

## Jesus is the Light of the World

Start this activity by reading the following Scripture passages:

### John 8:12

*Jesus spoke to them again, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.*

### Matthew 5:14-16.

*You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see you good deeds and glorify your heavenly Father.*

Turn the lights off. Make sure you have a candle and lighter or a flashlight near you.

Then explain: Imagine that you are trying to walk around in a very dark place. If you start walking without light, many things could go wrong. You could stub your toe. You could walk into a wall or trip over something in the room. You could crash into someone and get hurt. Any smart person knows that when you walk in the dark, you bring a flashlight or candle. Now light the candle or turn on the flashlight. We can see!

In the darkness, the light seems so bright! But how much brighter would the light be if we all had candles or flashlights? Now pull out the mirrors and hand one to each person. Have each person point their mirror towards the light and shine it on the wall around you. Point out how much brighter the room is now.

### Now explain the following:

Jesus says he is the light of the world and that if we follow him we will have the light of life. But Jesus goes even farther and says that we are called to be the light as well. What does he mean by this? While we can't generate our own light, we can show the light of Jesus to others. How might we do that? (i.e. being of service to another, standing up for someone, being kind, telling others about Jesus, etc.)

In the second Bible passage, Jesus reminds us that no one puts a light under a basket, instead we should be like a light that is on a hill and can be seen for miles around! What would happen if we put a bowl or trash can over this light? (We'd be in darkness). Jesus wants us to hold our light high for everyone to see, not to bury it under something. What are some ways that people could bury their light? (Being unkind, not talking about our faith, being self-centered, etc.) What are ways that we could shine the light for all to see?

Close the activity by listening to the song (watch the video), Go Light Your World by Kathy Troccoli found [here](#).

