



Jesus said –

*“I am the light of the world.*

*He who follows me  
will not walk in the darkness,  
but will have the light of life.”*

*( John 8:12)*



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine’s threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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# FROM DARKNESS INTO LIGHT



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'From Darkness Into Light'

by

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## *Preface*

One night as I lay in bed God started to give me some words about a dark room and the door that leads out into the light.

The following morning I started to type what God had given me, but suddenly it started to flow and flow and this is the result.

May it bless you and encourage you and help you to walk into the freedom of God's light with your hand in His, whatever your relationship with Him has been like up until now, and whatever circumstances you are in.

God is reaching out in love to you.

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And this last group of verses will help you to respond to God as you walk forward together in his light.

*I love you, LORD, my strength. The LORD is my rock, my fortress, and my deliverer; my God, my rock, in whom I take refuge. (Psalm 18:1-2)*

*The LORD is my light and my salvation. (Psalm 27:1)*

*Your word is a lamp to my feet, and a light for my path. (Psalm 119:105)*

*Your hand will lead me, and your right hand will hold me. (Psalm 139:10)*

*You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more. (Psalm 16:11)*

*If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus Christ, his Son, cleanses us from all sin. (1 John 1:7)*

*I am persuaded, that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord. (Romans 8:38-39)*

*Now thanks be to God, who always leads us in triumph in Christ. (2 Corinthians 2:14)*

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## FROM DARKNESS INTO LIGHT

“I am the one true God and I love you. I have always loved you and my heart of compassion goes out to you. I know you are struggling and you feel you are trapped in a dark room with no windows where everything is black. But I have a way out for you. Look very carefully and you will see a rectangular strip of light. Can you see it? It’s the outline of the door out of that dark room. On the other side the light is shining and you can see it through the crack around the door. I want to lead you to the door and through it into the light. I long to lead you to a place where you can live in light, love, freedom, peace and joy. Will you let me?

I can see you sitting on the floor, afraid to move because there’s so much stuff lying on the floor in that pitch black room, which you know is waiting to trip you up and hurt you. There are wounds from things that people have said to you and done to you. There are broken relationships. There are worries about your health, about your family and about money. There is dread of what might happen to you and the people you love in the future. There is anger, bitterness and anxiety. There is grief for people you have lost and for tragic situations. There is guilt and shame about things that you have said and done. There is fear of getting older. There is fear of not being able to live up to other people’s expectations. There is the burden of responsibility. There is fear that you won’t be able to cope any more. There is insecurity and a feeling of worthlessness. There are failures and there are dreams that never came true. There is confusion and frustration. So much stuff.

But I know the way through all that stuff which will take you to the door and out of this dark room, and if you will let me I’ll lead

you safely to it and through it. But you have to trust me. Let me be your eyes and guide you safely out of the darkness and into the light.

Put out your hand and I will take it. I'm not going to grab it and pull you to your feet. I love you too much to force you. But I long that you would put your hand in mine and start to trust me. Go on, lift it up – there you see, it wasn't difficult. Your hand is safe in mine. Now give me your other hand. That's it. And now let me help you to your feet carefully. You have to decide that I know what I'm doing. There, at last, you're standing. Doesn't that feel better? You are beginning to trust me and to believe that I can get you out of this awful place. Now take the first step as I gently hold your hand. The ground I lead you across is like a rock. It's not going to trip you up. It's not going to suddenly slope away from you or suddenly climb. There are no steps. It's not going to crumble or start to shake. It is solid smooth rock which you can walk on, just one step at a time, and know that you are safe.

There are various pathways in this pitch-black room, but only one will take you to the door. All the others are dead-ends – if you follow them you'll end up tripping and falling headlong onto a pile of that painful stuff. The way to the door is a really narrow way, but it's safe and I know it so well. Will you let me continue to lead you out of this dark room? I know you can't see your feet so you've got to trust me as you put one foot in front of the other. All you have to do is keep hold of my hand and follow me as I lead the way. Now we're moving and your hand which had taken on a vice-like grip is now nestling in mine in such a lovely way. Can you see that rectangular strip of light is getting bigger and bigger? You're doing so well. Keep going, one step at a time and now just a few more and you'll be there. You've made it – you're standing at the door.

