Preschool–Grade 6

Salt and Light

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: I can shine for Jesus.
Bible passage: Matthew 5:13–16. Read it yourself before class.
Memory verse: "Ye are the light of the world." *Matthew 5:14 (KJV).* The old word **ye** means you.
You need: a Bible, a flashlight or a battery candle (no real flames), a bowl, a small blanket or towel, crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at Matthew 5. Turn on the flashlight and hide it under the blanket somewhere in the room.

1. Opening game: Find the Glow (5 minutes)

Dim the lights if you can. Kids look for the glow under the blanket. When they find it, pull off the blanket together and shout, "There's the light!" Hide it again a few times. Say: "A light is easy to find. Today we will hear what Jesus said about light."

2. Bible story (5 minutes)

Hold up your Bible open to Matthew 5. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

Jesus went up a mountain (Matthew 5:1). *(Climb with your hands.)*
He sat down and taught His helpers (5:1–2). *(Sit down.)*
Jesus said, "Ye are the salt of the earth" (5:13). Ye means you. *(Pretend to shake salt.)*
Salt makes food taste good! *(Rub your tummy.)*
Jesus said, "You are the light of the world" (5:14). *(Open your hands wide like a light.)*
A city on a hill can't hide (5:14). *(Make a hill with your arms.)*
Nobody puts a light under a bowl (5:15). *(Put the bowl over the flashlight.)*
They put it up high on a stand (5:15). *(Hold the flashlight up high.)*
Then it shines on everyone in the house (5:15). *(Wiggle your fingers out like light.)*
Say it with me: "Don't hide it!"
Let your light shine (5:16). *(Hands up high and wiggle.)*
When we do good, people praise God (5:16). *(Point up.)*
Say it with me: "I can shine for Jesus!"

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3. Questions to ask (3 minutes)

1. Who taught on the mountain? *(Jesus, Matthew 5:1–2)*
2. Jesus said we are the light of the... what? *(World, 5:14)*
3. Do we hide a light under a bowl? *(No! We put it up high, 5:15)*

4. Memory verse (3 minutes)

Say: "Jesus said, 'Ye are the light of the world.' Ye means you. You are a light for Jesus!" Teach the motion: put your hands together like a closed flower, then open them wide on "light." Say the verse with the motion three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Matthew 5:14" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Shine Your Light (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a candle with a big yellow flame and lines of light all around it. While they color, ask: "Do we hide our light? How can you shine for Jesus at home?" Kids who finish early can play Find the Glow again.

7. Prayer

Say each line, and the kids say it after you:
"Dear God, help me shine for You.
Help me be kind and obey. In Jesus' name, amen."

Tips for little ones: use only a flashlight or a battery candle, never a real flame. Let every child put the bowl over the light and lift it off again. Send the take-home sheet home so parents can tell the story again this week.

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