



**Mission: Possible! Sunday School Lesson:
Children 2 (ages 8-11)**



Be Salt & Light

By Peggy Beverly,
Missionary to Sri Lanka

www.facebook.com/groups/omgmp/

Be Salt & Light

Teacher, thank you for participating in the **Mission: Possible!** Missions Week by teaching this lesson. This lesson is meant to be a guide to helping children understand that even the smallest of us can make a difference in the world around us. There are some [\[instructions\]](#)

and suggestions, including **Ask** questions. These are meant to be guides only. Share your experience on the **Mission: Possible! Facebook Group** (www.facebook.com/groups/omgmp/). Have fun! Make it your own!

Getting Ready to Teach!

Resources you will need

- Salt shaker with salt in it
- Light source: Small flashlight or cell phone with light
- Bowl or something that can cover the light source
- Colored pencils, crayons, or washable markers

Optional resources

- Glow sticks or key chain lights for students to take home to remind them to be a light.
- Songs: “This Little Light of Mine,” “Shine, Jesus, Shine,” or another appropriate song.

Downloadable Resources

- [Audio pronunciation](#) of Good Morning in Sinhala

- Video: “This Little Light of Mine” (with hand motions) [1:38]
www.youtube.com/watch?v=p8mok6oWXyk
- Video: “Douglas Talks: Letting Your Light Shine” [6:19]
www.youtube.com/watch?v=f-EDzu3oeIo

Activities in this lesson

1. Salt Shaker: You are the salt of the earth
2. Hidden Light: You are the light of the world
3. Sing: “This Little Light of Mine”
4. Artistic Expression: Write and decorate a scripture memory sheet of Matthew 5:13 & 14

Suggestions

- Play music of children singing from a different country as the children arrive.

Peggy Beverly answered her call to be on mission for God while attending Bible school, in Tulsa, OK. She began her mission journeys in 1994. Since then, her missions experiences have included Nigeria, Uganda, Kenya, India, Thailand, Nepal, China, Jamaica, and Mexico before answering the call to full-time missions in Sri Lanka, where she has served for five years through Global Strategy.



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STEVEN & PEGGY BEVERLY



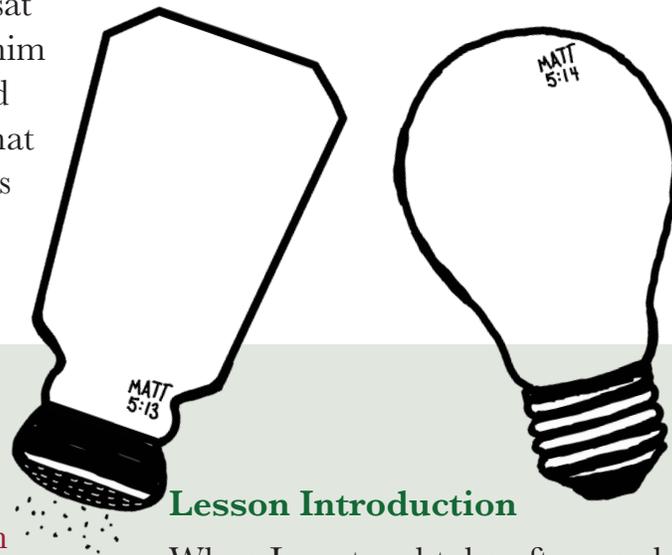
Bible Background

In the early teachings of Jesus, he traveled throughout the region of Galilee teaching in the synagogues and announcing the good news about the Kingdom of Heaven. Jesus healed every kind of disease and illness. Large crowds began to follow him wherever he went.

One day, as he saw the crowds gathering, he went up on the mountainside and sat down. His disciples gathered around him and he began to teach them. Jesus told the crowd how to live obedient lives that glorify God. In part of his lesson, Jesus explained that we who believe in him are the “Salt of the Earth” and the

“Light of the World.” Children, especially, need to see Christian lives that glorify God.

It’s important that children not only see their parents and other adults and youth living obedient lives. Children also need to know that God wants them to be salt and light to those around them.



The Greeting

[Set up your class area with needed resources for today’s lesson.]

Greet each child coming into class in Sinhala. (pronounced sing-hala, one of the languages in Sri Lanka)]

- “Suba udesanak – Good morning!”

[Pronunciation: [Su•ba oo•des•a•nock](#).

Listen to the audio of how to say *suba udesanak*]

- That means “Good morning!” in Sinhala.

Lesson Introduction

When Jesus taught, he often used stories to teach a spiritual lesson. Jesus also taught by comparing two things to give special importance to what he was saying. Today, we are going to learn an important lesson that Jesus taught us by comparing us to salt and to light. Salt and light change things. Jesus wants us to change the world and to show the world who he is.



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Part 1: Salt of the Earth!

One of the lessons Jesus shared with his followers is “You are the salt of the earth.” This is found in Matthew 5:13



Matthew 5:13 New King James Version

¹³ “You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.

Matthew 5:13 New Living Testament

¹³ “You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.

Activity 1: Salt Shaker!

[Shake a little salt into each student’s hand and have them taste it.]

Ask: Can someone describe the flavor of the salt?

Ask: What did Jesus mean when he said, “You are the salt of the earth?”

Ask: Is Jesus saying that we are really salt?

