

## **Celebrate Light and Life, Not Darkness and Death**

Next week we are going to have a time change that allows us to be able to sleep an hour extra on one day of the year. It is bad enough that the days are growing shorter, but the downside Daylight Savings Time ending is that now the day descends into darkness faster. The article quoted in the bulletin offers an interesting perspective on the dread of the growing darkness and a simple solution.

The transition from fall to winter means grayer skies, shorter days, and for some people, the return of seasonal affective disorder. With the apropos acronym of SAD, this disorder has symptoms similar to depression (such as feeling sad, listless, and sluggish) but occurs only during the late fall and early winter.

Light therapy – which involves sitting close to a special light source every morning for at least 30 minutes – can help improve SAD. But many people don't realize that this therapy can also be effective for major depression and depression that occurs during or after pregnancy, known as perinatal depression.

"For both seasonal and nonseasonal depression, the effectiveness of light therapy is approximately the same as antidepressant medications, or popular forms of psychotherapy such as cognitive behavioral therapy," says Dr. Richard S. Schwartz.

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[health.harvard.edu/blog/light-therapy-not-just-for-seasonal-depression-202210282840](https://health.harvard.edu/blog/light-therapy-not-just-for-seasonal-depression-202210282840)

I know it is not just me and my preference for the light. There are some who have difficulty seeing in a darkened room. I think I am a little better than average, but I really want to turn lights

on. We do better with sleep when it is dark, but that is the point...we *sleep* through it. Casinos have figured out the benefit of brightly lit rooms...it makes people tend to gamble longer because the day never seems to end there.

## 1. Let there be light!

As Christians, we have an even *greater* perspective about light and the dark. Life and light go together. As Christians we are children of light.

1Thess 5:5-9 Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.

6Therefore let us not sleep, as *do* others; but let us watch and be sober.

7For they that sleep sleep in the night; and they that be drunken are drunken in the night.

8But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.

9For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ,

Light is a major Biblical theme. The entire Bible starts off light and it ends with light.

Gen 1:1-5 In the beginning God created the heaven and the earth.

2And the earth was without form, and void; and darkness *was* upon the face of the deep. And the Spirit of God moved upon the face of the waters.

3And God said, Let there be light: and there was light.

4And God saw the light, that *it was* good: and God divided the light from the darkness.

5And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

Yes, there was darkness and night. But which part of the day was called *good*? The light!

Rev 21:23 And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb *is* the light thereof.

Rev 22:1-5 And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.

2In the midst of the street of it, and on either side of the river, *was there* the tree of life, which bare twelve *manner of* fruits, *and* yielded her fruit every month: and the leaves of the tree *were* for the healing of the nations.

3And there shall be no more curse: but the throne of God and of the Lamb shall be in it; and his servants shall serve him:

4And they shall see his face; and his name *shall be* in their foreheads.

5And there shall be no night there; and they need no candle, neither light of the sun; for the Lord God giveth them light: and they shall reign for ever and ever.

## 2. Sin loves darkness -

Before salvation, man is in darkness.

Isa 59:2-10 But your iniquities have separated between you and your God, and your sins have hid *his* face from you, that he will not hear.

...

4None calleth for justice, nor *any* pleadeth for truth: they trust in vanity, and speak lies; they conceive mischief, and bring forth iniquity.

...

6Their webs shall not become garments, neither shall they cover themselves with their works: their works *are* works of iniquity,

and the act of violence *is* in their hands.

7 Their feet run to evil, and they make haste to shed innocent blood: their thoughts *are* thoughts of iniquity; wasting and destruction *are* in their paths.

8 The way of peace they know not; and *there is* no judgment in their goings: they have made them crooked paths: whosoever goeth therein shall not know peace.

9 Therefore is judgment far from us, neither doth justice overtake us: we wait for light, but behold obscurity; for brightness, *but* we walk in darkness.

10 We grope for the wall like the blind, and we grope as if *we had* no eyes: we stumble at noonday as in the night; *we are* in desolate places as dead *men*.

