



# The Fridge Sheet: Lights Out

Advent is a season of waiting. We are awaiting the coming of Christ—remembering when he took flesh and was born in a stable many years ago, looking forward to his coming in glory at the end of time, and paying more attention to the ways he is present to us today. One of the great scripture verses that captures the heart of this season of Advent can be found in Isaiah 9:1, which reads, "The people who walked in darkness have seen a great light." One way to kind of "feel" the darkness and to look forward to the light can come through a simple family practice of "Lights Out."

Lights Out is simple. Pick a few nights during Advent, say, every Friday night, and shut off all the lights, screens, and other electronic devices in the house at sundown. Using only the light from candles, the fireplace, and flashlights, enjoy a simple evening as a family that could consist of praying together, reading books together, playing family games, and eating a fun treat.

This simple exercise allows us to enter into the "darkness" of waiting and builds the anticipation for the light of morning—which symbolizes for us the coming of Christ. Try it, and have some fun as you enter more deeply into Advent as a family.