

Southern Adventist University

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The Main Thing Devotional

Chaplain's Office

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A Light in the Darkness

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The light shines in the darkness, and the darkness has not overcome it. - John 1:5

Even the darkest places are not out of reach from God's light. Glowing seas are often the stuff of folklore, but not any longer. Marine biologists recently discovered massive swarms of bioluminescent bacteria the size of Connecticut out in the ocean. It is hard to imagine hundreds of miles of glowing sea visible in the dark; seas are not meant to light up but yet they have been seen glowing.^[1]

The Apostle John reminds us that there is no place God's light cannot reach. The mental, moral and emotional darkness of this world was dispelled by the coming of the Messiah. The Bible is clear that God is light and there is no darkness in Him, but God can meet people in the darkness. When Moses was given the 10 Commandments, Scripture describes that He approached a thick dark cloud where God was.^[2] Although God is not darkness, He can still be found in our dark moments of life. He met with Nicodemus in the night, He walked on water towards the disciples at fourth watch of night and God sent an angel to open Peter's prison doors at around midnight. Praise God that we serve a Savior who also works the night shift.

Are you going through a dark pit of despair right now? If so, God wants you to know that His light can reach all the way to the bottom of your problem. In the book Christ's Object Lessons Ellen White wonderfully explains how God also uses His followers as instruments of light, "So the followers of Christ are to shed light into the darkness of the world. Through the Holy Spirit, God's Word is a light as it becomes a transforming power in the life of the receiver." Whatever you are facing, God has given you all the light you need to defeat the darkness around you. The darkness can be experienced through a lack of self-worth, loss of hope, absence of genuine friends or the fear of being eternally lost. Whatever darkness you may be facing, God promises that your situation is not out of reach for God's divine light.

Reflection

Read John 3:1-21. Nicodemus wanted to meet with Jesus at night. What dark areas or circumstances of your life do you need God to meet you? Pray and ask God how you can be an instrument of light for one person this week who may be experiencing darkness and despair. Feel free to invite them to them to Vespers, church or your LifeGroup.

Prayer

Father God, my happiness in life is independent of my circumstances. Though I may walk through the valley of the shadow of death, I will not fear for You are with me. Fill my mind with Your Word so I may walk in the light and not stumble in the darkness. Thank you for meeting me right where I am and help me to be a light to those who are in darkness and despair through the power of Your Spirit.

NEWS AND RESOURCES

- **Grab Your Vespers Tickets in Advance:** At southern.edu/united, students can now book their tickets weeks in advance instead of having to wait each week for the unique link. Feel free to contact [Michael Baranda](#) if you need to cancel your ticket for any reason.
- Share your prayer requests or praises with us via text message using your mobile phone. **Text-to-Pray: 423-281-8996.**

- **Need to talk to someone?** We encourage you to make an appointment with Chaplains [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to talk to for support, prayer or have a desire to grow spiritually.