

# Salt and Light (Matthew 5:13-14) Sunday School Lesson

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 [ministry-to-children.com/salt-light-lesson-for-kids](https://ministry-to-children.com/salt-light-lesson-for-kids)

Kristin  
Schmidt

March 10,  
2019

In this lesson from Matthew 5:13-14, kids will learn how Jesus wants his followers to live.

Jesus thrived on imagery. Throughout His ministry, He used parables, analogies, and metaphoric depictions to emphasize His points. Some of these comparisons deal with how Christians should be, or what we ought to be like. This lesson highlights one of those pictures in order to make some important statements about Christian life and attitude.

**Lesson focus:** Christians are called to change things in the world and point the way to Jesus; we can impact the world for Christ in amazing ways when we follow Him.

**Target Audience:** Kindergarten-6<sup>th</sup> Grade (adaptable older or younger)

**Materials Needed:** Various types of salt (table salt, Kosher, rock salt etc.), sugar, glue, paper; examples of lighting (candle, flashlight, etc.); Bibles.

**Optional:** To extend this lesson you can download our Bible worksheets on [being the salt](#) and [light of the world](#).

**Lesson Opening:** Salty or not?? Play a couple of salty guessing games to start off...

-Offer students two glasses of water, one of which (secretly) contains salt and the other does not. Challenge students to taste them and see what seems different.

-Invite students to sample a white powder, which may be (set ahead of time) sugar or salt. Discuss the obvious differences.

-Sample a few types of salt (Himalayan sea salt, Kosher salt, rock salt, iodized...). Explore flavor variations among these.

## **Bible Lesson:**

What is so great about salt? After this salty introduction, explain to students that today we will talk about an illustration Jesus gave to show us how Christians should be in the world. Prior to reading the passage, remind students of how Jesus would often use parables (stories) or comparisons to explain things to people. Today we will look at an illustration that describes us as salt...

*“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. – Matthew 5:13-14*

Salt? Really? Obviously, we are not turning into literal salt like Lot’s wife...but salt actually has some amazing properties. It used to be used as currency, valued like gold for all of its uses. It can also be a preservative—salt kept things fresh before refrigeration came around. It can alter chemistry in cooking and even keep roads from freezing.

But we normally appreciate it most in modern times for its flavor. Salt can change things for better or worse, and make a tremendous difference! This is what Jesus refers to here. As Christians, we want to have an impact on other people, flavoring them, saving them, and changing the world. Jesus continues the analogies, though, by comparing us to light...

*“You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

*“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. 18 For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. 19 Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. 20 For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven. –Matthew 5:14-20*

Most students are familiar with the song “This Little Light of Mine” (if not, this might be a great time to teach or re-visit it!). That song refers to the light we have as Christians. If we somehow huddle inside our own faith and do not share it with others, it is useless. Hold up a candle (lit or not). Does a candle lose any of the flame by lighting another candle? No! But when one is burning, it is able to start others and light up a whole room. It doesn’t take much light to see, whether by candle, flashlight, or otherwise.

So now we see a conclusion of sorts to what Christ is teaching. He explains that he does not want to necessarily destroy status quo or go against authority...but if that is what it takes to establish His kingdom, He will do what is needed. Our responsibility as “light shiners” is to share *light*...love and presence and purity, shining in a dark world.

How can we do this? Discuss with students how we might communicate or demonstrate that we are a light unto others.

**Craft:**

Make a salty scene...allow students to choose a paper and decorate it. Add glue to spots that they wish to be more textured or raised, and sprinkle salt over those areas. When dry, the salt will be raised and bumpy...Add a label or caption with the verse. Extra designs or decoration can be affixed as timing dictates.

**Close** with prayer and thank God for allowing us to be His salt and light to the world. Ask for further ways of spreading and sharing His love to all.

