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# Word of Life

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December 2020

## **The Lord is my light and my salvation: whom shall I fear?**

(Ps. 27 [26]:1)

"Shortly after Mariana was born, the doctors told us she had a severe malformation of the brain and that she would never be able to walk or talk. We felt that God was asking us to love her just as she was and entrusted ourselves completely to him." This is the experience shared by Alba, a young mother from Brazil. She went on, "Mariana lived for four years and her life was like a message of love for everyone she met. We never heard her say the words "Mummy" or "Daddy", but in her silence the light shining in her eyes said everything. We could not teach her to take her first steps but she taught us to take the first steps in loving, and in denying ourselves so as to love. She was a gift of God's love for the whole family. We could summarize all that she was in a single sentence: love is not explained by words."

Something similar is happening to each of us today. Seeing that it is impossible for us to manage our lives completely, we need light - even a tiny glimmer of light - to show us the way ahead and the steps we can take today, towards the safety of a new life.

### **The Lord is my light and my salvation: whom shall I fear?**

This ancient prayer, found in the Book of Psalms, tells us that in every corner of the earth and in every age of human history, people have experienced the darkness of pain, fear, doubt and loneliness. At times, circumstances have even seemed like an "enemy" conspiring to frustrate their dreams for the future.

It is likely that the author was someone falsely accused and abandoned by all whilst awaiting judgment. This person is uncertain about the future but is relying on God. He or she knows that God has never forsaken his people during times of trial and tribulation and that God gives freedom. That is why they are sure of finding light in God and receiving secure and unassailable protection.

Because this person is aware of their own weakness, they open up to God and trust in him, welcoming his presence in their life. They confidently await the final victory on the unforeseeable pathways of his love.

## The Lord is my light and my salvation: whom shall I fear?

This is the right time to rekindle our trust in the love of the Father, who wants his children to be happy. He is ready to take all our worries upon himself <sup>1</sup> so that we don't close in on ourselves but are free to share our light and hope with others.

As Focolare founder, Chiara Lubich wrote, "The Word of Life guides us on the path from darkness to light, from 'I' to 'we'. ... It is an invitation to revive our faith: God exists and God loves me. ... Am I meeting someone? I should believe that God has something to tell me through that person. Am I at work? Now too, I continue to trust in his love. Something makes me suffer: I believe that God loves me. Something fills me with joy: God loves me. He is here with me, he is always with me, he knows everything about me and shares my every thought, every joy, every desire; he shares all my worries and every challenge I face in life. How can this faith be revived? ... By seeking his presence among us. He has promised to be where two or more are united in his name <sup>2</sup>. Let's meet with other people who live the Word of Life, in the Gospel spirit of mutual love. Let's share our experiences and we will enjoy the fruits of his presence, which are joy, peace, light and courage. He will remain with each one of us and we will feel that he is close to us and at work in our daily lives <sup>3</sup>."

Letizia Magri

Each month the Focolare chooses a Scripture passage as a guide and inspiration for daily living. The commentary on it was originally written by founder, Chiara Lubich (1920–2008). Today this Word of Life, written by an international commission and translated into 96 different languages, reaches several million people worldwide.

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1 Cf. 1Pt.5:7

2 Cf. Mt.18:20

3 Chiara Lubich, Word of Life, July 2006

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