

# Be Sure Your Light Is Shining

## LOWER ELEMENTARY LESSON PLAN

**Theme:** Let your light shine for Jesus

**Scripture:** Matthew 5:14

**Memory Verse:** You are the light of the world. A town built on a hill cannot be hidden. -  
Matthew 5:14

## The Children's Sermon

Hey there, boys and girls! Today, we're going to talk about something really cool - Shining God's Light. Have you ever thought about how you can shine like a bright light for God? Well, let's dive into that today with a fun experiment and a story from the Bible.

First, let's imagine our hearts are like this candle inside a jar. When we let God into our lives, our hearts light up, just like this candle. (Light the candle inside the jar.) See how it shines and gives light all around? That's like us Shining God's Light when we follow God and do good things.

But, you know, sometimes we make mistakes. We might tell a lie, be mean to someone, or not listen to our parents. God knows all of our sins though and look what happens to our light when we sin (pour "air" - careful not to get liquid mixture - into jar with candle inside...the candle goes out and won't light back). Oh no! My light went out! Well, let me just light it back up. Oh NO! It won't light back up. God's light won't shine when we have sin in our lives.

What do you think I should do now? (Allow a few seconds for responses.) Well, boys and girls, did you know that God can give us light again? That's right! The Bible tells us in 1 John 1:9 "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all righteousness". So we ask for forgiveness for our sins and (turn the jar with candle over and pour out "air" - it takes a few seconds) God makes us clean and new again. Now look what happens...(light the candle)...our light shines! We can shine God's light again!

Let's talk about a story from the Bible where someone needed to shine God's light again. Do you remember Jonah? Jonah was asked by God to go to a city called Nineveh and tell the people to stop doing bad things. But Jonah didn't want to go. He tried to run away from God and ended up in the belly of a big fish! Inside the fish, Jonah prayed to God. He said he was sorry for not listening. God forgave Jonah and helped him shine His light again by sending him to Nineveh to deliver God's message.

Just like Jonah, when we say sorry to God and ask for His forgiveness, He helps us to start Shining God's Light again. It doesn't matter how many times we mess up; God is always ready to forgive us.

Now, let's think about ways we can shine God's light every day. Maybe we can help a friend in need, share our toys, say kind words, or obey our parents. Every good thing we do helps us Shine God's Light.

But what if we forget and do something wrong? Remember, just like pouring out the "air" and lighting the candle again, we can ask God to forgive us. And guess what? He will! He loves us so much and wants us to keep Shining His Light.

Let's do a little activity. I want you to think of one way you can Shine God's Light this week. It could be anything nice you can do for someone else. Got it? Great! Now, let's make a promise to try our best to do that one thing and keep Shining God's Light.

Sometimes, we might feel like we're too small to make a difference, but that's not true. Remember the little candle? Even though it's small, it gives off a bright light. You are like that candle. You can make a big difference in the world by Shining God's Light.

Let's pray and thank God for His forgiveness and ask Him to help us keep our light shining for Him! (Prayer)

Dear God, thank you for loving us and forgiving us when we make mistakes. Help us to always come to You when we need forgiveness. Please help us to Shine Your Light every day by being kind, helpful, and loving to everyone around us. We want to be like the bright candle, shining Your light for all to see. Amen.

Boys and girls, remember, no matter what happens, you can always start Shining God's Light again. You are never too small or too young to make a big difference in the world. Let's go out and shine bright this week!

Thank you for listening, and remember, keep Shining God's Light!

## Bible Memory Verse

**You are the light of the world. A town built on a hill cannot be hidden. - Matthew 5:14**

You Will Need:

- Glow sticks or small flashlights
- Black construction paper
- Scissors
- Stickers or glitter glue

Get Ready:

- Cut out small houses from the black construction paper.
- Prepare a dark room or area to demonstrate how light shines in the darkness.

Do This:

1. Give each child a piece of the black construction paper with a house cutout and a glow stick or small flashlight.
2. Let the children decorate their paper houses with stickers or glitter glue to personalize them.
3. Once the houses are decorated, turn off the lights in the room and have the children 'light up' their houses with the glow sticks or flashlights. Explain how just like their lights make the paper houses visible in the dark, their good deeds and love for Jesus can shine brightly and show others the way to Him.

## Bible Interactive Experience

You'll Need:

- Small flashlights or LED tea lights (one per child)
- Construction paper (various colors)
- Scissors
- Glue sticks
- Markers or crayons
- "My Light for Jesus" template (a simple lighthouse shape on paper)

Get Ready:

- Pre-cut the "My Light for Jesus" templates, one per child.
- Set up a crafting station with all the materials laid out: construction paper, scissors, glue sticks, markers/crayons, and the pre-cut templates.
- Ensure each child has access to a small flashlight or LED tea light.