This second group of verses will help you understand more of who God is and what He has done for you.

*God is light, and in him is no darkness at all. (1 John 1:5)*

*God so loved the world, that he gave his one and only Son, that whoever believes in him should not perish, but have eternal life. (John 3:16)*

*But God commends his own love toward us, in that while we were yet sinners, Christ died for us. (Romans 5:8)*

*If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9)*

*But as many as received him, to them he gave the right to become God's children, to those who believe in his name. (John 1:12)*

*My God will supply every need of yours according to his riches in glory in Christ Jesus. (Philippians 4:19)*

*Every good gift and every perfect gift is from above, coming down from the Father of lights. (James 1:17)*

*God will wipe away every tear from their eyes. (Revelation 7:17)*

*The Father ... delivered us out of the power of darkness, and translated us into the Kingdom of the Son of his love. (Colossians 1:12-13)*

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*You are all children of light, and children of the day.  
(1 Thessalonians 5:5)*

*But you are ... a people for God's own possession, that you may  
proclaim the excellence of him who called you out of darkness  
into his marvellous light. (1 Peter 2:9)*

*"For I, the LORD your God, will hold your right hand, saying to  
you, 'Don't be afraid. I will help you.'" (Isaiah 41:13)*

*When you turn to the right hand, and when you turn to the left,  
your ears will hear a voice behind you, saying, "This is the way.  
Walk in it." (Isaiah 30:21)*

*No weapon that is formed against you will prevail.  
(Isaiah 54:17)*

*"Don't you be afraid, for I am with you. Don't be dismayed, for I  
am your God. I will strengthen you. Yes, I will help you. Yes, I will  
uphold you with the right hand of my righteousness."  
(Isaiah 41:10)*

*Jesus says "I came that they may have life, and may have it  
abundantly." (John 10:10)*

*Jesus says "Even as the Father has loved me, I also have loved  
you. Remain in my love." (John 15:9)*

*Jesus says "Behold, I am with you always, even to the end of the  
age." (Matthew 28:20)*

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Now, put your hand forward and touch the door so you know for certain that you've reached it. It feels so solid doesn't it and it is so black. Are you worried about whether the door is locked or jammed, whether you've come so far to have all your hopes dashed like so often before? But let me tell you – the door isn't locked – it will open really easily, but I'm not going to do it for you. I know you want me to open it, but it's important for you to finish what you've started. It was you who decided to take my hand and let me help you to your feet. It was you who decided to trust me and start walking as I led you. It was you who relaxed and let me lead you all the way to the door. And it is you who has to open it. Keep your hand in mine and with your other hand feel round the door for the handle – there it is! Now you take hold of it and turn it. Don't be afraid, I would never play games with you. Trust me again and believe the door will open and you will see the light. There, you've done it! Now push the door open. Wow! My wonderful light is shining on you as you stand in the doorway.

Don't think about all the stuff lying in that dark room. Don't think about turning back to reach down and pick some of it up. Leave it behind. Trust me. I can heal all the hurts and lead you to the answers to all your problems. I have already sent my Son, Jesus, to take away all your guilt and shame. Don't hold onto it. Just thank Jesus that he took the punishment for all you've done and said and thought that was wrong. He has died in your place, so you can live in the light, joyfully free of guilt and shame. Don't pick the stuff up. If you take it with you it will create shadows on your path everywhere you go and you will always have to walk looking down at your feet in case you trip. I want to show you how you can walk with your head up, freely and safely, enjoying your life and enjoying my love for you.

I want us to have a relationship – a wonderful love relationship. My love for you is limitless and it doesn't depend on what you do or don't do. You don't have to perform to earn my love; in fact you can't earn my love – it just doesn't work that way. I love you so much there is nothing you can do which would make me love you more, because my love for you can't get any bigger – it is already infinite. And there's nothing you can do which will make me love you less. Yes, think about it – nothing at all. My love for you is total and totally unconditional.

