

# **LIGHT AT THE END OF THE TUNNEL**

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I can finally see the light at the end of the tunnel, and this time, it is not the light of an on-coming train! Are you in a tunnel as well? Many people are. “Tunnels” are circumstances or problems that surround us and make us feel trapped or confined. Their darkness can often leave us with a sense of hopelessness and anxiety. No wonder we look for the preverbal “light at the end of the tunnel”—liberation from the feeling of being in the tunnel. Freedom, sweet freedom!

“Once we are out we will be okay,” we tell ourselves. It’s our way of talking ourselves through the moment. It’s how we encourage ourselves. Psychologists call it “positive self-talk”—sounds less crazy than “talking to yourself”—but it is very similar. The primary feature is taking time to order one’s thoughts or to regain perspective. It is a way we set ourselves back on the right track. It is a way we motivate ourselves. When no one else seems to know what we need to hear, we do, and pull ourselves aside and have a much-needed conversation with ourselves.

However, the question remains, “How do we survive until we are out of the tunnel?” Knowing there is will be an end to our trials is comforting, but when one is still surrounded by the darkness of the tunnel, what then? The preverbal “light at the end of the tunnel” is still in the distance and still intangible. It is what we have hoped for, but have not yet received. It remains, for the moment, an unfulfilled promise and we are still in the darkness of the tunnel.

## **I. RELY ON THE POWER OF GOD’S PRESENCE**

## **II. REST IN THE ASSURANCE OF GOD’S PRESENCE**

## **III. REMEMBER THE HOPE YET TO BE REALIZED**