

Lesson Plan: Jesus, My Guiding Light

Lesson Overview

Subject: Spiritual Growth / Character Development

Target Age: 7 Years Old

Time Estimate: 45-60 minutes

Big Idea: Just like a flashlight helps us see in a dark room, Jesus acts as a "light" to show us how to live with love, kindness, and truth.

Learning Objectives

By the end of this lesson, the learner will be able to:

- Explain why light is important when we are walking in the dark.
- Identify Jesus as the "Light of the World" based on John 8:12.
- Give two examples of how "following the light" looks in real life (e.g., being kind, telling the truth).

Materials Needed

- A Bible or a Children's Bible storybook
- Flashlight (one for the teacher, one for the student if possible)
- A dark room or a space where you can dim the lights
- A few "obstacles" (cushions, toys, or chairs)
- Yellow construction paper, markers, and stickers
- Safety scissors and glue

1. Introduction: The Dark Room Challenge (Hook)

Activity: Find the Treasure.

Place a small treat or a favorite toy on the other side of a dim room. Ask the student to try to walk across the room to get it without touching any "obstacles" (pillows or toys) on the floor. Then, turn on a flashlight and shine it on the path.

Discussion Questions:

- Was it easier to walk when it was dark or when the light was on? Why?
- How did you feel when you couldn't see where you were stepping?

The Connection: "Today, we are learning about how Jesus is like that flashlight. Sometimes the world feels 'dark' or confusing, and we aren't sure which way to go. Jesus said, 'I am the light of the world,' because He shows us exactly where to step!"

2. Instruction: "I Do" (Content Delivery)

The Scripture: Read John 8:12 together: *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

Talking Points (7-Year-Old Appropriate):

- **Light shows the way:** When we follow Jesus, we look at what He did. He was kind to people who were lonely. He told the truth. He helped people. That is our "lighted path."
- **Light makes us feel safe:** Have you ever been scared of the dark? When a light turns on, the fear goes away. Knowing Jesus loves us is like having a nightlight for our hearts.
- **We can reflect light:** Just like the moon reflects the sun, we can reflect Jesus' light by being "helpers" to others.

3. Guided Practice: "We Do" (Interactive Activity)

Activity: Follow the Beam

1. **Set up:** Create a simple "path" using masking tape or just a mental line across the room.
2. **The Rule:** The student can only step where the teacher shines the flashlight beam.
3. **The Twist:** As the teacher moves the light, they will call out a "Light Choice" or a "Dark Choice."
 - If the teacher says "Sharing your toys," the light moves forward, and the student follows.
 - If the teacher says "Using mean words," the light turns off or moves backward, and the student must stop.

Success Criteria: The student identifies that "Light Choices" keep them moving forward on a good path.

4. Independent Application: "You Do" (Creative Project)

Activity: My Guiding Light Lantern

The student will create a paper lantern to remind them of the lesson.

1. Fold a piece of yellow construction paper in half lengthwise.
2. Cut slits from the folded edge toward the open edge (but don't cut all the way through!).
3. Unfold the paper and roll it into a cylinder, stapling or gluing the edges together.
4. **Personalization:** On the top rim of the lantern, have the student write (or dictate) one way they can follow the light this week (e.g., "I will help set the table" or "I will be kind to my brother").
5. Decorate with stickers or "light" rays using markers.

5. Conclusion & Assessment

Summary: Recap the main point—Jesus is our Guiding Light who shows us how to live a life full of love instead of "walking in the dark" (making mistakes or being unkind).

Quick Check (Formative Assessment):

- "What did Jesus call Himself in our Bible verse today?" (The Light of the World).

- "If you are feeling grumpy or mean, how can Jesus' light help you?" (By reminding me to be kind/forgive).

Closing Prayer/Thought: "Dear God, thank You for sending Jesus to be our light. Help us to follow His path every day and to shine His light to everyone we meet. Amen."

Adaptability & Differentiation

- **For Advanced Learners:** Look up Psalm 119:105 ("Your word is a lamp for my feet") and compare it to the Jesus light analogy.
- **For Kinesthetic Learners:** Play a full game of "Jesus Says" (like Simon Says), emphasizing that we only move when the "Light" (the leader) gives a command that matches Jesus' teachings.
- **For Visual Learners:** Use a prism or a suncatcher in a window to show how one light can create many beautiful colors.