I showed you what my love is like when I sacrificed my one and only Son, Jesus, to take your punishment so you wouldn't have to suffer it. Let me tell you something surprising. I hear the things you say and I see the things you do, but I also know the thoughts you think – I can see right into your heart. Now don't pull your hand out of mine. I know there are things in your heart you don't want anyone to see, but you don't have to worry that I can see them. Just agree with me that the wrong things are wrong, and thank Jesus for taking the punishment for you. Will you do it? Wonderful! I want you to believe I love you and accept my love and love me back. Let me tell you how to do it. Choose to believe that Jesus is Lord, that he died for you and saved you and that God raised him from the dead. And make a decision to live your life my way. Don't just think it – say it out loud, and believe it in your heart. That's it – you've done it and Jesus is now your Lord and Saviour and my forgiveness is flooding through you! Yes, it's true – all your sins are forgiven – all those things you've done in the past, everything that you're involved in now and all the sins still in the future. And you aren't just a person anymore, you're now my child. Yes, it's true – I have adopted you – you are my special chosen child and I love you more than you can begin to imagine. And I am your Father – your perfect Father who will help you, guide you, support you,

Here are some verses from God's special book – the Bible. Read them out loud so you hear them. As you read them, give each one of them time to settle in your mind so you understand it, and into your heart so you believe it and it becomes part of you. They are God's gift to you - his blessing. As you read this first group of verses, listen to God and Jesus speaking directly to you.

*"I have loved you with an everlasting love. Therefore I have drawn you with loving kindness." (Jeremiah 31:3)*

*"I will in no way leave you, neither will I in any way forsake you." (Hebrews 13:5)*

Jesus says *"I have come as a light into the world, that whoever believes in me may not remain in the darkness." (John 12:46)*

Jesus says *"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to heal the broken hearted, to proclaim release to the captives, recovering of sight to the blind, to deliver those who are crushed." (Luke 4:18)*

Jesus says *"I am the light of the world. He who follows me will not walk in the darkness, but will have the light of life." (John 8:12)*

*You are all children of God, through faith in Christ Jesus. (Galatians 3:26)*

*"For I know the thoughts that I think towards you," says the LORD, "thoughts of peace, and not of evil, to give you hope and a future." (Jeremiah 29:11)*

*For you were once darkness, but are now light in the Lord. Walk as children of light. (Ephesians 5:8)*

You can't see me but I'm still with you and always will be. I will never let go of your hand, but I won't hold it by force. I want you to know that you really are free, so free that you can take your hand out of mine if you want to. But my child, don't do it. You'll never find my way forward by yourself. If your hand starts to tremble, just hold onto mine tightly. But if you do take your hand out of mine, I won't take mine away from you. I will still be with you and my hand will always be there, waiting for you to take it again. And if you should ever find yourself back in that dark room, I will still be with you. You only have to take my hand and let me lead you out into the light again. Don't think I'll be cross or punish you. That's not my nature. I love you.

And when that day comes and you die, my promise to always be with you will still go on. Because you are my child you'll come to live with me with all my other children in my forever perfect place where there is no pain and no problems and no darkness. At first, you might feel like crying when you think back to what your life had been. Don't worry – I'll wipe your tears away myself and you will find such love, freedom, peace and joy that you will never need to cry again for all eternity.

My child, walk forward now and enjoy the light surrounding you. Let it fill your mind and your heart so your thoughts and emotions will be full of light. How beautiful you are with my light shining all around you. Keep your hand in mine and remember I am with you always, living in you, guiding you every step of the way, and helping you to live your life to the full. Are you ready to set out on our life together in the light? Great – off we go ...”

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comfort you, heal you, protect you and never leave you. Don't call me by some formal name. Call Me Father, my special family name for you to use.

