Preschool–Grade 6

Salt and Light

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: Let your light shine. Live for Jesus so others see and give glory to God.
Bible passage: Matthew 5:13–16. Read it before class.
Memory verse: "Ye are the light of the world. A city that is set on an hill cannot be hid." *Matthew 5:14 (KJV)*
You need: a Bible, a flashlight or a battery candle (no real flames), a bowl, a small stack of books, 6 paper strips, a marker, tape, crayons, and one take-home sheet for each child.
Before class: write the memory verse on the 6 paper strips (see part 4). Put a bookmark in your Bible at Matthew 5:13.

1. Opening game: Flashlight Freeze (5 minutes)

Dim the lights if you can. Kids walk slowly around the room. Shine the flashlight around; when its light lands on a child, that child freezes and says one kind thing they could do for someone. Then they walk again. Say: "When a light is on, everyone can see it. Today Jesus tells us that we are a light."

2. Bible story: Let Your Light Shine (10 minutes)

Hold up your Bible open to Matthew 5, so the kids can see the story comes from God's Word. Tell it in your own words:

One day Jesus went up into a mountain. When He sat down, His **disciples**, His helpers, came to Him, and He taught them (Matthew 5:1–2). Jesus said, "Ye are the **salt** of the earth" (5:13). Say: "**Ye** means you. Salt makes food taste good. But if salt loses its taste, Jesus said, it is good for nothing; it gets thrown out and walked on (5:13)."

Then Jesus said, "Ye are the **light** of the world. A city that is set on an hill cannot be hid" (5:14). Say: "Can you hide a whole city on top of a hill? No! Everyone can see it."

Hold up the flashlight and turn it on. Jesus said people don't light a **candle** and put it under a **bushel** (5:15). Put the bowl over the light. Say: "A bushel was a basket or bowl for measuring grain. Can we see the light now? No! That's silly." Take the bowl off. Set the light on top of the books. Say: "They put it on a **candlestick**, a stand that holds it up high, and it gives light to everyone in the house (5:15)."

Read Matthew 5:16 from your Bible: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Say: "**Good works** are the good things we do. **Glorify** means to praise and honor. **Your Father which is in heaven** means God. When we obey God and are kind, people see it, and they praise God!"

Free to print & copy for church, classroom & home · Please don't resell or re-post

3. Questions to ask (5 minutes)

1. Where did Jesus go to teach? *(Up into a mountain, Matthew 5:1)*
2. Jesus said, "Ye are the salt of the..." what? *(Earth, 5:13)*
3. Jesus said, "Ye are the light of the..." what? *(World, 5:14)*
4. Where do people put a candle, under a bushel or on a candlestick? *(On a candlestick, 5:15)*
5. When people see our good works, who do they praise? *(Our Father which is in heaven, God, 5:16)*

4. Memory verse: Shine on the Words (5 minutes)

Tape the 6 strips on the wall in order: *Ye are / the light of the world. / A city / that is set / on an hill / cannot be hid. Matthew 5:14.* Explain the old words: **ye** means you, **set on an hill** means built on top of a hill, and **cannot be hid** means it cannot be hidden. A child shines the flashlight on each strip while everyone reads it. Then take one strip away and read again. Keep taking one strip away until the kids can say the whole verse by themselves.

5. What this means for us (5 minutes)

Say: "Jesus said, 'I am the light of the world' (John 8:12). He wants us to shine His light. God loves you very much. But everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! The Bible tells us how to obey the gospel, the good news about Jesus: 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like the believers did in the Bible (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.

This week: do one good work every day where someone can see it: help, share, or say something kind. If someone thanks you, tell them God helps you.

Free to print & copy for church, classroom & home · Please don't resell or re-post

6. Activity (10–15 minutes)

Choose one: the **Salt and Light word search** (vbshq.com/puzzles/salt-and-light-word-search), crossword, maze or worksheet, the craft (vbshq.com/crafts/salt-and-light-craft), or **Pass the Light:** kids sit in a circle. Pass the flashlight (turned on) around while you count to ten. Whoever holds it at ten names one good work they will do this week, at home, at school or at church. Then pass it again.

7. Prayer

"Dear God, thank You for Jesus, the light of the world. Help us let our light shine at home, at school and everywhere we go, so people see our good works and praise You. In Jesus' name, amen."

Teacher note: the Bible says "candle" (Matthew 5:15). Use a flashlight or a battery candle in class, never a real flame. Jesus' words about salt that has lost its savour (5:13) are told simply here; keep the focus on shining for God.

Free to print & copy for church, classroom & home · Please don't resell or re-post