

Sunday School Lesson Outline



Lesson: Let your light shine
Passage: Matthew 5:13-20
Big Idea: Jesus' followers are salt and light, so we should be who we are.
Main Aim: Be who we are: good and different.
Key verses: Matthew 5:16

Please pray for the lesson preparation, that God's word would feed us and the children.

Laptop/tablet + speaker: You will need to bring a device to play media.

If needed, Jonny can provide **a laptop and Bluetooth speaker**. 😊

Additional resources for prep: Grace Group booklets or talk to Jonny if needed.

Sermon on the Mount Overview

Matthew is a book which makes disciples, who go and make disciples, who make more disciples...

This teaching from Jesus is about how his disciples will live the "blessed" life: the good life.

So, each week we'll highlight - this *isn't* how we live to become disciples.

Instead, *this is* how followers of Jesus will live as Jesus' already-saved people.

Passage overview – Talk outline on page 3.

1. Followers of Jesus are light and salt. 5:13-16

We are noticeably good, distinctive and different from other people.

So be who you already are! Be tasty and shine! Be obviously good, distinctive and different.

This is so that people would realise how good our Father is and praise him.

2. This is in line with the Old Testament. 5:17-20

Jesus isn't starting a new religion. He's talking about what the Old Testament talked about.

So, stick to the whole Bible: OT and Jesus.

Which teaches that we should be who we already are! Light and Salt.

This is how we'll live better than the scribes and pharisees, and we will enter the Kingdom.

Main Aim/Application - For them then & us now.

Realise who we are. Be who we are: salt and light.

Groups

At CW – Prepare for **Sailors and Officers**, taught together.

At GR & EC – Prepare for either **Sailors or Officers**, taught separately.

| Ages |
|---------------------------------|
| Sailors: Age 3 to Year 2 |
| Officers: Years 3-6 |

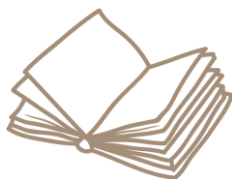
Lesson Overview

Get Going
~3 min + Song



Welcome & Pray
Intro Idea
Song

Bible Talk
~10 mins



The Big Idea
The Main Aim

Heart & Hands
~30 mins



Craft/ Worksheet
Further teaching
Memory verse

Catechisms
~10 mins

The New City
Catechism for Kids



Practice Together

Land the Lesson



Recap
Pray
Extra Fun Time



Get Going

Welcome, Pray, Introduction idea & Song

At GR and EC the Sailor Leader will lead the “Get Going” section, by default.

Welcome and connect briefly with the children

- Ask a fun question. Something like:
Was your week good or bad? Show me with thumbs up/down/halfway. Why?
How was your week out of 10? Show me with fingers. Why?
What's the most fun/boring thing that happened? The best food you ate? Smelliest smell?

Prayer by the leader

- Help us to listen carefully to what God has to say to us today, and to have fun.

Set expectations:

- Rules:
 - We listen to the leader.
 - We love our neighbour.
- We're here to learn about Jesus and have fun.
- If you need the toilet, let us know and we'll take you.

Intro Idea - Introduce the “Big Idea” of the passage with Intro Powerpoint slides.

- Ask the children – Do these things make sense?
 - A car in the sea?
 - A rocket in space?
 - A tablet as a chopping board?
 - A sheep in a field?
 - A light under a basket?
 - A light on a hill?
 - Jesus says we are a light, so we will do what makes sense: shine!

Sing - If needed, talk through the words and actions before singing.

NEW SONG – Jesus Number 1

<https://www.youtube.com/watch?v=nfcxVgrVgpo>

You could learn the actions from this <https://www.youtube.com/watch?v=j4kl7uo6wJY>



Bible Talk

Teaching the Big Idea & Main Aim.

Using the ICB translation: International Children's Bible.

Available at: [Bible Gateway](#)

Keep it clear and snappy.

Centre the talk on the Big Idea and the Main Aim.

Have a Bible open throughout to show that we're teaching from God's word, and not from our heads.

Think of ways to make the Bible talk engaging. Ideas for this are below.

Key Verses – Matthew 5:16

Bring Your Friends Week.

Please note that this Sunday is a guest service. There may well be children who don't normally go to church. You could emphasise more that this is for followers of Jesus, that we live differently from other people, and that's really good.

Lesson Points

Introduction

Jesus has saved his people! But now they're saved, they might be wondering what to do.

They might be wondering how they should live.

Jesus went up onto a mountain, and he sat down to teach the crowd and his disciples.

Maybe as Jesus' followers, we want to hide.

We don't want people to know that we're different.

But this is what Jesus says...

1. Followers of Jesus are salt.

Verse 13

Jesus says who we are.

What is salt used for? Salt is tasty.

You can notice the difference between food with salt and food with no salt.

Food with salt is much better. We can notice salt.

How useful is salt when it's not salty?

Jesus says, not-salty salt is useful for nothing.

Throw it in the bin.

Jesus says, his followers are salt.

So, it makes sense to be salty.

It makes sense to be different, for people to notice us.

For us to be different in how we're good.

A follower of Jesus who isn't salty, is as useful as non-salty salt!

What's the point of a follower of Jesus who is the same as everyone else?

So be who you already are.

Be tasty and shine! Be obviously good, distinctive and different.

2. Followers of Jesus are light.

Verse 14-16

Jesus says who we are.

What is light used for? Light is used to make dark places so we can see.

A dark place isn't so nice. A light place is much nicer.

Light is much better. We can notice light.

How useful is light when it's not shiny?

Jesus says, shiny light is useful light.

Light on a hill.

Light NOT under a basket!

Light on a stand.

