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Meditation  
on **“We Walk in the Light”** (Ephesians 5:1-2.8-9)  
*“How Shall We Live” Worship Series*

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**::: ZERO :::**

Dear Sisters and Brothers,

*“Grace to you and PEACE from God our Father  
and the Lord Jesus Christ.”*

*1 Corinthians 1:3. (NRSV)*

**::: Amen.**

**::: ONE :::**

Light and darkness have preoccupied humans since time immemorial. They have also captivated me...

To roam around the apartment at night usually means for me to be on the quest for a light switch.

It becomes truly annoying when, on the way to said light switch, a door stands half open, and one of my toes makes painful acquaintance with it.

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Uncertainly, I stumble along in rooms where I usually move with complete confidence.

As inhabitants of a world where darkness can often be dispelled quite easily with a light switch, we certainly tend to perceive darkness as less threatening.

## ::: TWO :::

Darkness and light are also central themes in the Ephesians letter.

In Ephesians chapter 5, it is written:

*<sup>1</sup> Follow God's example, therefore, as dearly loved children <sup>2</sup> and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

*<sup>8</sup> For you were once darkness, but now you are light in the Lord. Live as children of light <sup>9</sup> for the fruit of the light consists in all goodness, righteousness, and truth.*

*Ephesians 5:1-2.8-9 (NIV)*

If darkness cannot be easily dispelled, a person feels trapped within it. When wandering in the nightly apartment, it becomes truly threatening if the room remains dark even after I've found the switch.

I rarely find myself truly exposed to darkness.

But when it is truly dark—when it stays dark, and there's no flashlight to be found in the house, and no lamp or fire is visible outside—then it's clear... this darkness cannot be banished.

### ::: THREE :::

And it becomes evident how valuable the light is, which often seems so self-evident to me. The first words spoken by God in creation are:

*"Let there be light."*

That's where everything begins.

Without light, there is no life.

Only light makes the world flourish.

Thus, from the beginning, humans have seen light as something divine. It is given to humans.

They did not create it themselves, and they cannot attribute it to their own efforts.

God gives light.

And God is the Lord of light.

In the Bible, God commands over light.

Not only at the beginning of creation.

He remains the Lord of light.

When Pharaoh refuses to let Israel go, he brings a great darkness over Egypt.

In return, he leads the Israelites on their way with great manifestations of light—illuminating their path as a pillar of fire and a pillar of cloud.

Light is more than brightness.

Light is the opportunity for orientation.

Light is the condition for me

to navigate seeing.

Therefore, humans understand light as something divine, as something that emanates from God, that He gives, and that illuminates humans.

Light gives humans the possibility to recognize; in the light, a person recognizes the things and people around them.

### ::: FOUR :::

But they also recognize themselves in interaction with others and with the whole world around them.

In the light, they recognize their own place in the structure of the world.

Humans can live in two realms: the realm of light and the realm of darkness—understanding that true life for humans is only possible in the light.

The realm of darkness is connected to what opposes life.

Ultimately, it is death.

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Christ is the one who has definitively brought light into darkness.

With His life, death, and resurrection, He outshines everything that has been there before. He illuminates humans.

All who recognize Him become light themselves and radiate the message of light—the Gospel—with their whole lives; in goodness, in righteousness, and in truth.

The light of God shines into me through Jesus Christ. It creates new life.

### ∴ FIVE ∴

Sometimes this is not a straightforward process.

When light falls into the dark corners, which are still quite dirty and dusty, where there is still work to be done to eliminate the chaos that has accumulated.

There are moments when I would rather draw the curtains because I am afraid of what might come to light.

But Jesus Christ shows us and leads us on the path of reconciliation and healing, enabling me to address even the most hidden and concealed corners until the light illuminates my whole life.

He leads us, just as God led His people safely through the desert as a pillar of fire and cloud.

Shining light into darkness...

The writer of the Ephesians letter urges us not to have fellowship with the "unfruitful works of darkness" but rather to expose them.

### ∴ SIX ∴

For him, the realm of light is the Church.

It is not because the people within it live so impeccably or are so much better or perfect than those outside. No!

The Church is the realm of light because it shines through the light that God gives through His Son Jesus Christ.

What shines there is the love of God, which gives everything, truly everything, to save people from self-entanglements, the futile paths of self-justification, and the fear of life.

It is the love that even goes to the extent of going to death so that all may see: This love goes so far that it is close to you even in your deepest fears and human abysses.

This love shines again in the Church and in the people who live within it.

Surely still fraught with all human inadequacies but nourished by God's infinitely great love.

A person is incorporated into this community of children of light through baptism.

And thus, the Ephesians letter in chapter 5, verse 14 probably also quotes a baptismal psalm:

*“Wake up, sleeper,  
rise from the dead,  
and Christ will shine on you.”*



Christ, enlightened, illuminates us, and surrounds us with His light.

We baptize because in it, we visibly place people under this light of God's love.

We baptize because we believe that God allows His light to shine upon the lives of the baptized.

We baptize in the name of Jesus Christ because we trust that the baptized themselves grasp the value of this gift of God and consciously choose to *walk in the light*, and thus to be a light of His love in this world.

### ::: SEVEN :::

Sometimes this light, that we can be in the world on behalf of God, seems so small... so insignificant.

Sometimes it seems so difficult, even just to be a small light for the people around me, although I would like to be.

Sometimes I would like to be so much more light.

To bring light even to enormous inequity and darkness of our time.

To intervene in the immoderation and injustice.

To drag the hidden agreements and the accepted suffering into the light.

But your light counts: Especially in the community of the Church, it gains more luminosity than it could ever have alone.

In fear and self-doubt, my light may sometimes almost seem to flicker out. But it won't. God's promise stands. He stands up for it Himself. As it is written in Isaiah 42:

*<sup>3</sup> A bruised reed he will not break,  
and a smoldering wick he will not snuff out.  
In faithfulness he will bring forth justice;  
<sup>4</sup> he will not falter or be discouraged  
till he establishes justice on earth.*

*Isaiah 42:3-4 (NIV)*

Amen.