## Communion is...

**Communion is** a meal eaten in the brightest of light, for I eat of communion with Jesus.

## Read Matthew 27:45-50

In John 8:12 we read of Jesus telling His followers, "I am the Light of the World; he who follows Me shall not walk in the darkness but shall have the light of life." As we affirm this Truth, we also receive clarity regarding the darkness that fell upon the land during the hours that Jesus was on the cross.

**See, in our focus verses for today**, we read that when Jesus was on the cross, from noon til about 3pm, "darkness fell upon the land." Yes, as the Light of the World took on the dark sin of the world, that darkness manifested itself in the atmosphere too. Typically, noon to 3pm is the brightest time of the day, and yet on this day during this time, darkness fell.

As Jesus was on the cross, God was revealing many things for sure, but one is the Truth that His Son is truly the light of the world! Without Him, this world would be covered in darkness... literally.

Science would inform that the sun and moon are the lights that brighten the earth from day to day, and they are in a sense, but apparently their source of light is Christ Himself. God was making this clear as we view what took place in these hours while Jesus was on the cross. As darkness descended, we come to see that Jesus is not only the Creator of the sun, but He is also the essence of it!

Throughout Scripture we find many references to this being true. Just to spotlight a few, in the book of Luke we find Jesus is called "the Sunrise from on high" (Luke 1:78) and Revelation tells us multiple times that when redemption is made complete, "we will no longer have need of the sun or of the moon to shine because the glory of the Lord will illumine and its lamp is the Lamb of God, Jesus!"

Yes, Jesus is the Light of the World! This is not just a metaphor, but a declaration of Truth that is true in every way. Jesus lights up the atmosphere and He lights up our lives from the inside out. And we all desperately need His light. Light does so many things... it brightens, reveals, cuts, heals, guides, sets tone, gives warmth, provides energy, reveals color, differentiates, builds immunity, keeps awake, penetrates and more...

Darkness will do its best to fall on us, but each and every day that we commune with Jesus, in a sense we are saying, "Jesus, light up my world!" and we can trust that He will!

## Prayer Conversation Starter...

**Jesus, without You I dwell in darkness... but when I am with You, You light me up.** Shine Jesus, in me, through me, all around me...



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