**The Importance of the SUN/SON**

**John 1:1-12**

**Introduction:**

I. (2 Peter 1:3) God has given us all things pertaining to life and godliness, through the knowledge of Him (Jesus).

A. Spiritually we know this to be true, but also by his very own creation has He supplied us with what is necessary to sustain His creation (man) a physical life.

 II. This morning let us consider the importance of both the sun and the Son…

**Discussion:**

 **I. The Importance of the Sun**

A. God created the sun on the fourth day (Gen. 1:14-19).

 1. First mentioned as “sun” in (Gen. 15:12); Sun referred to 172 times in the NKJV.

B. It radiates light and heat, or solar energy for man and plants to exist on Earth.

 1. Plants need sunlight to grow.

 2. Animals and humans need plants for food and the oxygen they produce.

 3. Without heat from the sun, the earth would freeze.

 C. Why else do humans require sunlight?

1. Human body has photoreceptors (cells that respond to light), in the eyes and the skin that detect light, signals various pathways in the body, and are even able to convert that light into energy.

2. The best-known benefit of the sun and sunlight is its ability to boost the body’s Vitamin D supply. Most cases of lack of Vit. D, are from lack of sunlight.

a. Stronger bones among many other benefits including to help prevent the onset of diabetes.

3. Some other benefits of the sun and its sunlight include: raising serotonin levels improving our moods, sunlight exposure impact how much melatonin our brains produce which tells our brains to sleep when it is dark, encourages production of white blood cells balancing the immune system, the ultraviolet radiation of the sun actually helps to heal certain type skin conditions, and sunlight also kills bacteria.

4. Lastly, we can look at the 9th Plague (Ex. 10:21-23) without light from the sun the plague brought forth such darkness, that it could be felt!

 D. Where would we be without the sun? We wouldn’t.

 **II. The importance of the Son**

 A. The importance of the Son, who is He? (John 1:1-18)

 1. (John 8:12) He is the light of the world. (Rev. 21:23) The Lamb is its light.

 2. (Gen. 1:16-18) The light “ruled” the day.

 B. Because men (despicable, unruly, and ungodly) love darkness – rather than light

1. (John 3:19-20; 11:10; Job 24:13-16)

2. The righteous when needed to have activity in the night, God provided (Ex. 14:20)

 C. The Importance of the Son…

 1. He is our Savior and Redeemer – pure sacrifice (John 11:25-26; 3:17; Isa. 53)

 2. He is the Great Physician – Physically through Father and Spiritually (Mark 2:17)

3. He came into the world to save sinners (1 Tim. 1:15)

4. He is our life blood and source of life, although many do not know this (John 15:5)

5. Came to share the “spirit” of the Law – the Father’s words (John 14:24)

6. A great example to follow – how life is, and how it can be lived

7. He is now an Advocate for us (1 John 2)

8. As a High Priest he intercedes for us (Heb. 7:23-25)

 9. Where would be without the Son? We wouldn’t.

E. Quote: You may never know that Jesus is all you need, until Jesus is all you have!

**Conclusion:**

I. Our Father in heaven has indeed created and given to us ALL things needed in this life.

 A. The Sun and the Son are among these things – perhaps the top two?

 II. Let us utilize both, so that we become the best we can be both physically and spiritually.

III. Among all of this we have considered, let us also bring to mind what else Jesus is doing on our behalf. He is making preparations for us to join him in his Father’s house (John 14:1-3)