

Treasures of Darkness

Easy Read Summary for Course Participants

This is an Easy Read summary of the Lent course **Treasures of Darkness**.

It is written in clear language. It uses short sentences. It explains ideas simply.

What is this course?

This Lent course helps us think about **following Jesus** when life feels hard or confusing.

Sometimes life feels: - uncertain - painful - dark - full of questions

This course says: **God is with us even then.**

The Bible says: > God gives us *treasures of darkness*.

That means: - God can be with us in difficult times - God can help us grow through them

What happens each week?

The course lasts **5 weeks**.

Each week you will: - Watch an online session - Listen to a Bible story - Do a gentle body-based prayer - Meet in a small group to listen and share

You can: - Join the session live - Or watch the recording later

British Sign Language (BSL) is provided.

Being together safely

This course talks about deep things.

You can: - Share only what you want to share - Choose to pass - Take a break if you need one

What is shared in the group stays private.

The themes for each week

Week 1: Beginning

This week is about **starting points**.

The Bible tells us that creation began in darkness.

Darkness is not empty. Darkness can be a place where new life begins.

We think about: - What darkness means to us - How God can be present when we do not see clearly

Bible story: Creation (Genesis 1)

Week 2: Mystery

This week is about **not knowing**.

Sometimes we have questions with no answers. Sometimes God feels far away.

This week says: - It is okay to wait - It is okay to have questions - God can be with us in the mystery

Bible story: Moses meets God in the cloud (Exodus 19)

Week 3: Shadow

This week is about the parts of ourselves we hide.

We all have: - fears - worries - parts we do not talk about

God meets us there too.

We learn that: - We do not need to be perfect - God loves all of who we are

Bible story: Nicodemus meets Jesus at night (John 3)

Week 4: Pain

This week is about **suffering and hurt**.

Jesus knows pain. Jesus cried out when he was dying.

This week says: - God does not turn away from pain - God stays close to people who are hurting - We can hold pain together

Bible story: Jesus on the cross (Matthew 27)

Week 5: Dawn

This week is about **hope**.

Hope often begins quietly. Like dawn, it starts while it is still dark.

We think about: - New life - Change - God calling us by name

Bible story: Mary Magdalene at the tomb (John 20)

Listening Groups

After each session you meet in a **Listening Group**.

This is not a discussion or debate.

In a Listening Group: - People take turns speaking - No one interrupts - Silence is important

You can: - Speak - Write - Sign - Or just listen

Body-based prayer

Each week includes a gentle practice.

This might include: - Sitting quietly - Breathing slowly - Holding your hands in a certain way
- Lighting or blowing out a candle

You can always: - Adapt the movement - Imagine it instead - Keep your eyes open or closed

There is no right or wrong way.

Candle prayer (used each week)

We light a candle. This shows God is with us.

We blow it out. This reminds us God is also with us in darkness.

Breath prayer:

Breathe in: > You give us treasures of darkness

Breathe out: > And call us by our name

A final message

This course invites honesty.

You do not need to fix yourself. You do not need all the answers.

God meets us: - in waiting - in pain - in not knowing - in hope

You are welcome here.