



EPISODE 4:

The Dark Night of the Soul

**“If only you knew what darkness I am plunged into!”
– St. Therese of Lisieux**

On the journey of our lives, we will encounter obstacles and hardships. We explore the commitment to courage and love required to live the Christian life during times of great darkness. The Dark Night of the Soul is such a fundamental part of the human experience. The virtue of courage we must practice during these times is a kind of perseverance, as we see Christ persevere during His Passion.

Even as we cling to the hope of the Resurrection, we must still face the long dark of Holy Saturday. But even in these moments where we might feel completely alone, we must remember that God is still with us.

“Even when all goes wrong, and I feel as if I was a ship without a compass, I must give myself completely to Him.” – St. Mother Teresa of Calcutta

As we walk through these dark places, we need to let go of our desire to see the whole path ahead. All we need is enough light to see the next right step. God will not abandon us: He has given us proof in Scripture and all around us in the natural world that He cares for us.

Even as we walk through these dark places, we should look for opportunities to love one another. Sometimes holding out a hand to help someone else gives us enough light to see our own way forward. And even if we recognize that we are in this place because we have taken a wrong turn, God has given us the sacraments to invite us back into communion with Him. Christ is the Light of the World, and He has promised that whoever follows Him “walks not in darkness, but shall have the light of life.” If we put our trust in Him, He will see us through.

REFLECTION QUESTIONS

If you have experienced a “dark night of the soul” in your own life, how do you think God used this to help you grow closer to Him or reach a realization about your life? How is courage related to perseverance? What are some simple ways you might remind yourself of God’s presence when obstacles or challenges feel impossible or life feels overwhelming?

SUGGESTED READINGS

- “Lead, Kindly Light” by St. John Henry Newman
- *The Dark Night of the Soul* by St. John of the Cross
- *I Loved Jesus in the Night: St. Teresa of Calcutta* by Paul Murray
- *A Tale of Two Cities* by Charles Dickens

Notes:
