



The Monthly Mat: November 2023

Purposeful - Hopefully Helpful - Insights and Perspectives

from our Family, Life, & Ministry of Care Provider

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Clouds.
Sunshine.
And the path
between.

I was buzzing
between home
and who-
knows- where
and I couldn't
continue
driving unless I
stopped to
catch a photo
of the clouds.



Is there a
blanket of
darkness
hovering over
you as you
journey through
this earthly life?
Are the
challenges of
any variety of
things from your
past or present
creating some
intense pain,
anxiety, and
struggle in your
life,

Clouds. Not a
sunrise nor a sunset. Not some
beautiful reflection on a lake
nor a bright pop of wildflowers
on the roadside. Clouds.

The photo doesn't do it
justice, but the large cloud
was incredibly gray, heavy
with darkness, and seemingly
ready to burst with rain.

Life does that to us, too,
doesn't it? A slow build of
precipitation dims the light,
the temperature changes,
and all of a sudden we are
heavy laden and we can't
keep going unless we stop to
catch our breath, gather our
bearings, and consider how
the wide world we keep
moving forward day to day.

Then, while I was laser focused
on the density of the cloud, I
saw the brightness of the sun
and realized something: the

backdrop of the vibrant blue
sky and the light of the
piercing sun shining through
the white clouds that had
already broken apart made
the darkness of the cloud
seem darker.

And that, too, is like life. When
we are experiencing darkness
due to grief, challenges in
relationships, struggles in the
workplace, questioning our
identity and our purpose in
midst of the stress and chaos
of the world... it can feel so
dark that we don't even
realize the rescue, the refuge,
and the resources that are
available around us; readily
available and so ready to
help us break in a way that
allows the warmth and
comfort of the sun to pierce
and overcome the darkness.

relationships, routines, and/or
daily functioning?

There is a path between your
darkness and the light you
once knew (and can know
again). That path – the
journey that links the darkness
to the light – is often
overwhelming, sometimes
scary, and certainly
confusing... and you don't
need to travel it alone. Please
reach out and let's work
together to break up the
darkness so you can
experience a lighter life and
the Light of Hope. You're
worth it.

For Him,

*I pray that the eyes of your heart may be enlightened in order that you may
know the hope to which h has called you. Ephesians 1:18*