Evil men walk in darkness.

Prov 2:10-13 When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul;

11 Discretion shall preserve thee, understanding shall keep thee:

12 To deliver thee from the way of the evil *man*, from the man that speaketh froward things;

13 Who leave the paths of uprightness, to walk in the ways of darkness;

The way of the wicked is darkness.

Prov 4:18-19 But the path of the just *is* as the shining light, that shineth more and more unto the perfect day.

19 The way of the wicked *is* as darkness: they know not at what they stumble.

Woe to them who put darkness above the light.

Isa 5:20-21 Woe unto them that call evil good, and good evil; that

put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!

21 Woe unto *them that are* wise in their own eyes, and prudent in their own sight!

The occult is darkness.

Isa 8:19-22 And when they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God? for the living to the dead?

20 To the law and to the testimony: if they speak not according to this word, *it is* because *there is* no light in them....

22 And they shall look unto the earth; and behold trouble and darkness, dimness of anguish; and *they shall be* driven to darkness.

Darkness is a judgment from God.

Joel 2:1-2 Blow ye the trumpet in Zion, and sound an alarm in my holy mountain: let all the inhabitants of the land tremble: for the day of the LORD cometh, for *it is* nigh at hand;

2 A day of darkness and of gloominess, a day of clouds and of thick darkness, as the morning spread upon the mountains: a great people and a strong; there hath not been ever the like, neither shall be any more after it, *even* to the years of many generations.

Matt 22:12-13 And he saith unto him, Friend, how camest thou in hither not having a wedding garment? And he was speechless.

13 Then said the king to the servants, Bind him hand and foot, and take him away, and cast *him* into outer darkness; there shall be weeping and gnashing of

teeth.

It is interesting that there ninth plague on Egypt was darkness. Everything was bad enough, but then they were plunged into darkness..but not the people of light!

Exod 10:21-23 And the LORD said unto Moses, Stretch out thine hand toward heaven, that there may be darkness over the land of Egypt, even darkness *which* may be felt.

22And Moses stretched forth his hand toward heaven; and there was a thick darkness in all the land of Egypt three days:

23They saw not one another, neither rose any from his place for three days: but all the children of Israel had light in their dwellings.

Could things have gotten worse? Yes! After the darkness came death. The death of the firstborn fell on all of Egypt...except for those who were covered by the blood of the lamb!

False prophets are judged with darkness.

2Pet 2:4-17 For if God spared not the angels that sinned, but cast *them* down to hell, and delivered *them* into chains of darkness, to be reserved unto judgment;

...

17These are wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved for ever.

Darkness came over the earth when Jesus died, but we celebrate Easter in the morning with sunrise services because that is when it was discovered that Jesus arose.

Luke 23:44-46 And it was about the sixth hour, and there was a darkness over all the earth until the ninth hour.

45And the sun was darkened, and the veil of the temple was rent in the midst.

46And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.

### 3. Light overcomes darkness -

John 1:4-5 In him was life; and the life was the light of men.

5And the light shineth in darkness; and the darkness comprehended **[surround, overcome]** it not.

Isa 29:18-19 And in that day shall the deaf hear the words of the book, and the eyes of the blind shall see out of obscurity, and out of darkness.

19The meek also shall increase *their* joy in the LORD, and the poor among men shall rejoice in the Holy One of Israel.

Isa 42:5-7 Thus saith God the LORD, he that created the heavens, and stretched them out; he that spread forth the earth, and that which cometh out of it; he that giveth breath unto the people upon it, and spirit to them that walk therein:

6I the LORD have called thee in righteousness, and will hold thine hand, and will keep thee, and give thee for a covenant of the people, for a light of the Gentiles;  
7To open the blind eyes, to bring out the prisoners from the prison, *and* them that sit in darkness out of the prison house.

Isa 42:16 And I will bring the blind by a way *that* they knew not; I will lead them in paths *that* they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them.

Isa 60:1-3 Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee.

2For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee.

3And the Gentiles shall come to thy light, and kings to the brightness of thy rising.

