

HEAVY SOUL, HOLY LIGHT-FINDING HOPE IN THE DARK

Day 1: When the Light Flickers

Scripture: *“The light shines in the darkness, and the darkness has not overcome it.” – John 1:5*

There are days when it feels like the light inside of you is barely holding on. You wake up tired, though you slept. You smile, though it feels forced. You pray, but your words seem to hit the ceiling and fall back down in silence. Depression can make even the brightest believer feel dim.

But John 1:5 reminds us that *the light still shines*. Notice — it doesn’t say the light never struggles to be seen. It says the darkness does not overcome it. Even when the flame flickers, it is never fully extinguished. That tiny glimmer of faith, that quiet “help me, God,” whispered through tears — that’s proof that the light of Christ still burns within you.

Sometimes we think faith means being fearless or strong, but often it simply means *refusing to give up*, even when we feel weak. Faith is the hand that reaches out in the dark, trusting God to take hold, even when we can’t see Him.

If you’re walking through a shadowed season right now, don’t confuse silence with absence or exhaustion with failure. The God who lit the stars is still holding your fragile flame. Even a faint light has power to pierce the darkest night — and so do you.

You may not be shining as brightly as before, but you're still shining. And that means darkness hasn't won.

Reflection

- What is one small flicker of light you can still see in your life right now? It might be a friend who checks in, a verse that comforts you, or simply the fact that you're still here.
- How can you nurture that light — through prayer, rest, worship, or connection — instead of focusing on the darkness?

Prayer

Father, sometimes my soul feels so dim that I wonder if my light has gone out. But Your Word says that the darkness cannot overcome Your light. Help me to believe that truth today. When I feel weak, remind me that even a flicker of faith is enough for You to work with. Shine through me, even when I can barely see You. In Jesus' name we Pray, Amen.

HOLIDAY SEASON IS APPROACHING FAST AND SUICIDE RATES INCREASE. WITH THAT BEING SAID, IF YOU ARE GOING THROUGH A DARK SEASON THERE IS ABSOLUTELY NO SHAME IN REACHING OUT TO SOMEONE. YOUR PASTOR IS ALWAYS AVAILABLE, YOUR FRIENDS AND YOUR FAMILY. IN YOUR HEAD YOUR CONVERSATION MAYBE HARD TO SPEAK OUT LOUD, HERE'S A COUPLE EXAMPLES OF HOW TO START.

I'M GOING THROUGH SOME DARK DAYS AND THOUGHTS CAN WE TALK?

THIS IS A HARD CONVERSATION TO START BUT I'M HAVING SOME DARK AND PAINFUL THOUGHTS, I THINK IT MAYBE GOOD TO TALK, DO YOU HAVE SOME TIME?

I FEEL VERY DOWN CAN WE CHAT TODAY?

WHEN YOU GET A CHANCE CAN YOU REACH OUT TO ME, I FEEL ALONE AND I NEED SOME SUPPORT?

IF YOU AREN'T COMFORTABLE TALKING TO SOMEONE YOU KNOW

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