

The Light of Jesus for Your Darkest Days

"People should enjoy every day of their lives, no matter how long they live. But they should also remember there will be many dark days..." Ecclesiastes 11:8 (GW)

Types of Dark Days: Days of confusion . . . conflict . . . disappointment . . . loss . . . loneliness . . . grief . . . stress . . . anxiety and fear . . . heartbreak . . . depression . . . despair . . .

THE ANTIDOTE: TURN TO GOD'S LIGHT

"...God is light and in him there is no darkness at all." 1 John 1:5 (LB)

"In the beginning God created the heavens and the earth... God said, 'Let there be light!' and there was light. And God saw that the light was good, and he separated the light from the darkness." Genesis 1:1-4

Jesus: "I have come as a Light to shine in this dark world, so that all who put their trust in me will no longer wander in darkness." John 12:46 (LB)

HOW DOES THE LIGHT OF JESUS HELP ME IN DARK DAYS?

1. LIGHT CAN ILLUMINATE

"...light makes all things easy to see." Ephesians 5:13 (NCV)

"...I am THE LIGHT of the world! If you follow me, you won't be stumbling through the DARKNESS, for living light will flood your path!" John 8:12 (LB)

● IN DARK DAYS, I NEED THE LIGHT OF JESUS WHEN I CAN'T SEE THE WAY FORWARD

"...For anyone who doesn't know where you're going, anyone groping in the dark, here's what to do: Trust in God. Yes, lean on God!..." Isaiah 50:10 (MSG)

"Your words are a flashlight to light the path ahead of me and keep me from stumbling." Psalm 119:105 (LB)

"God's instructions are always right and they point the way to happiness. His commands shine brightly, and they light up the right way to go." Psalm 19:8

God: "I'll take the hand of those who don't know the way, who can't see where they're going. I'll be a personal guide to them, directing them through unknown country. I'll be right there to show them what roads to take, and make sure they don't fall into the ditch. These are the things I'll be doing for them – sticking with them, not leaving them for a minute." Isaiah 42:16 (MSG)

"Even though I go through the deepest darkness, I will not be afraid, Lord, for you are with me." Psalm 23:4

2. LIGHT CAN DISINFECT

“If we claim to have a relationship with God, but we continue living in DARKNESS, we lie and we aren’t following the truth. But, if we live in the LIGHT, as God is in the light, then we can have real fellowship with each other, and the blood of Jesus, God’s Son, PURIFIES US from all sin. If we claim to be without any sin, we’re only fooling ourselves and refusing to accept the truth. But if we confess our sins to him, God is faithful and just and will FORGIVE us and CLEANSE US from every wrong.” 1 John 1:6-9

● IN DARK DAYS, I NEED THE LIGHT OF JESUS WHEN I WANT A CLEAN START

“You, Lord, are my light; and you DISPEL my darkness!” 2 Samuel 22:29

“In the past, your life was full of darkness, but now you are full of light in the Lord! Now you can live like children of light. And God’s light brings every kind of goodness, right living, and truth.” Ephesians 5:8-9 (NCV)

3. LIGHT CAN HEAL

● IN DARK DAYS, I NEED THE LIGHT OF JESUS WHEN I’M WOUNDED AND IN PAIN

“I’m wounded and in pain. So rescue me, O God, by your saving power.” Psalm 69:29

“He forgives all my sins and he heals me.” Psalm 103:3 (LB)

“...The Father has made you able to share in all he’s prepared for his people in the Kingdom of Light. For he has freed us from the power of darkness...”

Colossians 1:12-13

4. LIGHT GROWS THINGS

● IN DARK DAYS, I NEED THE LIGHT OF JESUS TO CHANGE ME FOR THE BETTER

“I’m asking God...to give you spiritual wisdom and understanding, so that you will GROW in your knowledge of God. I pray that your hearts will be FLOODED WITH LIGHT so that you can understand the wonderful future he has promised to those he called.” Ephesians 1:17-18

“You Lord, are the giver of LIFE! Your LIGHT lets us ENJOY LIFE.”

Psalm 36:9

“...I am the light of the world. If you follow me, you won't be stumbling through the darkness, because you'll have the light that leads to life!” John 8:12

“...I came to give life – life in all its fullness.” John 10:10 (NCV)

“For the same God who once said, ‘Let there be light in the darkness!’ has now made his light to shine in our hearts! It is the brightness of God’s glory that we see shining in the face of Jesus Christ.” 2 Corinthians 4:6

“...the darkness in our lives disappears and the new light of life in Christ shines in!” 1 John 2:8 (LB)