

NIGHT AND DAY

In the Word, day generally symbolizes good, and the light of day is used to mean truth or spiritual light (*Arcana Coelestia* 38). Night generally symbolizes evil, and the dark of night is used to mean falsity (*Arcana Coelestia* 38). The Lord allowed Himself to be arrested at night, because the people intent on harming Him were in a state of night, without love or faith.

The Lord rose from the tomb in the morning because dawn promises the coming of the Lord and the sunrise symbolizes His actual arrival or presence (see *Arcana Coelestia* 2441). Dawn is a time of transition between night and morning—a time of increasing love.

Everyone has states of night (except angels), but these nighttime states can range from an obscure understanding of spiritual things to a total absence of love and truth. Think of night as meaning reliance on oneself rather than the Lord—seeing things from a natural perspective only. Alternating between states of light and darkness is a necessary part of our spiritual development (see AC 935, 936). And experiencing “night” helps us appreciate the dawning of a new day and the hope that morning brings.

Distinguishing Between Day and Night in Our Lives

- Fold a piece of paper in half and then unfold. Label one half night and one half day.
OR
Use the template on the following page.
- What are some adjectives that you associate with night? Write these anywhere on the night side.
- What are some adjectives you associate with morning? Write these anywhere on the day side.
- Now think about some of the attitudes and feelings that seem to be associated with states of evening or night. Intersperse these among your adjectives describing night. (If you like, choose a different color marker or pen when you add these words.)
- Now lift your thoughts to attitudes and feelings that seem to be associated with morning and day. You may want to choose a bright, cheerful color ink for adding these.
- Variation: Make a collage with “night” pictures interspersed with adjectives, attitudes, and feelings on one side, and “day” pictures, adjectives, *etc.* on the other.

Night

Day