

Night and Day in the Easter Story

In the Word, day generally symbolizes good, and the light of day is used to mean truth or spiritual light (*Arcana Coelestia* 38). Night generally symbolizes evil, and the dark of night is used to mean falsity (*Arcana Coelestia* 38). This is why the Lord allowed Himself to be arrested at night. For the people intent on harming Him were in a state of night, without love or faith.

The Lord rose from the tomb in the morning because dawn promises the coming of the Lord and the sunrise symbolizes His actual arrival or presence (see *Arcana Coelestia* 2441). Dawn is a time of transition between night and morning—a time of increasing love.

Everyone has states of night (except angels), but these nighttime states can range from an obscure understanding of spiritual things to a total absence of love and truth. Think of night as meaning reliance on oneself rather than the Lord—seeing things from a natural perspective only. Alternating between states of light and darkness is a necessary part of our spiritual development (see AC 935, 936). And experiencing “night” helps us appreciate the dawning of a new day and the hope that morning brings.

Distinguishing Between Day and Night in Our Lives

- Fold a piece of paper in half and then unfold. Label one half night and one half day.
OR
Use the template on the following page.
- What are some adjectives that you associate with night? Write these anywhere on the night side.
- What are some adjectives you associate with morning? Write these anywhere on the day side.
- Now think about some of the attitudes and feelings that seem to be associated with states of evening or night. Intersperse these among your adjectives describing night. (If you like, choose a different color marker or pen when you add these words.)
- Now lift your thoughts to attitudes and feelings that seem to be associated with morning and day. You may want to choose a bright, cheerful color ink for adding these.
- *Variation:* Make a collage with “night” pictures interspersed with adjectives, attitudes, and feelings on one side, and “day” pictures, adjectives, *etc.* on the other.

Catching the Light—A Photography Experiment

- What are the characteristics of the light in the early morning (the first 2 hours after sunrise) compared to the light in the middle of the day and the light in the late afternoon (within 2 hours of the sunset)?
- Try photographing the same tree, field, lake, person, home or church at different times of day, including the early morning and late afternoon. How do the photographs compare? Is the lighting softer, brighter, more golden or rosy at one time or another? Which lighting do you prefer?
- Night photography (without artificial lighting) requires leaving the camera shutter open for a long time, because there is *so little light*.

Night

Day