

Pastor/Children's Minister: This is a Children's Message, mini-lesson, or recorded message for your church social media.

Materials:

- Get a blanket, stuffed animal to share when talking about lovies.
- Print out the Light under the door picture to hold up or add to your video.
- Write out the scripture verse on a poster, or add the text to the video. Color yellow and orange rays around the word light in the written verse.
- If in person, create a small card the size of business card with John 1:4-5 on one side and the #livewithlight on the other side. Give to the children after the message. If recorded text it to families, with the link to your recorded message.

Practice: The message has been written out, but you should practice it in your own words with the same big idea. Children 3 years and up have experienced a bad dream and usually bad dreams happen in the dark. I wanted to start the explanation of a big concept for kids with what they are familiar with as dark and light.

Message:

Everyone has bad dreams. Take a moment and think of the last time you had such a bad dream that it woke you from sleep. When you woke, you were scared and the room was pitch dark. You pause and blink your eyes to focus on the darkness in the room. Then across your room, you see just a sliver of light. Your eyes adjust to that bit of light, seeping in under the door. With that little adjustment and a bit of light you are able to find your lovies in your bed. You grab them and they begin to help you feel less scared. Maybe you even walk toward that light under the door and the door takes you to a caring grown-up.

I wanted you to recall that experience to help you understand a verse in the Bible that we can focus on during hard times.

The verse is from the gospel of John 1:4-5 ... *in him was life, and the life was the light of all people. The light shines in the darkness and the darkness did not overcome it.*

This scripture verse is beautifully saying with describing words that the spirit of God is in all life. God is in God's people giving us comfort. The gospel writer then goes on to describe the spirit of God in people as light shining. You have that same shining light in you! The light is God's goodness.

Now let's go back to our familiar bad dream and seeing the light and finding comfort! The last part of the scripture says the darkness did not overcome it! When you sat up and looked around you saw the light the light helped you find comfort for yourself with the lovie or the grown-up that you went to find. I wish I could say that nothing bad or no darkness would ever happen, but it will. However, as children of God, we can find God's light (goodness) in ourselves and others. We make our way out of whatever is dark (bad) by seeking shining light (God's goodness).

My challenge to you and your families is to ask each other at dinner, "Where did they #livewithlight today?" Was there a part of the day that seemed extra hard(dark) and you found goodness (light) that helped you through the hard? Maybe the bad day wasn't yours, but you were able to be the light for someone else. As you share it together as a family, you may find a very special experience of God's people showing you light. When you do you need to ask your adult to share it on our church social media with personal names left out but add #livewithlight. We will collect those moments and share them with one another as a reminder that darkness (bad) does not overcome the light (God's goodness). The light is always there we just have to look for it. Join me in the next couple of months as we actively look for light (God's goodness). Here is something to help your parents remember to look for the light as well. (hand out cards)

