

Salt and Light – school age

Matthew 5:13-20

February 5, 2023

Opening Activity

Salt or No Salt

*As kids arrive, give them an unsalted cracker. If they'd like, they can add some unsalted butter to their cracker. **Ask:** How did that taste? Is it what you expected?*

*Now hand out salted crackers and invite them to add salted butter to their cracker if they'd like. **Ask:** How did that taste? Was it different from the first snack? *Discuss that the first snack had no salt while the second did have salt* **Say:** A little salt can make a big difference, can't it?*

Opening Conversation

Say: It's interesting how a little bit of salt can spice things up, isn't it? Let's see if you've had any spice in your life in the last week. *Invite kids to share something that made life better during the last week.*

Prayer: *Light a candle and place in a safe place where kids can see it. **Say:** Just like a little bit of salt made a difference in our snack, the small candle flame would help us see if it were dark, wouldn't it? Let's pray.*

Lord, we're like the flame on this candle, just a small part of a big world. Help us to be like the salt in our snack and the flame of this candle and make the difference we can. Amen.

Open the Bible

Say: Did you know that Jesus described himself as "the light of the world"? (John 8:12)

Why did Jesus call himself the "light of the world"? What does he mean by that? What would happen if we didn't have light? It would be completely dark. We wouldn't be able to see where we were going, would we? We would soon get lost. When it is dark, we can't see what is going on around us.

In today's Bible verse, Jesus uses Salt and Light to talk about how we can make a difference in the world.

Salt and Light (Matthew 5:13-16)

¹³ "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.

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¹⁴ “You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ 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. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Say: When we do not know Jesus as our personal savior we are in darkness. That means that we do not know the way to eternal life or we are lost or blind to our sins. Jesus said he was the light because he came to show us the way to eternal life and died for our sins so that we might not live in sin or darkness. Just as plants and animals cannot live without light (with few exceptions), we cannot live without Jesus. He is the light and life.

Jesus said, “I am the way, the truth, and the life.” (John 14:6a) Jesus wants us to be the light for others too. Our story tells us to be like salt and light. We’ve learned that just a little salt and a little light can make a big difference. Even though we are just one person, we can each make a big difference, too!

Activate Faith

Perler Beads Light Craft



There are two ways we can use the beads.

One option is to use an iron.

1. **Pick and assemble your design.**

- You'll need a flat, stable area to make your Perler bead design. There will be a couple of pegboards available or printed copies of designs (or they can make their own)(designs should be related to light – star, sun, candle, etc).

- Choose and assemble your colors.
- it's very easy to jostle the board and knock beads loose. To prevent this, consider laying down a non-slip craft mat beneath your beading project.

- #### 2. **Heat your beads.** Take your parchment paper, which is also sometimes called ironing paper, and place it over the beads on the pegboard. You should be careful when doing this so that you don't accidentally knock any beads out of place. Heat a dry iron to a medium setting, then slowly run it in a circular motion over the parchment paper. You'll have to continue this for about 10 seconds for the beads to stick together.

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- a. Watch the design so it doesn't turn into a pancake
 - b. Make sure the steam is turned off.
 - c. You can also place Perler beads in the oven at a very low temperature to melt them.
3. **Heat the opposite side of your beads.** *optional. If you like the way it looks with one unfused side, then you should keep it that way. After allowing a little while for the beads and board to cool, you should flip your peg board over. This will make the beads fall off the board and expose the un-heated side of your beads.
- Place the parchment paper over your beads, and heat the beads in the same fashion you did before. Use medium heat, a dry iron, and circular motions for about 10 seconds.
 - Remove parchment paper and allow to cool.

Second method is to use the oven: Have the kids use cookie cutters of stars or candles

1. Layer parchment paper on a cookie sheet and place metal, oven-safe cookie cutters on the paper. Then, add Perler beads to your cookie cutters. (depending on the design, the kids might do a layer or more – if it's more of a solid color)
2. To melt your beads, preheat your oven to 400°. When it's finished preheating, bake the Perler beads. Check them every 2 minutes while baking to determine when fused. Allow time for the beads, pan, and cookie cutters to cool.
3. Once cool, you can pop your Perler beads free of your cookie cutters. The beads will be melted in the shape of your cookie cutter.
4. There should be space for you to thread a small string through the gaps in your fused Perler beads. Do so and tie the ends of the string together to have a way to hang your creations.

Prayer: Thank you Lord, for being our light. In sunlit days and darkest nights. Hear me should what I can do to follow you. In Jesus' name we pray, Amen.

Optional Activity: Play Pictionary

Before class write the following words, one each, on index cards: Lantern, flashlight, light bulb, sun, headlights, candle, lighthouse, lightning, night light, fire, lightning bug, match, moon, torch, lamp, fireworks, and glow-worm.

Break the class up into two or more teams (or play as a large group). Pick one person from each team to be the person to draw the pictures and divide up the cards between the teams. (Make sure those drawing understand what the word is before you start!)

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Show the first team member a card. That person can pass and try the card later if it is too hard to draw the word or they can attempt to draw a picture of the word. When a team member guesses the word, they can keep going onto the next word. The person drawing can ask for a new word at any time. Keep going until all the words have been guessed or time is up (decide on the time allotted for each team).