

*Let your Light Shine,
In the Stark Dark ...*

**EMPOWERMENT
CONVERSATIONS®**
with

Kedesha Dallas Goode

John 8:12

Then Jesus spoke ... “I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life”. *NKJV*

Think about it ...

Light = The natural agent that stimulates sight and makes things visible.

Darkness = The (total) absence or deficiency of light.

Psalm 119:105

Your word is lamp to my feet, and a light to my path. *NKJV*

John 12:35

Then Jesus said to them, “a little while longer the light is with you. Walk while you have the light, lest darkness overtake you; he who walks in darkness does not know where he is going”. *NKJV*

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Sun-light is very powerful, it is said to be able to light up the ocean up to 80 meters. Darkness, on the other hand, blocks the light from the sun and forms a shadow. Who wants to be associated with the gloom of darkness when the radiance of light is so dominant and effective.

Is there a light inside of you? Do you feel like the outer darkness of life influenced by harsh realities are dimming your light? How can you keep your light blazing even when everything seems to be hopelessly dark around you? Darkness dampens your hopes of making possibilities visible. Light brightens your path to victory. When you experience the love of God through Jesus Christ, you will have light even in your darkest hour(s).

Do you want to be a potent illuminator or just a mere shadow?

Dark moments in your life can be very unbearable, unpredictable, inexplicable and simply damaging to your strength of character. Have you ever been so deeply locked into the darkness of a situation that you cannot possibly imagine any light of deliverance and hope? In your mind, your options are limited, or so the dark situation makes you feel. So how do you find your light? What do you do? Drown in darkness and sorrow, prance in pity and conclude that there's no brighter tomorrow? Solid, positive and consistent self affirmations are effective tools that can combat the dejection you feel when you're at a dark place.

What should you tell yourself?

- ✧ **GOD is bigger than all my fears, doubts, insecurities, uncertainties and worries.**
- ✧ **I am built to conquer, not to cower in fear.**
- ✧ **There is a light inside of me, I won't zoom the gloom, I will overcome the hurdles.**
- ✧ **I will focus on MY dreams, stay in MY lane, run MY race and celebrate MY accomplishments no matter how small I think they are.**

The bible affirms that weeping may endure for a night *but* joy comes in the morning. Sometimes my night is long, dark, tiresome and frustrating! Do you experience this too? Thankfully the "*but*" breaks the spell and assures that joy will come, a breakthrough must manifest itself. Just hold on and believe! You *better* hold on, you *better* believe, you *better* try your best to persevere because you will not crumble and be crushed, you have the viable option to tap into your uncanny ability to overthrow life's sometimes bitter blows.

Amidst the dark moments, what blessings can look to so that you will recognize the light that still exists? Think on this ... Give thanks.



Kedesha is a Foreign Language Educator of Spanish & French. She studied in Jamaica, Puerto Rico, Spain & France. Her insatiable passion for personal and professional excellence have allowed her to wear many hats which include: Author, Teacher, Children's Story Teller & Writer, Empowerment Mentor, as well as Creative Director for Wedding Graphics. She aims to inspire, empower and encourage persons to be deliberate about pursuing their God given purpose(s). Kedesha promotes intentional positive energy so that the negative elements of life will not permeate our persona and cripple our growth.

I: @kedgoode
I: @creativegoodnesshub
FB: Kedesha Dallas Goode
E: kedesha.dallas@gmail.com
T: 876.822.5634



Shine Your Light

You were born with a light
Yes, there is a light!
As life skips from day to night,
Shining your light
Is a constant fight,
You are plagued by the parasites
That keep diming your light,
Your mind propels you,
Shine! Shine bright!
Don't give up, don't give in,
Shine, shine, shine bright.
Hmnn ... You might
Consider if the fight,
Is worth making your
Heavy load light?
Life's loads crush you,
They devour you, sometimes
They overpower you,
Yes you do! Yes you do!
Have the power in you.
You are made up of different hues
Shine you light,
No matter what you're
Going through,
Turn your blues
Into something anew!

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