

3 Surprising Facts about Light

and how it relates to your faith



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You are literally glowing right now.

Your body releases tiny particles of light as your cells produce energy.

You can't see it with your eyes—but it's real.



“You are the light of the world.”

Matthew 5:14

Without light, life stops.

Plants use light to produce oxygen and grow the food we eat. Without it, life on earth could not survive.

- ✦ Genesis 1:3
- ✦ Psalm 36:9
- ✦ John 1:4



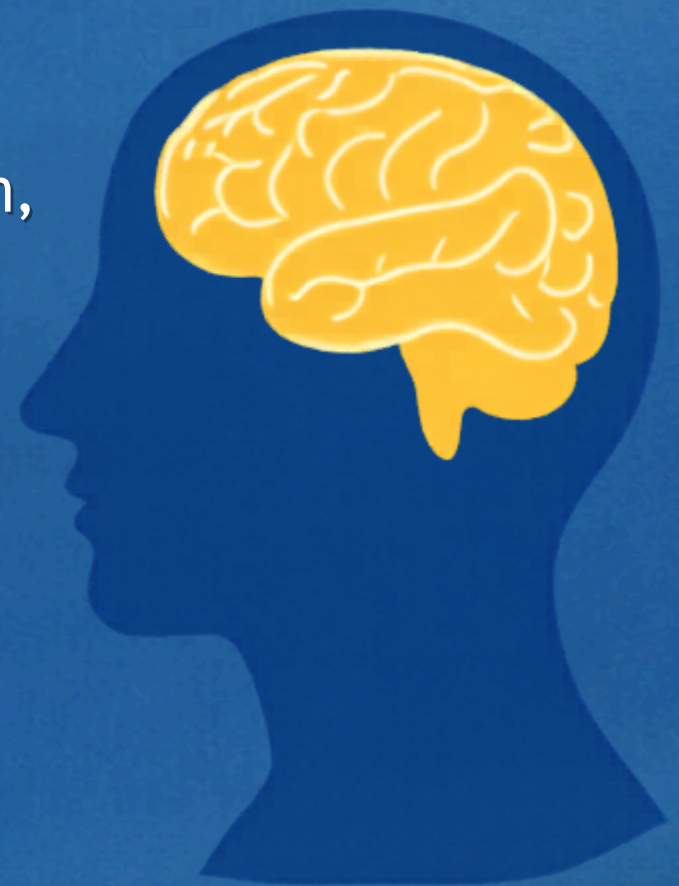
“...I have given you every herb bearing seed which is upon the face of all the earth...”

Genesis 1:29

Your brain is wired to need it.

Sunlight triggers serotonin production, helping regulate mood and focus.

- ✦ Isaiah 26:3
- ✦ Proverbs 4:18
- ✦ James 1:17



The Lord is my light and my salvation- whom shall I fear?

Psalm 27:1

Why it matters

You were made
to live in God's light.



Stay connected to the Source,
and His light shapes your joy,
your growth, and your witness.

"You are the light of the world."

Matthew 5:14

