

# Life of Christ

**Be salt and light**

**Matthew 5:13-16**

Younger Verse

Love your enemies. Matthew 5:44

Older Verse

Love your enemies and pray for those who persecute you. Matthew 5:44

Lesson Goals

Explain what Jesus meant by being salt and light.  
Share how we can be lights that shine to tell others about Jesus and not be ashamed of Him.

Welcome Time

Have you ever listened to a teacher and not understood what he/she was saying? Sometimes it is hard to explain things. Jesus was a teacher, too. He used fun ways to help the people learn. Listen to what He did in today's lesson.

Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

Jesus was a great teacher. When He talked, everyone wanted to listen to what He had to say. The best thing is that Jesus used objects to help the people learn lessons. Jesus made sure that the people understood what He was saying so that they could learn.

One time, He talked to many, many people about God. He taught them lots of things and shared how they should live. He used objects to help the people understand. He talked about salt and light.

Jesus told the people that they should be like salt. People use salt to make things have a good flavor and taste good. Salt can also be used to keep things fresh because they did not have refrigerators back then.

Jesus told the people that they should be like the salt—helping others and being a person that others like to be around. We would also help others know Jesus so that they can go to Heaven and be with God forever.

Jesus also told the people that they needed to be like a light. He explained that a person doesn't hide his light under a basket or bowl. NO! He lets it shine for all to see. Jesus was telling His friends that they should not be ashamed of Jesus and hide Him. They had to let others know how much they loved Him and how He had changed their lives.

He told them that if they shine their lights, people would see them and thank God in Heaven for all the good things that they had done.

Jesus doesn't want us to run away or hide that we are Christians. He wants us to tell others and be a good example so that people will thank God because of us.

Do you have the light of Jesus in your life? Jesus will make your life shine if you ask Him to. Tell Him that you believe in Him and trust Him. Tell Him that you are sorry for all the bad things that you have done. Ask Him to come into your life. Jesus will come in and stay with you forever. He will help you get over all the bad things that you used to do. He will replace them with good things.

**Learning Activities**

Try to do some hands-on activities with the kids today. It will help them really "get" the lesson.

**Memory Verse Activities**

One idea is to make salt verses. Using glue, write out the verse. Sprinkle with salt to coat the glue. Help them see that the Bible will help them stay on the right track and love those who are hard to love.

**Prayer Time**

Ask God to help all of us be salt and light this week.

**Snack Time/CleanUp**

Share some fun snacks today—maybe something salty! Be sure everything is cleaned up!

Planning for Feb. 9th  
Love your enemies  
Matthew 5:38-48

## Preschool Lesson for Salt and Light

Sing “This little light of mine.”

Bring a shaker of salt and a flashlight to visualize the story.

Jesus was a great teacher. When He talked, everyone wanted to listen to what He had to say. The best thing is that Jesus used objects to help the people learn lessons. Jesus made sure that the people understood what He was saying so that they could learn.

One time, He talked to many, many people about God. He taught them lots of things and shared how they should live. He used objects to help the people understand. He talked about salt and light.

Jesus told the people that they should be like salt. Hold out the salt shaker and give everyone a little taste of salt. People use salt to make things have a good flavor and taste good. Salt can also be used to preserve things. That means that the salt makes them stay good instead of becoming rotten.

Jesus told the people that they should be like the salt—helping others and being a person that others like to be around. We would also help others know Jesus so that they can go to Heaven and be with God forever.

Jesus also told the people that they needed to be like a light. Turn on the flashlight and shine it on the ceiling or wall. He explained that a person doesn’t hide his light under a basket or bowl. NO! He lets it shine for all to see. Jesus was telling His friends that they could not be ashamed of Jesus and hide Him. They had to let others know how much they loved Him and how He had changed their lives.

He told them that if they shine their lights, people would see them and thank God in Heaven for all the good things that they had done.

Pray, asking God to help us be little lights and shine bright.

Sing “Twinkle, twinkle, little light” to the tune of “Twinkle, twinkle, little star.”

Twinkle, twinkle little light (hold up a finger to be a light)  
how you shine so very bright.

You show the world that God loves you, (make a circle with your finger)  
and that He loves all people too. (hug yourself)

Twinkle, twinkle little light (hold up a finger to be a light)  
how you shine so very bright.

Hands-on Activities  
for  
Salt and Light

Have a FUN taste test! Bring samples of unsalted and salted things. Some examples may be nuts, popcorn, and chips. Put them in clear bags so that they can't see the difference (label them for your benefit). Let them try the unsalted things first; then the salted. Talk about the difference. (You may need water or juice to wash down the snacks) Ask them how we can be like salty things.

Make a window shining picture. Color the picture of the cross with crayons (not markers). Take a small amount of vegetable oil and rub on the picture. It looks almost transparent now! Hang in the window!

Try the "Light projects."

If appropriate for your group, darken the room and shine a flashlight up to the ceiling. Explain that people are in the dark without Jesus. When Christians tell others about Jesus and they believe, it's like turning on a flashlight in a dark room. A person finally understands who Jesus is!

Bring bleach, cotton swabs, and dark construction paper. Let the kids use the bleach to make "light" pictures on the dark paper.

Give each person a candle to remind them to be a light this week.

Bring "Lucas" (Spanish treat) or "Lemon salt" as a little snack. Kids love it. Remind them to be salt this week.

There are other verses about "light" in the Bible. Let the kids look up the verses.