Matthew 5:14



You are  
the  
LIGHT

☆ of the ☆

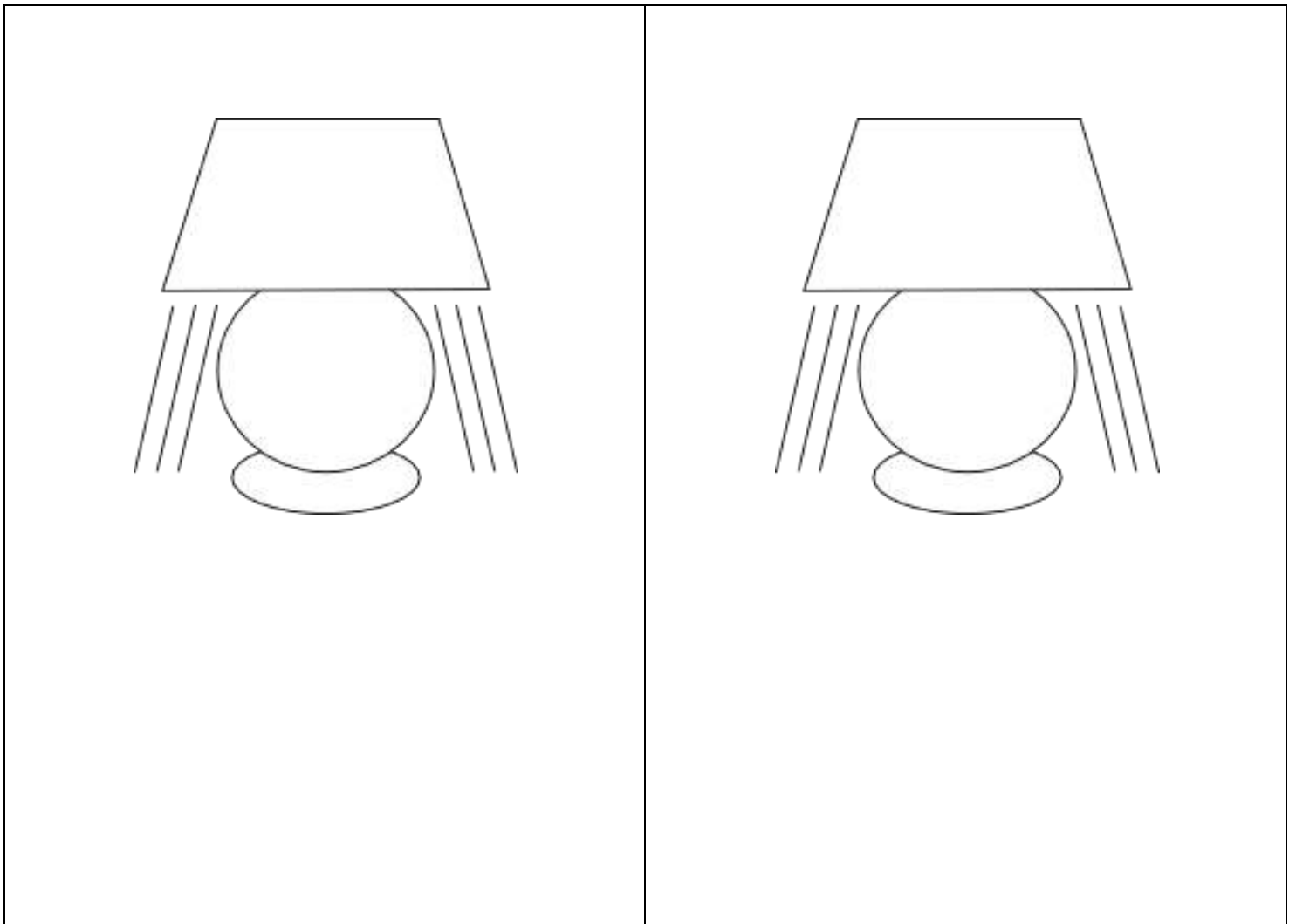


A city that is set on a hill cannot be hid.

# Light of the World Coloring Activity

In Matthew 5:14 Jesus said, "You are the light of the world."

1. Read Matthew 5:14. Color both lamps and the light coming out of them.
2. Read the first part of Matthew 5:15. Draw a basket upside down over the first lamp, covering it up.
3. Color the basket until you can't see the light very well.
4. Read the second part of Matthew 5:15. Draw a table under the second lamp and color it.
5. Read Matthew 5:16. Now everyone can see the lamp and its light.

