

Lesson 114: We Are the Salt and Light

[Matthew 5:13-16](#)

Youtube Link for Teachers: <https://youtu.be/i4P1VQnVDZo>

Children's Bible Story Video: <https://youtu.be/dLA9oVS0KS4>

Worship Theme: We can help others believe in God.

Memory Verse: "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)

Songs (Youtube links):

1. It's a Great Day <https://youtu.be/Z91SULEHfho>
2. The Word of God Is the Lamp <https://youtu.be/fOSOZBVSb0Y>
3. I Will Follow Jesus <https://youtu.be/aasilZXGorc>

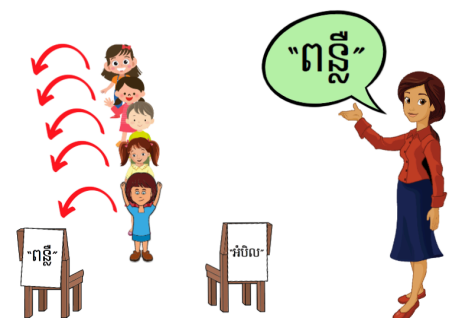
Pray

Song: Select songs from the list above.

Icebreaker: "Salt and Light"

Materials Needed: 2 chairs, 2 sheets of paper with words "Salt" and "Light"

1. Tape the paper with "light" on one chair and "salt" on the other chair and place them at the end of the classroom.
2. Ask the children to stand in one line.
3. When the teacher says "Salt," the children have to jump to the side of the "Salt" chair. When the teacher says "Light," the children have to jump to the side of the "Light" chair.
4. After the game, explain to the children that God wants us to be the salt and light of the world.



Introduction:

How does salt taste? Is it really salty? Even if you don't know, almost all the food that we eat has salt in it. Salt is very important to us and we cannot live without it. How do you feel when the power goes out for a few days? Light is also very important to us. Today, Jesus tells us to be the salt and light. What does that mean? Let's learn about it today!

Bible Story:

Today's scripture, Matthew 5:13 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."

Jesus says that we're the salt of the earth. That means that we have an important role in the world. Salt is very important to our lives. Salt makes all of our food taste better. In the same way, we can help people understand that God is good and that they need God so that they can be saved. Salt also prevents food from spoiling. That's why we salt the fish and dry it to keep it for a long time. This world has many things that are spoiling. But we can be the salt of this world and show people that there is life in Jesus. Salt can also melt ice. We can help melt the hard hearts of many people by loving them so that they can come to love Jesus.

The Bible also says that we are the light of this world. People who don't know Jesus are living in darkness. Jesus is the light of the world. Because Jesus lives in us, we need to show his light to the rest of the world through the things we do. We can shine the light of Jesus by being loving and kind as we share the Good News of Jesus who came to save us.

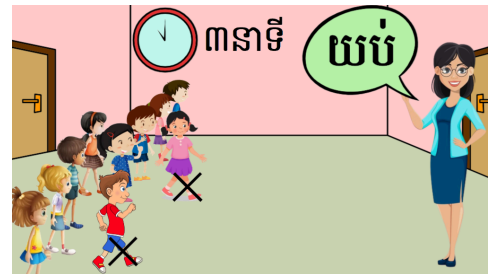
As the salt and light of the world, what we do every day affects the rest of the world. People look to us to be examples of what it means to be the children of God. When we make godly choices, when we love others, and when we seek to bring glory to God, others will see our actions and praise God. That's how we can be the salt and light of this world!

Questions to discuss:

1. What does Jesus say we are for this world? (salt and light)
2. What are some things that we can do as the salt and light of this world? (share the Good News about Jesus, love others, make godly choices, bring glory to God, and more)
3. What can you do today as the salt and light of this world? (Let the children answer)

Game: “Night and Day”

1. Have the children stand up and wait for the instruction from the teacher.
2. When the teacher says “Night,” no one can move. But when the teacher says “Day,” children can walk around.
3. Teacher should try to say “Night” and “Day” fast to confuse the children. When the children do not follow direction, they lose the game and sit down.
4. Play the game for 3 minutes.
5. After the game, ask the children if it is easier to walk at night or in the day. Explain to the children that walking with God is easy because Jesus is the light of the world. We also need to be the light of this world for God!



Memory Verse:

“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)

Craft: “I am the Salt and Light” - Candle

Materials Needed: Printed craft sheet, toothpick glue

1. Ask the children to color the box and the candle flame.
2. Cut out the box and the candle flame.
3. Roll up the box into a tube and glue the end so that it can stand like a candle stick.
4. Glue a toothpick to the candle flame.
5. Glue the toothpick that has the candle flame to the inside of the candle stick.
6. Have all the children say, “I am the salt and light of God!”



Song: Select songs from the list above

Pray

Teacher’s Devotion (Please read before you get ready to teach the students.)
Your friendship with Jesus gives you a unique ability to influence the people around you. You have the ability to add flavor and shine light to your friends for Jesus. Reread Matthew 5:13-16. How is your life like salt? What light have you shone into your relationships lately? Sit silently before God. Ask him to give you the names of two people with whom you can start being salt and light. Now make a plan to start building “salt and light” into that friendship.

