



Sacred Darkness: Encountering Divine Love in Life's Darkest Places

Paul Coutinho

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Before there was light, God was. In fact, darkness is the medium God worked in to create the world, the universe, and all material things. Certainly, God lives in the warmth of sunlight and within our happiest days--but God also dwells in darkness.

In *Sacred Darkness*, Paul Coutinho, SJ, examines how many Christians are fearful of dark times and struggles, yet it is often darkness that sheds light on our world and helps us live more effectively and more fully in the painful situations of our lives. Throughout the book, Coutinho shares powerful stories of how darkness can empower us--from a self-destructive alcoholic, to St. Ignatius, to the author himself.

Ultimately, *Sacred Darkness* encourages us to overcome our "fear" or the dark by exploring the legitimate role of darkness on the spiritual journey. By learning to embrace darkness rather than run from it, we can experience God's love in ways and in places where we would least expect it.

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