

Don't Turn Out the Lights!

Have you ever tried to sleep in the hospital? You're in pain already and people keep coming in and out of your room all night long waking you up to see how you're doing! If you have a roommate who's also in pain, his moans and groans are not exactly the sleep-aid you were looking for. Then there's the noise in the hall, you're not at home in your own bed, you have an IV pole that you have to drag to the bathroom. It all combines to make sleep problematic to be sure.

I was at UCSF after my neck surgery trying to get to sleep. Though I was in sheer agony, the good news was that I had an incredible 6th floor view of San Francisco. I love The City, especially at night. The vistas are stunning, and in particular I had a view of one of The City's beautiful cathedrals. When the sun goes down, the two spires of this elegant old building are illuminated. I don't mean that they are simply lit up. They are somehow made to appear as though they themselves exude light. It's actually very striking.

Well, these spires became a sort of focal point for me on those sleepless nights. I couldn't concentrate to read or even watch TV. All I could do the first couple of nights was enjoy the view out my window and thank God for a church whose lights were on! Not to put a downer on that heart-warming story – but at about 3:00 in the morning each day those church lights turn off! When I first saw it happen I was truly upset. I almost got the number of the church and asked them, "What are you thinking?! You can't turn those lights out. They're my point of reference. I count on those spires taking me through my restless nights here in the hospital. If you care about me at all, leave the lights on! What else am I gonna focus on at three in the morning?"

You do see the spiritual application, right? *"You're the light of the world... Let your light shine before men, that they may see your good deeds and praise your Father in heaven."* (Matthew 5:14-16)
People, lots of hurting people are watching us, whether or not we see them watching. They're watching when it's least convenient for us to have them watching. They're restless, sleepless, in pain and they need light to get them through their night. Let's not turn off the light!