Do this:

1. **Crafting the Lighthouse:** Give each child a "My Light for Jesus" template. Ask them to decorate their lighthouse using markers, crayons, and construction paper. They can cut out windows and doors from the construction paper and glue them onto their lighthouse. Explain that just like a lighthouse shines its light to guide ships, we can shine our light to show Jesus' love to others.
2. **Shine Your Light:** Once the lighthouses are decorated, give each child a flashlight or LED tea light. Have them place their light behind the lighthouse template to make it "shine." Turn off the lights in the room (if possible) and let the children see how their lighthouses light up the area around them.
3. **Discussion and Prayer:** Gather the children in a circle with their lit lighthouses. Read Matthew 5:14, "You are the light of the world. A town built on a hill cannot be hidden." Discuss what it means to let their light shine for Jesus (e.g., being kind, helping others, loving one another). Encourage them to think of one way they can be a light for Jesus in the coming week. Close with a prayer, asking God to help them shine their light for Jesus every day.

## Snack Activity: Shining Light Snack Cups

You'll Need:

- Clear plastic cups
- A variety of colorful fruits (e.g., grapes, strawberries, blueberries, pineapple)
- Toothpicks
- Small paper and pen (to write Matthew 5:14)

Get Ready: Wash all the fruits and cut them into bite-sized pieces if necessary.

Do this:

1. Start by explaining Matthew 5:14 to the children: 'You are the light of the world. A town built on a hill cannot be hidden.' Discuss how we can be a light for Jesus by showing love and kindness to others.
2. Have the children fill their clear cups with the colorful fruits, layering them to create a 'light' effect. Remind them that just like the different colors make the cup look beautiful, our different acts of kindness make the world a brighter place.
3. Insert a toothpick into a piece of fruit and stick the small paper with Matthew 5:14 written on it into the top of the fruit, then place it on top of the fruit cup. This represents letting our light shine for Jesus. Enjoy the snack together while discussing ways to be a light in the world.

## Game Activity: Shine and Seek

You'll Need:

- Small flashlights or glow sticks (one per child)
- 'Light' tokens (could be small, shiny stickers or gold-colored plastic coins)
- A darkened room or area (safety-proofed)

Get Ready: Hide the 'Light' tokens around the room or area before the children arrive. Make sure the room is safe for movement.

Do this:

1. Give each child a flashlight or a glow stick. Explain that the room represents the world, and the 'Light' tokens represent the light we have from Jesus that we're meant to share.
2. Turn off the lights (ensure it's safe but dim enough for the flashlights or glow sticks to be effective). On your signal, children will start their search for the 'Light' tokens using their flashlights or glow sticks.
3. Once all the 'Light' tokens are found, gather the children and discuss how finding and sharing the light felt. Relate it back to Matthew 5:14, explaining that just like they spread light in the game, they can spread Jesus' light in the world by being kind, helpful, and loving towards others.

## Craft Activity: Shining Light Lanterns

You'll Need:

- Clear plastic jars (one per child)
- Colored tissue paper
- White glue and water (mixed to make decoupage paste)
- Paintbrushes
- Battery-operated tea lights
- Permanent markers

Get Ready: Mix equal parts of white glue and water in a bowl to create a decoupage paste. Cut or tear the colored tissue paper into small pieces.

Do this:

1. Discuss Matthew 5:14, explaining that Jesus wants us to shine our light in the world.

Ask the children how they can shine their light for Jesus.

2. Have each child pick their favorite colors of tissue paper. Using the paintbrush, they will apply the decoupage paste to a section of their plastic jar, then stick pieces of tissue paper on it. They should cover the entire jar with overlapping pieces of tissue paper, applying more paste over the top to seal it.

3. Once the jars are dry, help the children write 'Let Your Light Shine' or 'Matthew 5:14' on their lanterns with permanent markers. Place a battery-operated tea light inside each jar to finish the craft. Remind the children that just like the light shines through their lanterns, they can let their light shine in the world by being kind, helping others, and telling people about Jesus.

## Prayer Activity: Shining Lights Prayer Jar

You'll Need:

- A clear jar or plastic container
- Small LED tea lights or glow sticks
- Permanent markers
- Small pieces of paper
- Tape

Get Ready: Gather all materials and set up a comfortable space for the children to sit in a circle.

Do this:

1. Start by reading Matthew 5:14 to the children, explaining that Jesus wants us to shine bright for Him, like a light in the darkness.



2. Give each child a piece of paper and ask them to write or draw a prayer or a way they can shine for Jesus in their daily lives. It could be being kind, helping others, or sharing.
3. Once they have written or drawn their prayer, let them fold the paper around a LED tea light or glow stick and secure it with tape. Then, have them decorate the outside of their jar with the markers, drawing symbols of light, crosses, or hearts.
4. Gather all the jars in the center of the circle, turn off the lights, and activate the LED lights or glow sticks. Lead the children in a prayer, asking God to help them shine for Jesus in everything they do. Encourage them to take their shining lights prayer jar home as a reminder to let their light shine for Jesus every day.