



**The Life and Care
of an Idea**



WEEK 1 (October 5th, 2025)

Genesis 1:3-5 (NIV) "And God said, 'Let there be light,' and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light 'day,' and the darkness he called 'night.' And there was evening,

and there was morning—the first day."

OPENING PRAYER

Written by: Jan Bayne

O Creator of Light, just as You pierced the shadows with Your radiant Word, shine Your presence into my life today. May Your light guide my steps, illuminate truth, and dispel all darkness from my heart. Help me to begin again, with faith in the new day You have formed. Amen.

MEDITATION

Written by Sophie Jovanovic

Let's begin — not with effort, but with ease. Take a moment to pause. You've made it here, and that's something to celebrate. Settle into your seat. Let your hands rest gently. You don't need to be in a perfect position — just be in your position. Close your eyes if you'd like, or soften your gaze.

Now take a deep, full breath... like the first inhale of a brand-new morning. Exhale slowly. Let something go. Maybe it's a thought, a pressure, or just the idea that you need to be "doing" anything right now. Take another breath — deep, steady, alive. You're here. You're present. And this moment is yours.

Right here, right now, you are plugged into something greater than yourself. Call it God, Spirit, Love, or Life—it's here, it's alive, and it's flowing through you. Affirm: "I am connected. I am grounded. I am one with the Divine." Let that truth buzz in your chest like a gentle hum.

This isn't about fixing or changing — you are already enough. Already radiant. Already powerful.

Now let's turn up that inner light. Say to yourself: "I am the light of the world." Feel it — bright, bold, and beautiful. That light isn't just for special days or perfect moments. It's yours on a Monday morning, during a tough conversation, in a crowded grocery store.

You are the light. You bring hope. You bring peace. You bring you — and that is more than enough.



Now picture that light growing bigger, brighter, filling your whole body. It's like sunshine bursting from your heart, pouring out into the world. Send it to your friends. To your family. To strangers who need it. Silently say: "I bless the world with my presence. I show up as love."

This is how healing happens — not through force, but through presence. Through you being real, awake, and open. Now just be. Let the light settle and shimmer in silence. There's nothing to do — just breathe and let the truth rest in your soul:

"I am divine. I am light. I am love in action."

[2 minutes of silence]

Now slowly begin to return. Wiggle your fingers and toes. Stretch if it feels good. Open your eyes and smile — because today, you shine. And the world needs your light.

CLOSING PRAYER

Written by: Jan Bayne

O Lord, who spoke and light came forth, shine into my heart as You did into the void. May Your light awaken hope in my spirit and guide me through every shadow. As You saw the light and called it good, help me see the good You've placed before me today. Separate confusion from clarity, fear from faith, and let this be the dawn of something new. Illuminate my path, renew my mind, and walk with me into the day You have made. Amen.