save all people. Unfortunately like their ancestors, many did not pay attention to the light. Jesus came to give warmth and strength and hope filled direction to a world that was moving toward ruin. Despite all that Jesus was willing to provide, people preferred the darkness and as a result they fell into despair.

Lent is the ideal time for us to reflect on how we can move out of the darkness that shrouds our own life. It is time for us to honestly ask ourselves what is it that keeps the light of Christ from shining in our hearts, our minds and our souls. Maybe we are being eclipsed by an addiction like alcohol or drugs or the darkness of the internet. Each day is another opportunity for us to move out of the darkness and rediscover the light that is patiently waiting for us. As our gospel has told us, "God so loved the world that he gave us his only Son, that whoever believes in him may not die but may have eternal life."

Our natural world survives because of the light of photosynthesis and our spiritual life survives because of the light of Christ so that we can maintain a relationship with our God. Let us seek the light and say yes to God's call in our life; it is in this way that we will find

- eternal salvation.