

# ENCOURAGEMENT FOR *Real Life*

## **38. 10 Simple Ways to Be a Light in This World**

You are listening to episode 38 of the Encouragement for Real Life podcast. In this week's episode, "10 Simple Ways to Be a Light in This World," we pause to reflect on what it means to be a light in this world, why we would be interested in being a light, and how we go about doing that. Because you've likely heard the term, "be a light." Am I right? So, let's dig into this a little deeper today and find some real-life hope and encouragement along the way. I say it's a great day to be a light in this world! Let's get to it!

Be a light. These three words together are packed with power, motivation, and inspiration. They prompt us to take action, to make a difference, and to shine from within. We know what light does to darkness, and we understand the importance of light in our lives.

### **But do we understand how you and I can each be a light in this world?**

We can! And we're called to do so. I appreciate the idea and the reality of being a light. I speak and write about it, maybe more than any other subject. Maybe that's because in doing so, I'm reminding myself to be a light in this dark world. To shine bright even when I don't feel like it. To be a light, even when it feels uncomfortable and awkward. And to shine God's light wherever He has me. It's even referenced in my, I guess you could call it, "mission statement": "I help women live encouraged in their real lives so they can shine bright and make a difference in this world."

Because God calls us to shine brightly.

We'll get to that in a moment. So, what does it mean to be a light in this world? How does one go about being a light? Because I don't know about you, but I know full well some days I'm not so bright (physically, mentally, and emotionally.) Some days I wonder if there's any light at all in this dark world. And, to top it off, going through what we've gone through the past two years have made it feel even darker at times.

Well, I believe God has placed a light within each one of us. For those of us who follow the Christian faith, we know that God is light. John tells us in his writing in 1 John:

What we are telling you now is the very message we heard from Him: God is *pure* light, undimmed by darkness of any kind.

*1 John 1:5 VOICE*

So, because God is light and since He sent His Holy Spirit to take up residence inside those who believe in Him, so are we. We have His light inside of us, and we shine, even when we don't know we're shining. Even when we don't try to shine. Even when we think we aren't shining.

Once your life was full of sin's darkness, but now you have the very light of our Lord shining through you because of your union with him. Your mission is to live as children flooded with his revelation-light!

*Ephesians 5:8 TPT*

### **God's light shines through you and me.**

The thing is, however, I don't believe God's light is necessarily just for our benefit. Take a look at what Jesus said in Matthew 5:

And you, *beloved*, are the light of the world. A city built on a hilltop cannot be hidden. Similarly it would be silly to light a lamp and then hide it under a bowl. When someone lights a lamp, she puts it on a table or a desk or a chair, and the light illumines the entire house. *You are like that illuminating light*. Let your light shine everywhere you go, *that you may illumine creation*, so men and women everywhere may see your good actions, *may see creation at its fullest, may see your devotion to Me*, and may turn and praise your Father in heaven *because of it*.

*Matthew 5:14-16 VOICE*

There it is. This is why we are called to shine, because God's light shines through us to help others turn to God and praise Him. Then, to be able to shine His light, too!

### **Because others are drawn to The Light.**

God wants us to shine, not for our benefit, but to help others find their way to Him. The True Light. And don't all people need this True Light? Maybe now more than ever? There is someone, in your life and in mine, who desperately needs this Light. They just don't know what they are looking for yet.

So, how can we be a light, especially in this dark world? During this time of uncertainty and uneasiness? I've come up with some suggestions. We'll expand them in detail here in a minute.

### **Here are some ways you and I can be a light:**

1. Shine right here.
2. Live in the overflow.
3. Be joyful.
4. Live gracious and generous.
5. Be open.
6. Seek to encourage.
7. Live in the moment.
8. Be real.
9. Give God the glory.
10. Be the most positive person you know.

### **10 Simple Ways to Be a Light in This World**

### **1. Shine right here.**

Where are you today? At home? At work? Maybe you're outdoors soaking in the sunshine. Wherever you and I are, shine right here. With our families, or online, or by ourselves. You and I are equipped and called to be a light right here, right now. We don't have to wait for the perfect time, or the perfect place, or the perfect circumstances. Because sometimes the most beautiful light shines through an imperfect mess. So, if you feel your life is less than perfect, you're in good company. Let's shine right here anyway.

### **2. Live in the overflow.**

Your word is like a lamp that shows me the way. It is like a light that guides me.

*Psalm 119:105 NIRV*

We shine brighter after spending time with our light source, Jesus. It's spending time with Him in the quiet each day, whether that's in the morning, at noon, or at nighttime, or whether that's while walking outdoors, or reading God's Word, or journaling our prayers. When we live in the overflow of spending that precious time in His presence, we can't help but shine His light in every corner of our world. There's nothing more important you and I can do today for us to be a light.

