

Connect timeless truths with today's news.

HEALED IN THE LIGHT

A study published in 2025 by scientists in London found that certain wavelengths of infrared light can improve eyesight in humans. Sunlight naturally contains the long wavelengths of infrared that are especially beneficial not only to visual health but also to overall wellbeing. The study found that this light stimulates the function of mitochondria in cells, which are responsible for providing energy to the processes that affect our vision, aging, and immunity to disease. The scientists discovered that clothing did not block the benefits of the infrared light, and that eyesight was improved even when the eyes themselves were not exposed to the light.

FORGIVEN IN THE LIGHT

Today's reading is from the first two chapters of 1 John. First, John addresses the human tendency to minimize sin and to hide. If we want to draw near to God, we must first be honest. Walking with God means walking in the light—the opposite of hiding. We all have sin, but God will cleanse us, if and when we ask. Next, John says that though we can find forgiveness, it is even better to avoid sin. Jesus is an atoning sacrifice, a reminder of Passover lambs whose blood covered doorposts in Egypt. Obeying what God commands is completing or perfecting the love of God.

1. What are some benefits of sunlight?
2. When have you wanted to hide?
3. How are obedience and love for God connected?

Additional Resources

Any videos or web materials are for your personal use. If you play any media files in class, be sure to have the necessary rights to do so.

Playlists

[Contemporary Worship Weekly](#)
[Echoes Worship Weekly](#) (featuring African-American music artists)
[Traditional Worship Weekly](#)

Study Resources

Commentary: [“1 John—Walking in the Light” by Theology of Work](#)
Commentary: [NetBible on 1 John 1](#)
Commentary: [“Commentary on 1 John 1:1—2:2” by Audrey West](#)