- No, of course not! Jesus is comparing us to salt.
- Let’s think about some things that salt is used for.

Ask: What is salt used for?

1. Taste / Flavor

Ask: Does salt taste good by itself?

- No, but when it’s on potato chips or used on certain foods, it makes the food taste better.
- When we’re being the salt of the earth, we

are helping people have a better life.

2. Preserving

Ask: What happens if you don’t put meat in the refrigerator?

- Salt is also used for keeping things like meat and fish from spoiling.
- When we’re being the salt of the earth, we are helping people to keep their lives from spoiling for eternity.

3. Melting ice

Ask: Have you ever seen someone put salt on an icy sidewalk in the winter?

- In the winter, when it gets really cold and the roads are icy, salt trucks go out to sprinkle salt on the roads to melt the ice.
- Sharing the love of Christ and being obedient to what he teaches is being salt. When we are being like salt, people see God in us. And they are open to learn about how much God loves them.



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Part 1 Follow-Up

There are many, many uses for salt.

Ask: But if the salt stays in the shaker, is it any good?

[Show the salt shaker]

- We're not supposed to be all clumped together keeping the good news to ourselves. Jesus also said, if the salt loses its flavor, it is good for nothing but to be thrown out.
- God put Christians in the world so that we can make the world better. We want to make a big difference in the lives of other people, flavoring them with our smiles and good words of love, joy, and peace.

Ask: What are some ways we can be salt and make other people's lives better around us?

[Prompts]

- What happens in other people's lives when we share our toys?
- How do we make other people feel when we are kind?
- What do our parent's think when we help out at home?
- How do people feel when you are smiling or being polite?

Part 2: Light of the World!

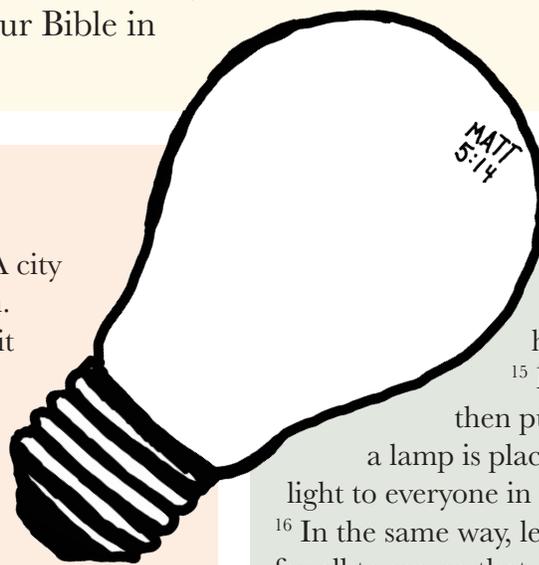
Jesus also taught us that we should let our light shine for all to see. This is found in our Bible in Matthew 5:14-16.

Matthew 5:14-16

New King James Version

¹⁴ "You are the light of the world. A city that is set on a hill cannot be hidden.

¹⁵ Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. ¹⁶ Let your light so shine before men, that they may see your good works and glorify your Father in heaven.



Matthew 5:14-16

New Living Testament

¹⁴ "You are the light of the world—like a city on a hilltop that cannot be hidden.

¹⁵ No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house.

¹⁶ In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.



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Activity 2: Hidden Light

Ask: What did Jesus mean when he said, “You are the light of the world?”

Ask: Is Jesus saying that we glow like a star or this flashlight?

- No, of course not! Jesus is comparing us to light.
- Let’s think about some things that light is used for.
- Light is good for lots of things:

1. Seeing

Ask: Can we see without light?

- No. Have the lights in your house ever gone out during a bad storm? Having a flashlight is very helpful because it will help you see.
- We’re being the light of the world by saying kind words and sharing God’s love.

2. Growing

Ask: What needs light to grow?

- Light helps plants to make food and grow.
- When we’re being the light in the world, we are helping people increase their faith and believe in God.

3. Removing Darkness

Ask: What happens to darkness when a light is turned on?

- Darkness disappears and the light takes over. There are many people who still live in darkness.
- They don’t know Jesus and how to have joy, peace, or hope in their lives because of the darkness.
- But when we let our light shine every place we go and speak nice words and do nice things for others, we bring the light of God’s love to those around us, and darkness has to go.

Part 2 Follow-Up

Jesus said that when we let our light shine, others will see our good deeds and everyone will praise our heavenly Father.

God wants us to use our words and actions to shine the light of Christ. When people see you doing good and being nice to others, they will wonder what makes you that way. That’s how you shine your light. You can tell them it’s because Jesus is in your heart and he helps you.

If we don’t shine our light for Jesus, but we keep it to ourselves, it is kept hidden and doesn’t help anyone. It is like hiding our light under a bowl.

[Turn on your light but cover it with a bowl so the light can’t shine for all to see.]

Activity 3: Sing: “This Little Light of Mine”

Ask if everyone knows the words to the song. Share the words with those who don’t know the song.

My Prayer Today

[Have the children repeat after you.]

Thank you, Jesus,
for calling me to be salt and light
to my family and friends.

Please show me
how I can be salt and light
every day.
Amen! 🌍



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Activity 4: Artistic Expression

Decorate and write the verses Matthew 5:13 “You are the Salt of the Earth.” & 14 “You are the Light of the World.” inside the drawings.

