

Shining Bright in the Dark of Night

5 Ways to Radiate Your Inner Light Through Life's Hardest Seasons

A free guide by Cathy Landschoot, Founder of Make It Matter Ministries

You Were Made to Shine - Even Here

When life is at its darkest, the light within you remains. This guide is for every woman who has walked through grief, confusion, or heartbreak and still dares to hope.

5 Ways to Shine Bright

1. Anchor in Your Faith

Stand firm in what you know about God, especially when emotions cloud your view.

2. Reflect Instead of React

Slow down, breathe, and ask reflective questions that invite clarity.

3. Choose the Light Daily

Find simple ways to connect with light - through prayer, gratitude, music, memories.

4. Let Your Pain Speak Purpose

Your pain is proof of the importance of what you have lost! Your journey from surviving to thriving will become someone else's roadmap.

5. Surround Yourself with Light

Let light-filled people, words, and worship remind you who you are and, more importantly, who you are becoming.

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Reflect & Radiate

- * What season of darkness have you survived that reshaped you?
- * What does 'radiating light' look like for you today?
- * What stops you from letting yourself shine?
- * How does your story point to someone else's breakthrough?

A Devotional Encouragement

"The light shines in the darkness, and the darkness has not overcome it." - John 1:5

When everything looks dark and feels uncertain, God's light remains steady. The darkness cannot overcome what God has placed within you. Radiate!

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Let's Shine Together

If this guide touched your heart, you're not alone. I'd love to walk with you through your healing journey.

-> Book a coaching call, request prayer, or get connected with Make It Matter Ministries.

Visit: www.makeitmatterministries.org | Email: connect@makeitmatterministries.org