

People of the Light

You were once darkness, but now you are light in the Lord, so live your life as children of light. Light produces fruit that consists of every sort of goodness, justice, and truth. (Ephesians 5:8-9, CEB)

Today marks the longest day of the year, in terms of the amount of sunlight we get here in the Northern Hemisphere. We will enjoy about 15 hours of sunlight, and just 9 hours of darkness here in Ohio. It's a far cry from the winter season, when the days seem so short and gloomy. No wonder we put up so many Christmas lights to cheer ourselves up!

It's this time of year, as summer begins, that I think is the most fun to be outside. We've gotten, hopefully, beyond the rainy season of spring, but at the same time, it's not too hot out yet, and the bugs aren't out in full force.

As a kid, I remember staying up as late as I could on days like these, trying to enjoy playing ball (baseball, basketball, soccer) outside until I couldn't see the ball anymore. Somehow, my energy and my mood improved and I could get by with less sleep than other times of the year. That's what living in the light can do for us.

Maybe there's something we can learn from this. As Paul wrote to the Ephesians, we were once in the darkness. That's true for every single person. And as you may know, darkness can be a miserable place if you're stuck there for too long.

But for those who have discovered life in Christ, we now are light in the Lord. People of the light have something to offer the world, because they have discovered Jesus, the Light of the World. So, as Paul says, "live your life as children of the Light."

Grace and Peace,

Pastor David Rittgers