**How has God brought light and joy in your darkest days?**

**by Patricia Chidiuto Duru, SHCJ**

Advent is a time for reflecting upon experiences of new light and life.

My life these past months has been miraculous. My sickness has given rise to new life, and each new day brings beams of joy and hope.

My challenges have also become a source of enrichment for everyone around me. I believe that every time we pass from one stage or season of life to another, something in us dies, and something new is born.

The words of Jesus in John 12:24, “Unless a grain of wheat falls to the earth and dies, it remains a single grain, but if it dies, it produces much fruit,” has been my solace!

I am a grain of wheat planted by God. My false self is dying in ordinary, gradual ways and my true self, made in God’s image, is coming to light and being born.

“The people who walked in darkness have seen a great light; Upon those who lived in a land of gloom a light has shone. You have brought them abundant joy and great rejoicing.” -Isaiah 9:2-6

How has Emmanuel God-with us brought new light and life for you?