Here Comes the Sun

After WWI, German soldiers used sunlight to heal and disinfect their wounds. Their knowledge of the sun’s healing powers came from the discoveries that the Nobel Prize winner, Niels Finsen, made in 1903. Finsen was the first doctor to use sunlight as medicine and did more to show the importance of light to our health and other living organisms than anyone before. Finsen’s discoveries lead to greater knowledge of the sun’s medicinal properties; not only does the sun kill bacteria, but it also lowers cholesterol and blood pressure, it cleanses the blood, increases the oxygen content in our blood, builds our immune system, helps increase the growth and height of children, and can cure symptoms of mild depression. And these are just some of the benefits for you and me; the power of sunlight for the earth’s flora is even more essential!

It’s no surprise that the first words we hear God speak are, “…Let there be light…” (Genesis 1:3) Physical light is essential for our health, wellbeing, and even our survival, as we already know. But since we need more than just physical light, God sent Jesus, the Light of the World, for our spiritual wellbeing. Jesus said to His disciples, “…I am the Light of the world. He who follows Me shall not walk in darkness, but have the light of life.” (John 8:12) If we walk in the light of Jesus and fully accept with the whole of our hearts His love for us, then we will sprout precious and wonderful fruits. Paul said in Ephesians 5:8-9, “For you were once darkness, but now you are light in the Lord. Walk as children of light (for the fruit of the Spirit is in all goodness, righteousness, and truth)…”

But at times there seems to be more darkness than light, isn’t that true? Circumstances, emotions, or pain tends to block out the light. The noon sunshine can deliver 100,000 lux, which is a measurement of light. If we are not exposed to any form of this light it can cause Seasonal Affective Disorder (SAD), a form of depression. Isn’t that true if we aren’t walking closely with Jesus, too? Thankfully, God made it so that the sun appears every day over the horizon. Everyday a new opportunity to crack open a window in our hearts and let a ray of light in to heal the wounds and lessen our pain we can’t shake on our own. “Here comes the sun,” George Harrison wrote in 1969, “here comes the sun, and I say it’s alright.”

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