

Salt and Light – preschool

Matthew 5:13-20

February 5, 2023

Opening Activity

Say: Think about things that make light. *Give kids a chance to name some objects.* Now we'll go around and each person can say their name and then name a source of light that would be fun to be. Maybe you would like to be a candle, the sun, a flashlight, a light bulb, or a lightning bug! *Give everyone a turn to say what they'd like to be.*

Say: Our Bible story today uses the word light in it – a lot! We'll hear Jesus talk about light and about something else. *Hold up a salt shaker and sprinkle a little salt into your hand.* **Ask:** What is this? What do people do with salt? **Say:** Some people put it on their food to make it taste better. It is also used to keep some foods from spoiling. In today's story, Jesus talks about both salt and light! Are salt and light alike? (*no*) They are very different! I wonder what Jesus will say about those things. We'll find out soon. But before our story, let's sing a prayer together.

Prayer: (Sing to the tune of "Twinkle, Twinkle, Little Star!")

Thank you, God, for salt and light!
Thank you, God, for day and night!
Thank you, God, for loving me!
Thank you, God, for everything!
Thank you, God, for all you do!
You love us and we love you!
Amen.

Open the Bible

(Supplies: flashlight, 10 Tb salt, 4 cups water, raw egg, spoon)

Say: In the story we are going to hear today Jesus talks about salt and light and the difference they can make. *Hold up the flashlight.* **Ask:** What can this do? *Give time to answer. Turn off the lights. Turn on the flashlight.* **Say:** When it is dark, a flashlight, or any source of light, can help us to see! *Turn the lights on.* **Ask:** What difference can salt make? *Give time to answer.* **Say:** Salt can make things taste better. It can also do something really cool!

(*Bring out a container – preferably a clear container - of water*) **Ask:** What do you think will happen if I put the egg in the water? *Put the egg in the water. It will sink. Remove the egg from the water.* **Say:** I am going to put this salt into the water. *Pour the salt into the water and stir well.* **Ask:** What do you think will happen now if I put the egg into the water? *Put the egg in the water. It will float!* **Say:** Both salt and light can change things. In our story, Jesus talks about changing things by acting like salt and light. Let's listen to what Jesus has to say!

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Say: Let's look at what the Bible says.

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. –Matthew 5:13-14

Say: Remember, salt can do some amazing things. It used to be used like money in Jesus' day. It can also keep food from going bad. We use it to keep our roads from being icy. But today we normally appreciate it most for its flavor. Salt can change things for better or worse, and make a tremendous difference! This is what Jesus refers to here. As Christians, we want to have an impact on other people, flavoring them, saving them, and changing the world. Jesus then also compares this idea to light...

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. ~Matthew 5:15-16

(If you have a copy of the song, "This Little Light of Mine", you could play it now). **Say:** That song refers to the light we have as Christians. If we don't tell others about Jesus, it is useless. Think about a candle. Does a candle lose any of the flame by lighting another candle? No! But when one is burning, it is able to start others and light up a whole room. That's how Jesus wants us to be with other people. Share his love and light other people up with His Word!

Activate Faith

"Salt art" (salt drawing) – Craft (from Ministry for Children)



supplies:

- Paper or cardstock
- Elmer's glue
- Salt
- Markers or decorating materials

Craft Directions:

1. Using markers or colored pencils, have children create images on the paper. These can include verses, words, or phrases, along with fun pictures.
2. Add stickers or other decorations, if desired.
3. Apply Elmer's glue to the lines of the drawings (or words).
4. Carefully sprinkle salt over the glue lines.

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5. Shake off excess and allow plenty of time to dry before attempting to hang or move.

Let Your Light Shine – Optional Activity

Say: Jesus told us to let our light shine! We are going to make paper candles showing ways we can let our lights shine for others.

Ask: What are some things you can do to let your light shine? *Help kids think of specific things they can do for others.*

*Give kids white paper and markers or crayons. **Say:** Draw a way you can let your light shine on your paper. Then we will make it look like a candle. After the kids have drawn their picture, roll the paper into a tube. Tape it together. Add another piece of paper to look like a flame (you can use yellow or red construction paper, tissue paper, or have them color a flame). Tape this to the top of their candle.*

Say: Remember, God gave you light. How can you let your light shine? Why do you think Jesus asks us to be light and salt in the world? How can one person make a difference in a big world?