Isaiah 41:10

Why is it that we feel most vulnerable at night? Because darkness amplifies fear because it symbolizes the unknown and uncertainty. Faith in God can be powerful for overcoming these fears. Nighttime is a time of reflection and introspection. We can't help but think about our lives, relationships, successes and failures, and all the unknowns of the future. We are vulnerable because we believe we are left with ourselves to confront those fears and doubts. Ignoring the darkness that creeps in when we're alone with our thoughts is hard. At that moment, we need to reach out and ask for help from God to help us get through the night.

What is it about the night that makes us feel so alone? The night seems to be the time when our strength to fight, to hold on, seem to disappear. The night seems to bring a different level and degree of abandonment. The feeling of being lost and alone is the most challenging of all feelings. Lying in the dark alone, our fears feel like they are closing in on us. It is then that we begin to hopeless and despair. During the day, we are able to fight the good fight, to hold on to a semblance of hope. The night seems to bring into existence a strange manifestation of loneliness that the wisest of us cannot understand. In one of his songs, Bobby Womack sings, "If you think you're lonely now, wait until tonight, girl." Why does she have to wait until the night to feel the loneliness he predicts? What is it about the night that precipitates and magnifies loneliness? I know we have all felt alone during the day. I know tears of sorrow and loneliness have been shed in the daytime. But no one can explain the power of

darkness that brings loneliness to a new level. Gladys Knight cries for help in the dark of night in her song “Help Me Make it Through the Night.” In this song, she sings of the pitfall of being lonely and vulnerable at night. It is in the night that we feel the weakest. Jesus was at His weakest moment in the night. What is it about the night, the darkness, that causes us to dissolve emotionally? Fears in the night are real and life-absorbing.

It is said that nighttime is when we are most vulnerable because our thoughts are more amplified and intense. We become aware of our fears and doubts as well as the uncertainties of the future. This can cause us to feel overwhelmed and helpless, which should make us seek refuge in God.

The night brings with it a special kind of loneliness that can be hard to put into words but is experienced by many. It is a feeling that seems to intensify when nightfall begins and becomes full-blown when we feel lost, and the light of hope fades with the onset of the dark. In the Garden of Gethsemane, Jesus felt His weakest and experienced His fears of the impending cross, proving that darkness can bring out the weakest moments in humanity. It is in these times that the strength of God’s presence is needed in our lives. It is our trust in God that will get us through those moments of doubt and insecurity. God was present with Jesus on the darkest night of His life. The darkness did not prevail in that moment that Jesus experienced. It will prevail in your moment of faltering. If God was present for Jesus, God will be present for you. If God rescued Jesus from the jaws of despair and the crushing power of fear. God will rescue you. If God sent angels to minister to Jesus. God will send ministering angels to you. God has

promised never to leave or forsake us. This includes the darkest of nights. It includes the loneliest of moments. It includes every moment we believe our hope is gone. God will not be there; **God is there**. We have God's word to trust in.

"Do not be afraid, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10)

"The Lord is my light (in the midst of the darkness) and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom (or what) shall I be afraid?" (Psalm 27:1)

"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet." (Proverbs 3:24)

Blessings,
Pastor Gool