The Benefit of Light

During the last 14 years of my career I worked in an office that had no windows. There were times when I would be very busy and work most of the day without venturing outside the building. Because I had no exposure to the outside, I had no clue as to what it was like outside. As we'd head out the door at quitting time and walked out into the sunshine I would suddenly feel better. The grogginess of the day seemed to go away, and I felt a strange sensation of wellbeing. This little phenomenon is just one of the benefits of light. Science tells us that we receive many health benefits from natural light. Our bodies absorb Vitamin D which helps with bone loss and heart health. Sunlight also can ward off depression and improve sleep. Best of all this health benefit is free, all we have to do is go outside into the sunlight.

With this in mind, it's easy to see why God used the illustration of light so often in the Bible. Is it any wonder why light was the first thing He made during the creation of the world? (Gen. 1:3) In John Chapter 1 Christ is described as the "Light". Jesus said, "I am the light of the world." (John 8:12) Without sunlight plants don't grow, so it is easy to understand that if we're not exposed to the "Light" that is Jesus Christ we won't grow spiritually.

So just as our bodies need exposure to sunlight to benefit our health our spirits need exposure tothe True Light so to continue our relationship with our Heavenly Father.

Jay Launius, Maud Church of Christ, Maud, TX