To spread light you can be the candle or the mirror that reflects it.

Lord, when I can, I will be the candle… one who brightens someone's day with a smile, a hug or words of kindness and encouragement.
And when I can't do that Lord, help me instead to be the reflection of the light that someone shines on me… to accept the smile, the hug, the kindness and encouragement with a grateful spirit and a simple 'thank you'… to store it up and pass it on when I feel able.
Amen