



This article is part four of a seven-part series focusing on key blessings that God gave to humanity in his original creative plan. As we learn to be wiser stewards of these blessings, it will lead to a healthier lifestyle. These articles are not intended to replace medical advice from your doctor. Rather, it is to provide a biblical framework for healthy decisions.

I give you light

"And God said, 'Let there be light,' and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light 'day,' and the darkness he called 'night.'" (Genesis 1:3-5)

Nestled in a beautiful mountain valley lies the town of Rjukan, Norway. Although this community has breathtaking scenery, the incredible mountains that surround it also block sunlight for much of the year. In fact, for a full six months, this community is blocked from direct sunlight! However, in 2013 three heliostat mirrors were installed on top of a mountain 1500 feet above the city. These mirrors reflect sunshine down on the town square so that residents can see and feel the warmth of the sun during a season of darkness. Long before these heliostat mirrors were installed, a gondola system was built to transport residents up the mountain so they could escape the darkness and experience the sunshine.

Many of you reading this may have experienced a gloomy winter with very little sunlight. The lack of sunlight can affect a person's overall physical and emotional well-being. Perhaps during a dark winter you too would appreciate heliostat mirrors to beam light down from above long after the sun has set!

On day one of creation God created light. Later on day four he created the sun, moon and stars to regulate the light and govern the seasons. This light together with the regular cycle of day/night is vital to life on earth. Astronomers marvel at the perfect position of planet earth in the solar system; just close enough to the sun to receive the correct amount of energy.¹ Through the process of photosynthesis, plants utilize this sunlight to transform light energy into chemical energy. These plants in turn provide necessary nutrients, phytochemicals and energy to the animals and people who consume them.

Our amazing Creator God designed our bodies to naturally convert cholesterol in the skin into Vitamin D when exposed to sunlight. Vitamin D (often called the sunshine vitamin) not only aids the development of healthy bones, teeth and muscles, it also supports our immune system.² With over 40% of Americans Vitamin D deficient,³ it is important to either receive more direct sunlight,

¹ Consider the film, "The Privileged Planet" which discusses this topic in depth.

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6075634/>

eat more foods that naturally contain Vitamin D (foods such as salmon and egg yolks contain small amounts) or take a supplement. While sunscreen is generally recommended to help prevent skin cancer, there are many benefits of receiving some sun exposure without sunscreen. Taking a quick walk during your lunch hour, encouraging children to engage in active outdoor play, reading a book on a park bench or responding to emails from a picnic table are all ways to increase your Vitamin D production on a sunny day. Although adequate Vitamin D production is only possible from mid-March through the end of September, sunlight can still support our emotional well-being during the fall and winter months.



Have you reserved time to be in the sunlight today? More importantly, have you set aside time to bask in the light of God's Word? **“[Jesus said] I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life”** (John 8:12). Just as sunlight is essential to physical life, so the light of God's Word is essential to spiritual life. May God fill you with light, life and hope as he guides you with the light of his Word!