John 12:46 I am come a light into the world, that whosoever believeth on me should not abide in darkness.

2Cor 4:6 For God, who commanded the light to shine out of darkness, hath shined in our hearts, to *give* the light of the knowledge of the glory of God in the face of Jesus Christ.

#### 4. Walk in the light -

John 3:18-21 He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

19And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.

20For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reprov'd.

21But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God.

John 8:12 Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.



We are called out of darkness and have no part with it.

2Cor 6:14 Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

When Paul was called to preach, he was called out of the darkness of blindness. He was sent to bring people out of the darkness and the power of Satan to life in Christ.

Acts 26:13-18 At midday, O king, I saw in the way a light from heaven, above the brightness of the sun, shining round about me and them which journeyed with me.

14And when we were all fallen to the earth, I heard a voice speaking unto me, and saying in the Hebrew tongue, Saul, Saul, why persecutest thou me? *it is* hard for thee to kick against the pricks.

15And I said, Who art thou, Lord? And he said, I am Jesus whom thou persecutest.

16But rise, and stand upon thy feet: for I have appeared unto thee for this purpose, to make thee a minister and a witness both of these things which thou hast seen, and of those things in the which I will appear unto thee; 17Delivering thee from the people, and *from* the Gentiles, unto whom now I send thee,

18To open their eyes, *and* to turn *them* from darkness to light, and *from* the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me.

God has called us out of darkness to be light.

1Pet 2:9 But ye *are* a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

Eph 5:3-13 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints;

4Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.

5For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God.

6Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience.

7Be not ye therefore partakers with them.

8For ye were sometimes darkness, but now *are ye* light in the Lord: walk as children of light:

9(For the fruit of the Spirit *is* in all goodness and righteousness and truth;)

10Proving what is acceptable unto the Lord.

11And have no fellowship with the unfruitful works of darkness, but rather reprove *them*.

12For it is a shame even to speak of those things which are done of them in secret.

13But all things that are reproved are made manifest by the light: for whatsoever doth make manifest is light.

I know that I do not speak just for myself when I say that the favorite part of our Christmas Eve Service is not when we turn the lights down low to inspire a thoughtful and reverent frame for the

service. The favorite part is when we light a candle and then pass the light on to everyone around us.

Rom 13:11-13 And that, knowing the time, that now *it is* high time to awake out of sleep: for now *is* our salvation nearer than when we believed.

12The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.

13Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying.

Matt 5:14-16 Ye are the light of the world. A city that is set on an hill cannot be hid.

15Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

16Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

There is a story told about a Sunday School child who was asked the question, "What is a saint?" The church where she went was very majestic with stained glass windows. They were the kind where beautiful paintings of Bible saints were depicted on the glass. The child gave the best answer she could, "Saints are people who the light shines through!" Is the light of Christ shining through you? Do others see the love of Christ shining through you? Is the light obscured by highway dirt and grime that you haven't cleaned off? Is the light of Christ obscured because of no repentance and renewal?

There is a difference between obscuring the light and being in darkness. Sometimes people joke about "Seeing the light," but that is precisely what is needed. When you ask Christ to be your Savior, you become a child of the light with the light of Christ in you. Until that moment, you are in darkness

and a child of darkness. Are you ready to embrace Jesus Who is the true light?

1. Let there be light! 1Thess 5:5-9, Gen 1:1-5, Rev 21:23, 22:1-5
2. Sin loves darkness - Isa 59:2-10, Prov 2:10-13, 4:18-19, Isa 5:20-21, 8:19-22, Joel 2:1-2, Matt 22:12-13, Exod 10:21-23, 2Pet 2:4-17, Luke 23:44-46
3. Light overcomes darkness - John 1:4-5, Isa 29:18-19, 42:5-7,16, 60:1-3, John 12:46, 2Cor 4:6,
4. Walk in the light - John 3:18-21, 8:12, 2Cor 6:14, Acts 26:13-18, 1Pet 2:9, Eph 5:3-13, Rom 13:11-13, Matt 5:14-16