Reflections

God's power to create light from darkness, from nothing.
His power to create
His power to transform
His power to give meaning
His power to give purpose
His power to cause order.

Daylight = order and clarity   In light we see
In darkness there may be disorientation, obscurity.
In darkness we may lose our pathway.

As humans we suffer loss   loss=darkness
Intrusive thoughts – my own mental health and bi-polic rhythms – voices grow louder –
surprise me or build up over time. Become more clear, more believable. Lose sense of
reality and clarity.

Darkness, gloom, bleakness, suffering

REMEMBER: Light overpowers the darkness
FAITH – helps you to choose the light – allows you to hand over your heaviness

God did not make 3.00pm or 5.00am – we did. Some 'nights' are short.
Some 'nights' are long and winding
There can be false dawns – followed by more night. DISORIENTATION – lost – chaos

BUT. Without night we cannot recognise the day
Metaphorical daytime bleeds clarity and diminishes the darkness so we can continue our
path.
SOMETIMES –
circumstances/life/battles/overloads/stress/hurdles/barriers/confrontation/challenge
DARKNESS IS LOUDER
Clouds gather around the daylight
Sometimes we don't see any light. We don't even know which direction it will be in. What
happens then?
FAITH will keep us on track. Courage helps us to keep stepping forward.
It is merely a passing of time. Light will appear. A new dawn will be seen. The darkness
does subside.
Then we can choose to turn away from the dark, to follow the light...
We journey through night to morning, to day, through evening and through night. Time is
eternal and infinite
BUT ALSO
We need the night
It brings rest. It is peaceful
The daytime can be busy. No stop, no pause, no chance to dream, no vision.

The evening – it slows us.
The night brings rest
And each – it passes.   INFINITY

Life is a journey.   Through faith. There is strength
The darkness will pass. Light is on its way. ALWAYS

It is how God intends it to be.

It is how God works.