Jesus says, his followers are light.

So, it makes sense to be shiny.

It makes sense to be different, for people to notice us.

For us to be different in how we're good.

So be who you already are.

Shine! Be obviously good and different.

And people will come to say that God is amazing, because his people are so good!

Verse 16.

3. Jesus is saying what the Old Testament was talking about. *Verses 17-20*

The Old Testament also wanted God's people to be salt and light.

The OT is the bit before Jesus coming.

So, Jesus says "Yes!" to the Old Testament.

And now, Jesus' people can be salt and light.

So, we stick to the whole Bible: The Old and New Testament.

Which teaches that we should be who we already are!

Light and Salt.

This is how we'll live better than the scribes and pharisees, and we will enter the Kingdom.

Conclusion

Maybe sometimes we can think that we want to hide.

We don't want people to know that we're different and follow Jesus.

But Jesus tells us that he has made us really good.

Followers of Jesus live the best way, we are shiny and salty.

So it makes sense to be who we are, and be different.

Maybe on the playground or in class or with people who don't know Jesus, we want to be just like them.

But Jesus says to live differently, and people will say, wow! God is amazing! *Verse 16*

Brief application - The Main Aim expanded.

- **Sailors** State the Main Aim application and expand it a bit.
When we're at home/school/church or when we're sad/happy/tired...
This is how it's right to think/act/talk/feel.
Give a concrete example:
"When we feel x, we can remember y"
- **Officers** Ask questions to arrive at the Main aim application.
How does this help us think/act/talk/feel differently?
What about at home/school/church or when we're sad/happy/tired?
Give a concrete example:
"When we feel x, we can remember y"

Teaching ideas - Ask Jonny if you'd like more ideas.

- Use the *Sermon on the Mount* series teaching image.

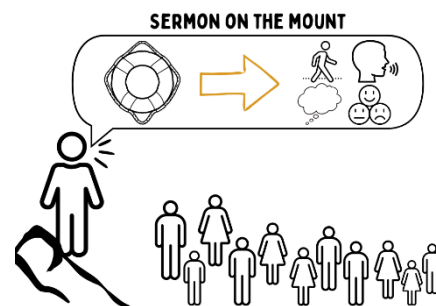
Laminated and in the box.

"Jesus' rescued people live this way."

It's about the things we do, say, think and feel.

(Sin is the bad things we do, say, think and feel

Jesus will tell us the good things)



- Use the teaching images.

Lay them out as you explain. They can help children track through the talk.

- Act something out.

Find a torch and a saltshaker. What are these for? Jesus says that's what we're like.

Stamp on the salt. *Verse 13.*

Put the light under something, does that make sense? *Verse 15*

- Use actions and a catch phrase. For example: "We don't fear man (*trebling action and point at children*), instead we fear God! (*Tremble and point up*)."

So let your light shine. *Flashing star hands.*

So that they might see, *looking*

Your good works, *thumbs up.*

And give glory to your father in heaven. *Praise hands.*

- Feel free to show this video, they might watch it a lot this term!

<https://www.youtube.com/watch?v=6tLMF6shOLE>

- **Sailors - More question ideas:** What noise/ smell do you think it made? How many stars did he see? Have you ever seen that before? How did he feel? What face would she have made?

- **Sailors - More teaching ideas:** Make actions to copy at certain points, act it out with costumes and scenery, go for a walk around the room, use Lego/Playmobile figures.
- **Officers - More question ideas:** Why do you think he did that? What did she get right/wrong? What would you do in his situation?
- **Officers - More teaching ideas:** Act it out, have them draw scenes, shout out the best thing they see in the passage, make a puppet show using paper and card, go for a walk, use Lego.



Heart and Hands

More on the Big Idea & Main Aim with activities.

Table Activities - Craft or worksheet - Spares go to the Eltham service.

- **Sailors** Prayer Craft.
Cut, stick, fasten, colour. Chat about how it relates to the teaching point.
- **Officers** Prayer Sheet.
*This is a guided Bible study, to help them learn how Bible studies work.
The sheet progresses from easy questions to harder questions.
Help them find answers in the Bible and think about them.*

The New City
Catechism

for Kids



New City Catechism

Practice Together

What is this? [Tim Keller Introduces the New City Catechism](#)

Why do this? [Why We Should Catechize Our Children](#)

This week - Question 22.

- Open up the Catechism of the week.
Practice saying it with the children. Some might have learnt it at home to say it with less help.
Talk about difficult words and ideas.
- **Sailors** Use Children's Mode and the songs to learn.
Choose the right question from the following playlist:
[Q1 What is Our Only Hope in Life and Death?](#)
- **Officers** Use Children's Mode where necessary.
You could make up a rhyme or rap to learn it.
Or make up a game of trying to remember it: Get in a circle, say one word each.



Land the lesson

Bring everything together: Recap, prayer and game.

Recap - Use the craft/ worksheet to remind them of the Big Idea & Main Aim.

Pray - Encourage the children to pray with you about the Big Idea and Main Aim. They could **thank/praise God** for it or **ask for help** in believing it.

- **Sailors** You could suggest “Popcorn prayers” - really short prayers.
Or “Arrow prayers”- We all shoot up like an arrow at the end.
Or you could try the idea we use with Officers.
- **Officers** You could pass an object, like a Bible, around the room.
When a child receives the Bible, they can choose to pray in their head or aloud.

Game idea - Check the OneDrive

Time fillers, Games and Music - Check the OneDrive

- I often play something from: <https://www.youtube.com/@thebiggeststory>
- A Spotify playlist of Sunday School songs can be found in the Term Overview Document.

Sign out - Give each family a Take Home Sheet

- Sign out with Check-In.