



## **Family Sunday School**

### **Lesson 6 - God's Light in Us**



#### **Introduction:**

Every year, on the last Sunday before Lent, we celebrate the Transfiguration of our Lord. What does that mean? Jesus was transfigured, or began to shine with a holy light, when he and three of his disciples went to pray on a mountain. Paul writes that as believers we are able to see the God-light in Jesus' face because God put light in our hearts. This light shines in us for others to see.

#### **Start the Fun!**

##### **Night Time Hide and Seek**

Play this game indoors after dark. Everyone hides in the dark house except the seeker, who uses a flashlight to navigate. As the seeker finds someone that person becomes "it" and receives the flashlight to start looking for the others.



## **Read together**

### **Mark 9: 2-9 NIV** *The Transfiguration*

After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. 3 His clothes became dazzling white, whiter than anyone in the world could bleach them. 4 And there appeared before them Elijah and Moses, who were talking with Jesus. Peter said to Jesus, “Rabbi, it is good for us to be here.

Let us put up three shelters—one for you, one for Moses and one for Elijah.” (He did not know what to say, they were so frightened.)

Then a cloud appeared and covered them, and a voice came from the cloud: “This is my Son, whom I love. Listen to him!”

Suddenly, when they looked around, they no longer saw anyone with them except Jesus. As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead.

### **John 1: 5 NIV**

The light shines in the darkness, and the darkness has not overcome it.

### **2 Corinthians 4:6 NIV**

(Paul wrote) For God, who said, “Let light shine out of darkness,” made his light shine in our hearts to give us the light of the knowledge of God’s glory displayed in the face of Christ.

## **Discuss**

*Ask:* According to all these verses, when God is present, a light seems to shine through people. Of course, we can’t really see this light. What is meant by this idea of God’s light in us?

*Discussion points:* Dr. Martin Luther King, Jr., said, “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” This quote implies that light and love are the same thing. Another meaning is that light is holiness or goodness. Although we are not without sin, we are called to “shine as lights in the world” with the light of God himself (Philippians 2:15).

*Ask:* What are some ways you can reflect God’s light and love to others?

*Discussion points:* 1. Smile! When people smile, it is said their faces light up. Show the world that God makes you happy by shining a bright smile on them. 2. Bring out the inner beauty of others. Reflect God’s light onto other people by appreciating their talents and efforts. Even the smallest kindness can “brighten someone’s day.”

## **Pray**

Thank God for light, that overcomes darkness and lets us see what we are doing. Ask God to help you be a light in the world, living an active faith that will show others what you believe by how you live.

## **Participate**

### **The Science of Light**

Did you know that white light (regular sunlight or lamplight) contains all the colors of the rainbow? These are the best science activities the internet has to offer on splitting (also called diffracting) light into its separate colors. Try one or two and think about how special God's light is.

#### **Rainbow snowflake**

##### *Materials needed*

Blank or old CD

Paper

Scissors

Tape

Pencil

Sunny day



Directions can be found at: <https://buggyandbuddy.com/rainbow-science-create-light-patterns-with-a-cd/>

#### **Nail polish rainbow**

##### *Materials needed:*

- Clear nail polish
- Tin foil pan
- Black construction paper
- Water
- Paper towels



Directions found at: <https://www.optics4kids.org/activities/5-and-up/nail-polish-rainbow>

## **Make a spectroscope!**

(Tool for seeing the full spectrum, or rainbow, of light)

### *Materials needed:*

- Empty paper towel roll
- Craft knife and/or scissors
- Blank or old CD
- Pencil
- Small piece of cardboard or cardstock
- Tape
- Paint (optional)

*Directions found at:* <https://buggyandbuddy.com/homemade-spectroscope/>



## **Wrap Up**

Remember, the God who made light shine in the darkness at the beginning of Creation, who IS light, is there to lead you through dark and difficult times.

## **Take a Moment to Breathe**

### **Forgiveness Breath**

Focus on your breath and make each inhale and each exhale slow and deep. On each inhale, imagine you are breathing in the Holy Spirit; on each exhale, let go of any mistakes, self-doubts, or negative self-talk you are experiencing. Allow God's light to shine in you!