

Day Five: The Sun Will Rise Again

Theme: From Darkness to Dawn

Scripture: “*Weeping may endure for a night, but joy comes in the morning.*” – Psalm 30:5 (KJV)

When Night Feels Endless

There’s something sacred about the stillness of night — not the peaceful kind, but the kind when you’re wide awake, staring at the ceiling, feeling the weight of everything pressing down.

You wonder if joy will *ever* come again.

You’ve prayed until your voice went silent.

You’ve cried until your tears ran dry.

And still, the night lingers.

Depression can make it feel like morning will never come. But the promise of Psalm 30:5 is not poetic exaggeration — it’s a truth born from experience.

David wrote it after being rescued from despair and danger. He *knew* what it meant to feel buried under grief — and what it meant to be lifted out again.

Morning Always Comes

No night — no matter how dark — has ever stopped the sun from rising.

You may not *feel* the light yet, but it’s already breaking the horizon.

God is still moving, even in the silence.

In Scripture, the morning often represents renewal and mercy:

“Because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning.” – Lamentations 3:22–23

Every sunrise is a love letter from Heaven — a reminder that God hasn’t forgotten you. Each new morning whispers, *“You made it through one more night. Keep going.”*

Healing Is a Process, Not a Moment

Sometimes, we expect God to snap His fingers and make the heaviness disappear. But healing usually happens in layers — one prayer, one breath, one small step at a time.

Elijah didn’t go from suicidal despair to strength overnight.

David didn’t stop weeping and suddenly start singing again.

Job didn’t move from loss to restoration in a day.

God works gradually because He’s not just fixing circumstances — He’s mending hearts.

So if you’re still struggling, that doesn’t mean your faith is weak. It means your story isn’t finished.

Your Story Isn’t Over

The same God who wrote resurrection into the Easter morning story can write renewal into yours.

Even Jesus endured three days of darkness before light broke through the tomb.

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

The darkness in your life will not have the final word.

God’s light still wins.

And one day, your story — the one that nearly ended in despair — will become someone else's reason to keep living.

Prayer:

Lord, thank You for being my light when everything feels dark.

Remind me that my story doesn't end in the night, because You are the God of new mornings.

Heal what's heavy in my heart, one sunrise at a time. Help me to hold on until joy comes again. In Jesus' name we pray, amen.

Reflection:

- What “night season” are you in right now, and what small sign of light can you thank God for today?
- How can your story — even the painful parts — become hope for someone else?

Takeaway Thought:

Even in the deepest night, God is preparing your dawn.

The sun will rise again — and so will you.