

**Thought for the day - Wednesday 9<sup>th</sup> February 2022**  
**Shining Light**  
**by Revd John Ohen**

Saint Teresa of Calcutta once said, "We meet each other with a smile, when it is difficult to smile . . . then it is a time to smile at each other".

Some people have a gift to light up a room once they enter, and others can fill it up with a gloom. It is equally true that some see the bright side of life, while others see the downside. Using another analogy for some, the glass is half - full, for others it's half empty, and for others there isn't even a glass. In many cases we can't fake the joy or happiness or manufacture it.

Joy is a gift of the Holy Spirit which is poured into our hearts as in (Galatians 5. 22). The Holy Spirit gives us the gift of joy, which puts a smile on our face and a song in our hearts. There is a kind of sunshine in a smile. It helps to smile as often as we can, because one smile will encourage others to smile in return or returns to us in full measure.

The Spirit is the one who quenches thirst and brings new life as in John 4. 14. This is God's merciful love which was made known in Christ. When we come to touch the goodness of God, kindness and compassion our hearts sing out. Psalm 118. 1 reminds us to give thanks to the Lord for he is good, his steadfast love endures forever.

Bible passage. Mark 6.34 -44.

Prayer. Lord forgive us for the times when we honour you with our lips but not with our hearts. May the Holy Spirit pour your love into our hearts, so that we may stay close to you in all that we do or say.  
Amen.