

Lifegroup Kids Guide: Shine Your Light!

INTRO

We encourage family Lifegroups to do welcome & vision, Lifegroup house rules, and worship all together – then have the kids and adults separate for discussion.

WELCOME & VISION DANCE (5 MINUTES)

Who loves Lifegroup?! Who can tell me why we do lifegroup?

We're going to teach you a simple way to remember why we do Lifegroup. It's called the vision dance. Are you ready?!

- Because Jesus loves us (point up, then point to yourself)
- We want to walk with Jesus (walk in place)
- Become like Jesus (cross arms over chest)
- Help others follow Him (point out to others, then point up to Him)

Do it again in slow motion or super fast. Have fun with it.

LIFEGROUP HOUSE RULES (2 MINUTES)

We have 3 Lifegroup rules.

1. Be kind and respect ourselves
2. Be kind and respect others and their things.
3. Listen and obey the first time.

Who can repeat these back to me?

Discipline Plan: 1st time is a warning, 2nd time you talk with kids leader, 3rd time we get your parents and you leave kids portion of lifegroup, but are welcome to come back next time

note to share any house specific rules

EX: No going into people's bedrooms, we take our shoes off at the door, etc.

GROUP ACTIVITY - Follow the light (5-7 MINUTES)

- Flashlight

Gather the children in a darker area and turn the flashlight on and point it at the floor. Shine the flashlight onto the floor in different areas of your activity area and encourage children to run to the light. Once all the children are standing on the light, move the light to a different area and encourage them to follow the light. Repeat as desired.

“Everyone, come stand in front of me, and let’s play a fun flashlight game! When you see the light the flashlight makes on the floor, I want you to run to it. Ready? (Point the light away from where the children are standing.) Great job! Wait for all our friends to get there! Great job! Let’s do it again! (Repeat moving the light all around your activity area.) You are so good at following the light. In our Bible story we learned about a time Jesus was teaching and he said you are the light of the world! We are called to shine our light bright everywhere we go just like Jesus did!”

BIBLE STORY (10-15 MINUTES)

- Bible - Matthew 5:1-2, 14-16

“Hello, friends! My name is [your name], and I’m here to tell you a true story from the Bible. This is the living breathing word of God and everything inside is true! Isn’t that amazing?! Let’s see what God wants to teach us today! (Open Bible for children to see, then set it down) Our story begins with Jesus. Jesus is very special because Jesus is God’s Son. One day, Jesus was on a mountain with His friends, the disciples. While they were there, Jesus began to teach. Jesus said, ‘You are the light of the world.’ (Pause.) Hmm, how can PEOPLE be a light? We know that flashlights shine light. And we know that lamps shine light. But Jesus said, ‘YOU are the light.’ How can PEOPLE be a light? (Smile with excitement) Great question! And I can’t wait to tell you! You see, when you are kind to people . . . you shine like a light so people can see that Jesus is kind. When you forgive people . . . you shine like a light so people can see that Jesus forgives. You can shine like a light every day! Now, I have a game that will help us remember to shine our light! Would you like to play a game with me? (Pause.) Yay! All you have to do is hold your finger out, like this. (Hold one hand out with pointer finger pointing up like a candle.) Pretend your finger is a really bright light. What would happen to your light if you covered it up, like this? Go ahead. Cover your light, like I’m doing. (Cover finger with opposite hand) If you did this, you would hide your light, and no one could see it. We don’t want to hide our light. We want to shine our light! (Uncover your finger) Uncover your light, like me! (Pause.) Now I can see your light! Let’s play a game with our pretend lights. I’ll tell you a little story and then you will show me if the person is shining their light by holding up your light, like this (Hold up finger like a shining light) Or hiding their light by covering it, like this. (Cover finger with opposite hand) Let’s play! There is a boy playing with two cars. He will NOT share one of his cars with his friend. Is the boy who will not share shining his light (Hold up finger like a shining light) Or is he hiding his light? (Cover finger with opposite hand and allow kids to respond) You’re right! He’s hiding his light. How could the boy shine his light? (Pause) Yes! He could share one of his cars. When you share with people, you shine your light (Hold up finger like a shining light) So people can see that Jesus shares! Let’s play again! A little girl needs help getting her cup off the high counter. Her older brother helps her and gives

her the cup. Is the brother shining his light (Hold up finger like a shining light) Or hiding his light? (Cover finger with opposite hand) Show me with your hands. (Pause and allow kids to respond) Right, again! He is shining his light. (Hold up finger like a shining light) When you help people, you shine your light so people can see that Jesus helps! Every time you do what Jesus says, you shine your light. And Jesus says to shine your light so the world can see that Jesus loves them and He wants to be their friend forever, just like Jesus loves you and wants to be your friend forever! Raise your hand if you can do what Jesus says and shine your light. (Pause) Yes! We can do what Jesus says and shine our light! Our story time is over (pick up and close Bible), but we're not through. Let's talk to God because God loves you! Dear God, we want to do what Jesus says. We want to shine our light so everyone can see that Jesus loves them and He wants to be their friend forever. Please help us shine. You're the best, God, and we love You! In Jesus' name, amen."

SMALL GROUP PRAYER TIME (5-10 MINUTES)

- Paper and pen/pencil

Gather the kids and write down what they share before praying together over what everyone shared.

"Let's make a list of places where we can shine our light. And since Jesus said we are the light of the WORLD, we can shine everywhere in the world! When I say your name, tell me one place you can shine, and I will write it in on this paper. (Allow everyone to share as you write down what's said) This is such a great list! Let's use it when we pray. Would anyone like to pray before I pray? (Give each child who wants to pray the opportunity to do so.) Dear God, thank You for sending Jesus to be the light of the world. Help us do what Jesus says so we can let our light shine too. We love You, God. In Jesus' name, amen."

EXTRA IDEAS IF YOU STILL HAVE TIME...

ART

Give each child a paper and set out colors. Have them draw hearts and write names of people God loves inside each heart.

PRACTICE MEMORY VERSE

Early Childhood

'Let (move flat hands forward from hip) your light (palms facing forward) shine,' (twinkling hands moving out) Matthew 5:16. (Open hands like a book.)

Elementary

"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." - Matthew 5:16

Share the importance of meditating on and memorizing God's word! Do you have a kid appropriate story of when God brought to mind scripture you had memorized to help you or encourage you or remind you of truth that you can share with them?

PLAY!

- Simon Says
- Rock/Paper/Scissors
- Play the monkey video and dance along. [Monkey video](#) (if you're trying to calm kids down - do not play this song 😂)