

Scripture Reading: Luke 9:28-36, (37-43a)

Ten minutes spent in the presence of Christ every day, aye, two minutes, will make the whole day different.” —Henry Drummond



Did anyone ever tell you that you were “positively glowing”?

It’s a common expression. When you see someone extremely happy, or perhaps at peace, you might say that they are glowing or simply “beaming” with delight.

When actors or athletes win an important award, they appear to be glowing with understandable pride. Parents are glowing with pride as they watch their children perform in a schoolhouse play.

Other people are known for a “sunny disposition.”

So what’s going on with these references to light when talking about someone’s happy face? People can’t actually glow, can they? While “glowing” is perhaps a figurative way to express the joy on one’s face, could it be literally true?

Yes! According to one source, “the human body literally glows, emitting a visible light in extremely small quantities at levels that rise and fall with the day. ... Past research has shown that the body emits visible light, 1,000 times less intense than the levels to which our naked eyes are sensitive.”

I think that when we spend quality time with someone, even if that Someone is God, we feel happy, and that happiness causes our inner light, our “happy light,” to glow even brighter.

You can’t spend too much time in the presence of God without getting a little glow. Moses certainly got his glow! And Jesus on the mountain of the Transfiguration did, too.

You don’t need a mountain to start glowing. All you need is a little time with Jesus!

—Timothy Merrill

Prayer: *Gracious and loving God, we know that Jesus is your Beloved Son, and that we should listen to him. Open my eyes to see your glory, and my ears to hear your word. Amen.*