



# Light When It Comes: Trusting Joy, Facing Darkness, and Seeing God in Everything

*Chris Anderson*

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# **Light When It Comes: Trusting Joy, Facing Darkness, and Seeing God in Everything**

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**Light When It Comes: Trusting Joy, Facing Darkness, and Seeing God in Everything** Chris Anderson  
*On finding joy and spiritual meaning in life's small moments*

We all have moments of joy, moments that move us somehow, spiritual moments that we can't quite put a finger on. But then we rush on and soon forget. In this book Chris Anderson encourages us to *remember* and share such moments. What he writes will inspire readers who are hurting, doubting, or searching to find wisdom and meaning in their lives.

Drawing on an ancient prayer tradition, the *examen* of conscience, Anderson spurs readers to take stock of their own experiences. He shows how the *examen* can serve as a simple but powerful way to remember moments of light, of struggle, of joy. And however small or fleeting these moments are, through them God is always calling and meeting us.

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