I know that you're not going to be able to be perfect all the time – no-one can. But, if you will let me, I will help you to make good choices and wise decisions and to say no when you're tempted to do wrong things. And remember, when you do get it wrong, my Jesus has already won your forgiveness and all you have to do is turn away from the wrong things, turn to me and tell me you know it was wrong and receive your forgiveness. You don't have to earn it – you can't – that's impossible. Just turn to me and thank me for it. It really is that simple and that profound.

Never forget this moment. There will be times when you wonder if anything really happened. There will be times when people try to tell you it's not true. There might be times when people laugh at you or make you feel uncomfortable or even threaten or hurt you because you trust in Jesus. But don't worry – I'm going to be with you every moment of every day and every night and I will help you be strong and I will comfort you and I will keep telling you over and over that I love you.

As I've been talking I've felt your hand in mine tremble and at times you've wanted to leave go of mine, but you've held on. Now you know you're my child and you've decided to trust me I can feel that your hand is relaxed in mine again. Now will you step out of this dark room so the light can surround you? Remember, I am with you. I'm going to lead you out. I'll go first. Oh there goes that hand trembling again. I know you're thinking that I might step out and shut the door behind me in your face, just like people have done to you before. Don't choose to stay in this black room because you're afraid of getting hurt. You are my beloved child and I will never leave you. I will never let you

down. I will never give you nasty surprises. I will never hurt you. I want to give you all the wonderful things that I have planned for you, but they're not in this dark place, they're out there in the light. You have to trust me, just as you've trusted me this far. Keep hold of my hand as I step outside into the light. There, I'm through and as I turn to look at you I hope you can feel my love as I gently and carefully lead you through the door and into my arms. How I have longed to hold you like this with your head laid on my breast and my arms surrounding you with love, security, forgiveness, peace, joy and hope.

Yes, that's the life I have for you. That's why I came to you as you sat in that dreadful black room and gently led you out. That's why Jesus died for you and made it all possible. Look around you. Isn't the light wonderful! It's my special light. Let it help you to decide to live with me and live your life my way – it's the only way that will bring you true joy and peace. Let it give you strength to start to live life to the full. Yes, there will be difficult times, but you have learnt to trust me, and you know now that with me there is always a way through everything.

As you live your life, don't forget me, my child. Start to learn more about me – read about me in my own special book. It will speak to you of my love for you and my power in you. It will help you in whatever situation you find yourself. And listen, you're not my only child. I have a wonderful big family and you have so many brothers and sisters. I want you to get to know them. Find a place where they meet together to learn about me and worship me. Join in and let them bless you and love you and show you my love, as you learn to love them and bless them.

My child, you are so special to me. I love you in a way that is just for you and I will never stop loving you. I will never leave you or let you down. I will shower you with blessings and you will come

to love me more and more. What a wonderful life we'll live together. You won't be able to see me as you live your life in the light, but I have another surprise for you – I am closer to you than anyone else ever can be because I'm living inside you. I have given you a brand-new perfect spirit and you are now my beloved child.

You're wondering where to go from here. Don't be anxious. I have a plan for your life, one that's tailor made just for you and I'll lead you through it step by step, just as I led you out of the darkness into the light. Don't fret because you don't know the full plan or where it's going. At the right time I'll show it to you. Trust me.

As you walk through life you may find some new stuff on the path. Kick it to me and I'll deal with it and I'll help you through any and every problem it tries to put in your way. Don't try to use any power of your own to do it – use the power I have given you – the name of your Saviour. Tell it to go in Jesus's name. And if you think some of that stuff from the dark room has managed to escape and follow you, kick it back where it belongs in Jesus's name. Nothing can stand against the name of Jesus.

When bad things come, don't ever think I've sent them for some reason. I don't send the bad stuff to you. If someone tells you that I do, to somehow make you a better person, don't listen. I will never make bad things happen to you, but if you'll let me, I can turn them around and use them for your good, and I can lead you through them so you are completely free of them. And when good things happen – yes, they're from me. I want to give you such wonderful things. Hold your arms open to me as you live your life so I can shower you with such blessings you can hardly imagine.