

REFLECTION

4th Sunday of Lent

March 15, 2026

Ephesians 5:8-14

I want to reflect on Paul's statement: "You were once darkness, but now you live as children of light in the Lord." This verse emphasizes the terrible impact that sin and alienation from God have on the human heart. Our identity, however, transforms because of baptism and Christian faith. We no longer belong to darkness; rather, we belong to light.

The world today is full of depression. Conflict, terror, injustice, and misery can be felt all around us. Sometimes we favor darkness because it conceals our sins, shortcomings, and compromises. But Christians are not supposed to whine about the darkness. We are supposed to provide light. Light lets us see clearly. In the same way, Christ shows the reality of our life. According to Paul, the fruit of light includes goodness, righteousness, and truth. People should be able to see Christ in how we live. Our homes, workplaces, and communities require Christians who demonstrate love, honesty, and justice in their daily lives. Furthermore, Christ's light reveals what needs healing. Not to humiliate, but to liberate us. In addition, when we lack God's grace, we become susceptible to the temptations of greed, injustice, dishonesty, and indifference. Yet, each time we choose love, forgiveness, honesty, or compassion, we illuminate the world with a renewed sense of hope and goodness. These everyday actions serve as beacons, reminding others of the transformative power of living in the light.

So today, God's Word asks each of us a simple question: Are we living as children of light? May Christ help us wake up, walk in the light, and let our lives reflect His love for the world.