

Lesson Plan: Jesus Lights Our Way (Psalm 119:105)

Lesson Overview

Subject: Spiritual Growth / Character Education

Target Age: 7 Years Old

Time Estimate: 45-60 minutes

Theme: Just as a lamp helps us see where to walk in the dark, God's Word (the Bible) and Jesus show us how to make good choices and live a happy life.

Learning Objectives

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

- Recite the memory verse: "*Your word is a lamp to my feet and a light to my path.*" (Psalm 119:105).
- Explain the metaphor of "light" as it relates to making good choices.
- Identify one real-life situation where "Jesus' light" (His teachings) can help them decide what to do.

Materials Needed

- A Bible
- A flashlight (or a candle with adult supervision)
- Painter's tape or string
- Household "obstacles" (pillows, stuffed animals, small toys)
- Yellow construction paper, markers, and scissors
- Popsicle sticks or glue

1. Introduction: The Hook (5-10 minutes)

Activity: The Dark Room Challenge

Find a room that can be made dark (like a bathroom or a bedroom with curtains closed). Place a few soft obstacles on the floor (pillows or toys).

- **The Challenge:** Ask the student to try and walk from one side of the room to the other without touching any "obstacles" while the lights are off.
- **The Shift:** Turn on a flashlight and let them try again.
- **Discussion:** Ask, "Which way was easier? Why? How did the light change how you felt while walking?"

2. Body: Content and Practice (25 minutes)

I Do: Teaching the Concept (The "Lamp")

Open the Bible to Psalm 119:105. Read it aloud together.

Talking Points (7-year-old friendly):

- "Back when this was written, people didn't have streetlights or cell phone flashes. They carried small lamps filled with oil to see the ground right in front of them so they wouldn't trip."
- "Life can sometimes feel like a dark room where we aren't sure which way to go. Should I be mean back to someone who was mean to me? Should I tell the truth even if I'm scared? That's when we need a 'lamp'."
- "Jesus is called the Light of the World. When we listen to His stories and read the Bible, it's like turning on that flashlight we used earlier. It shows us the safe, happy way to walk."

We Do: The "Follow the Light" Path

Use tape or string to create a winding "path" on the floor across a large room. Place "Obstacle" toys outside the path and "Choice" cards along the path (e.g., "Helping a friend," "Obeying parents," "Sharing a toy").

- The student must walk the path. If they step off, they are "in the dark."
- The teacher holds the flashlight, shining it only on the *next step* of the path.
- As the student reaches a "Choice" card, they must say, "Jesus helps me choose to [read the card]!"
- **Transition:** Discuss how following the light kept them on the right path and away from the "tripping" hazards.

You Do: Independent Application (The "Lighthouse" Craft)

The student will create their own "Word Lamp" to remember the verse.

- Cut a large circle or star shape out of yellow paper.
- In the center, have the student write (or trace) the words: **JESUS LIGHTS MY WAY.**
- Decorate the edges with drawings of things that give light (sun, stars, candles, flashlights).
- Glue a popsicle stick to the bottom to make it a hand-held sign.
- **Challenge:** On the back, have them draw one specific "good choice" they want to make this week (e.g., being kind to a sibling).

3. Conclusion: Recap and Closure (5-10 minutes)

- **Summary:** "Today we learned that we don't have to wander in the dark. Psalm 119:105 tells us that God's Word is like a lamp that shows us exactly where to put our feet."
- **Recap:** Have the student hold up their craft and recite the verse one last time.
- **Reflection:** Ask, "If you are feeling angry or confused this week, how can you find 'the light?'" (Expected answer: Pray, remember a Bible story, or ask for help from someone who follows Jesus).

Assessment (How do I know they got it?)

- **Formative:** During the "Follow the Light" path, did the student understand that the light represented making good choices?
- **Summative:** Can the student recite the verse from memory (or with minimal prompts)? Did their craft reflect a real-world application of "the light"?

Success Criteria

The lesson is successful if the student can:

1. Say the verse: "Your word is a lamp to my feet and a light to my path."
2. Identify that "Light" = Jesus/God's Word and "Path" = Our life/choices.
3. Name one "bright" choice they can make today.

Differentiation & Adaptability

- **For Younger Learners:** Focus purely on the "Light vs. Dark" sensory experience and simplify the verse to "Jesus is my light."
- **For Advanced Learners:** Ask them to find other verses about light (e.g., Matthew 5:14-16) and compare them. Have them write a short "guidebook" for a younger child on how to follow the light.
- **Classroom Adaptation:** Perform the "Follow the Light" path as a relay race where teams must "pass the light" (the flashlight) to the next person once a "good choice" is identified.