

## Light Is Life

### Description

[RG AUDIO 121719](#)

John 1:1-12

I remember the day I realized my daughter could reach the light switch. From then on she would run into the house before us, turning on the lights. It's odd, but I really appreciated her doing this. Maybe it felt more welcoming than coming into darkness.

John uses a common, universal experience to help us understand Jesus: light overcoming darkness. John uses the word light 21 times in his gospel. It was a term that the Jewish community used to describe the coming Messiah. When John used a light analogy, he was proclaiming that Jesus was the Promised One.

The word "life" in John 1:4 means spiritual life, eternal life. Darkness is life without Jesus. But the life Jesus brings cannot be overcome by darkness. John builds on this theme in 8:12 when Jesus promised "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

When we choose Jesus, we are in Him and this life is in us.

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