### **3. Be joyful.**

The life of the godly is full of light and joy, but the light of the wicked will be snuffed out.

*Proverbs 13:9 NLT*

There's profound wisdom in the above verse. However, I can't begin to call my life or myself godly. The Lord knows I've messed up more times than I can count. Many days I'm far from "godly." But the thing is, our lives can be godly when God is at the center of them. When He is at the center, joy abounds within us. Some days we choose that joy, and when we do, joy is contagious. Just as God's light shines through us, joy shines through us, too. This joy brightens every nook and cranny of our world, no matter how dark it seems. May we choose to be joyful and watch our lights shine even brighter.

### **4. Live gracious and generous.**

Extending grace and living generously are powerful ways to shine bright in this dark world. These are uncommon ways to live these days. But, when you and I forgive, when we give someone a second chance, when we offer our help, and when we love lavishly, God's light within us brightens the paths for others. These gestures may be the keys God uses to help another to be a light in his or her own world. Graciousness and generosity is also contagious!

### **5. Be open.**

God may use us in ways we don't expect. But, you already know that, right? To be a light in places where we don't normally go. Or to shine in someone's life who you've never met before. Or to welcome opportunities that are new to us. When we are open to God's leading, there's no limit to how far or how wide His light can shine through us. For our growth, for the good of others, and for His glory.

### **6. Seek to encourage.**

Someone in your life and in mine needs some encouragement today. Who is that person? What if you and I sought to encourage a different person every single day? Maybe through a beneficial word, or a kind gesture, or just sitting with someone who could use a friend? What do you think would happen? When we encourage others, even in the smallest of means, it impacts their lives in an amazing way. It impacts our lives as well and spurs us on to be a light in this world to many.

### **7. Live in the moment.**

Do you ever get so caught up in thinking about what's next on your list, that you forget to live in the moment? Or am I the only one? When I do this, I miss opportunities that are right in front of me to be a light. When you and I live in the moment, we are more in tune to what's happening around us. We are better prepared with uplifting words, helpful actions, and positive thoughts. Living in the moment helps us shine, right where we are.

### **8. Be real.**

There's just something about being real... the real, authentic, transparent people we are called to be. I'm drawn to real people, and most likely, so are you. I love it when someone can be transparent with me, to share what's really going on, and what's really happening in his or her life. There's nothing like it. And I watch what God does through someone who is real. His light seems to shine just a bit brighter through transparency, when nothing is blocking His light. Being real is a powerful way to be a light to those around us!

### **9. Give God the glory.**

When you and I shine and give God the glory, others turn and praise God, too. Giving God the glory for the light that's within us helps others find this True Light. Whether that's through the good things we do, through the God-given gifts and talents we use, or through the blessings God has provided us. We are able to be a light in this world to others through our praise.

### **10. Be the most positive person you know.**

It's hard, maybe nearly impossible, to be a light when we are negative. If you're not naturally a positive person, I encourage you to begin to fill your mind with everything positive. Everything. Turn off the news. Hang around positive people. Listen to uplifting music. Read positive books. We discussed this in episode 29. Because, with what we fill our minds, that will spill out. Positive in = positive out. Light shines through what's positive.

I hope these 10 ways to be a light in this world uplift and encourage you. I pray they inspire us to shine brightly in this world. May we wake up every day asking God to help us be a light everywhere He has us.

What did I miss? Anything else you think we should add to the list? Feel free to share it with me in our Encouragement for Real Life Community Facebook group. We're talking about how to be a light in this world all week long, and I'd love for you to join the conversation. The link for this group is found in the show notes.

Could you use a bit more encouragement about being a light in this world? Stop on in over and check out my Free Resources. They are designed just for you, and the section about being a light offers us

printables, social posts, and a lockscreen to encourage our hearts. You'll find the link to my Resource library in the show notes.

And if you're listening close to the publication date of this episode, and if you live close to me (which is Iowa), I invite you to our next BYOB and B (Bring Your Own Bible and Bestie) event on Monday, May 2. This evening is designed as a girls' night out atmosphere, filled with encouragement for our real lives right now. We're discussing our thoughts and if they are helpful or hurtful. All the details are found at the link in the show notes. I'd love for you to join my daughter and I on May 2!

And if you've found some encouragement and inspiration in this week's episode, please subscribe, rate and review so others can find this encouragement too.

Thank you for being a light in my world, friend. I appreciate you, your comments, your reviews, your presence here, and your love. Continue to shine bright right where God has you. You are making a difference for Him! God bless you!

Julie Lefebvre