

LWML *Texas* District

January 30

Mediation

Cold and Dark

How do you feel when you are cold? Do you shiver? Do you crave the warmth of a blanket or a loved one? Do you feel isolated or alone? Humans also tend to fear the dark. Being cold and in the dark simultaneously can be quite terrifying.

There is a place called Inner Space Caverns in Georgetown, Texas, where you can tour a cold and dark cavern. The tour will typically take you to a place where they will shut off all of the lights, and it is so unnaturally dark it can make you go crazy if you are there long enough. Without any prereferral light, we can lose not only our way, but also our minds.

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life (John 8:12). Jesus is the light of the world. He said it himself. If He lights our path, we can be assured of heading in the right direction. We do not need to fear the darkness around us.

A lost attribute of light in modern society is its ability to also give off warmth. Today we utilize LED lighting, which is cool to the touch and long lasting, but in Biblical times light was always a source of warmth.

What sources of light can you think of that radiate heat? Here are a couple — fire and the sun. Light was a precious thing in ancient times. If you do not have fire when the sun sets, you would be cold and potentially quite lost. During the day, when the sun is out, things warm up nicely, you can see clearly, and you can see the obstacles in front of you with ease.

So, when Jesus says He is the light of the world, He is also the warmth of the world. When we think of love we also think of warmth. The hug of someone can warm you. The sentiment in a card from a loved one can warm your heart. Love can warm you. *God is love* (1 John 4:8b).

So, by the logic presented by Jesus in John 8:12 and 1 John 4:8, we can know God is light and love. He is warmth and light. He is by nature the opposite of our fear, of our cold-hearted choices, of our dark moments, and of our deepest angsts. So, this winter, allow the love and light of God to warm you and lead you daily.

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Written by Kayla Winkler
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