

Activity: What Kind of Light are You?

By Karen Noal



FAMILY TIME
TRAINING

Teaching Goal: Like a light, God wants us to shine for Him.

Scripture: Matthew 5:14-16 You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on a stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

Materials: Find as many different types of “light sources” as possible and have them available.

NOTE: Do this activity in the evening after it has turned dark.

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. ACTIVITY #1: Tonight we are going to do something different. We are going to go for a drive and see how many different types of lights we can see. Drive around your neighborhood and business section and observe all the different types of lights and how each one is different from the others. Discuss how some are bright; some are used for safety, some for advertising etc. Do this for as long as your children will remain attentive, and then return home to continue the lesson.

We have some more lights at home, too. Demonstrate the lights you have found in your home or have borrowed and how they are all different from each other. **What do these lights each have in common with each other?** *They all give off light.* Read Matthew 5:14-16. **Did you know God wants us to be a light for Him? All of us are created differently, just as these lights are all different, but God still asks us to shine to others so that they can see God in our life.**

B. ACTIVITY #2: I'm going to name some lights for you (see Types of Light list) and tell you what each one does. I want you to listen and think about what kind of person you are and how you are like some of these lights. Decide which type of light fits your personality best and see how God can use your light to lead others to Him. Discuss.

There is only one true light. The light from our life is a reflection of the true light, Jesus Christ. God has placed His light inside of you and your light may shine differently from others. Remember to turn on your light so others can see!

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V. Memorize

**No matter how God makes you shine,
His light they will see, not yours or mine.**

VI. Close in Prayer

VII. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.

Types of Light

- Lantern Do you exude a warm gentle glow that pushes away the dark?
- Flood light Do you shine so brightly that those around you are blinded and can't see?
- Hazard lights Do you only come on in emergencies, warning everyone of your trouble?
- Candle Do you give off a little light but are vulnerable to winds and blow out easily?
- Headlight Do you light the way for a journey but have a hard time being still?
- Pilot light Are you good at getting others going, but when you go out, they do too?
- Spotlight Do you shine to make others more visible?
- Desk lamp Do you provide light for others to work by?
- Sun lamp Do you add color at the risk of burning someone?
- Table lamp Are you predictable, warm illumination?
- Tail light Are you visible only after you are gone?
- Flare Are you short-lived and only light up to announce danger and then go out?
- Chandelier Do you illuminate beautifully and invite a gathering?
- Lighthouse Do you shine to direct others into a safe harbor?
- Flashbulb Do you shine brightly and quickly but make a lasting memory?
- Sun (Son!) The one true light that eliminates darkness!
- Moon The reflection of the one true light that pierces the darkness.