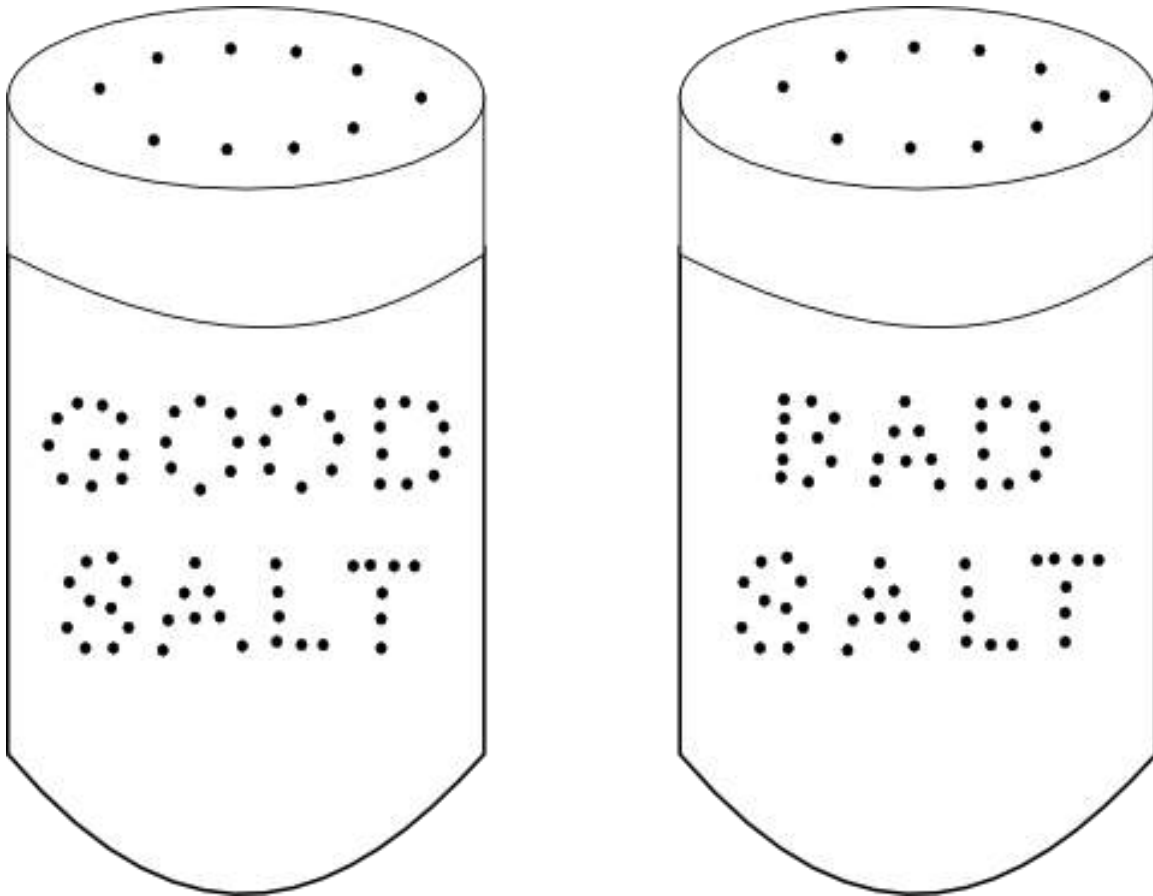


How will you make your light shine for everyone to see? What does this mean?

# Salt of the Earth Coloring Activity

In Matthew 5:13 Jesus said, "You are the salt of the earth." This means if our lives please Jesus, we make the world a better place, just as salt makes food taste better.

1. Color both salt shakers.
2. Connect the dots to learn what kind of salt is in each shaker.
3. Draw a circle around the kind of salt you want in your life.
4. Draw a big X on the kind of salt you don't want in your life.



If you have good salt in your life, how will this make the world a better place?

# Preschool Bible Lesson: Salt and the Light

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 [ministry-to-children.com/preschool-bible-lesson-salt-and-the-light](http://ministry-to-children.com/preschool-bible-lesson-salt-and-the-light)

Brittany Putman

July 22,  
2013

Use this Bible lesson with younger children to teach how their actions can show others what Jesus is like. We've included some simple learning activities, but you should adapt this lesson plan to best fit your own students and learning environment. We welcome your comments at the end of this post.

**Lesson Title:** The Salt and the Light

**Bible Reference:** Matthew 5:13-16

**Target Age Group:** Preschool

**Learning Context:** Sunday School

**Target Time Frame:** One Hour

**Memory Verse:** "In the same way, let your light shine before men, that they will see your good deeds and praise your father in Heaven." Matthew 5:16

**Gospel Connection:** This passage is important to understanding the whole Bible because it explains the relationship between Jesus, Christians, and the unsaved world. Jesus is what sustains the world and creates a way for all people to be saved. The unsaved people are in darkness and cannot have salvation until they are touched by the light (Jesus). We, the Christians, have Jesus in us and so His light shines through us. He uses us to reach the unsaved. We are like salt because without Christ in us we are worthless.

## Learning Aim:

1. Children will learn that we are the salt and the light of the Earth.
2. Children will learn that they can teach others about Jesus through their actions.

## Basic Supply List:

1. A large amount of salt
2. A clear container
3. Construction Paper
4. Flashlight (either enough for each child or just one for the teacher)
5. Coffee filters
6. Scissors
7. Pretzels

**Note:** In the teaching plan below the words in *italics* are meant to be read aloud. The regular text is simply directions for the teacher.

**Introduction:** Begin the lesson by greeting each student. Tell the class that today we will be learning about salt and light and what that means to Christians. Begin the lesson by singing "This Little Light of Mine." Lyrics are below.

*This Little Light Of Mine Hymn*

*This little light of mine, I'm gonna let it shine.*

*This little light of mine,*

*I'm gonna let it shine, let it shine, let it shine, let it shine.*

*Won't let Satan blow it out.*

*I'm gonna let it shine.*

*Won't let Satan blow it out.*

*I'm gonna let it shine, let it shine, let it shine, let it shine.*

*Let it shine til Jesus comes.*

*I'm gonna let it shine.*

*Let it shine til Jesus comes.*

*I'm gonna let it shine, let it shine, let it shine, let it shine.*

*Hide it under a bushel – NO!*

*I'm gonna let it shine.*

*Hide it under a bushel – NO!*

*I'm gonna let it shine, Let it shine, let it shine, let it shine.*

*Let it shine over the whole wide world,*

*I'm gonna let it shine.*

*Let it shine over the whole wide world,*

*I'm gonna let it shine, let it shine, let it shine, let it shine.*

**Biblical Evidence:** Read Matthew 5:13 to the class. Have salt in a clear container ready to show them. Say, *How many of you have tasted salt before? How does salt taste when it is by itself?* Help the children understand that salt tastes good on food, but it doesn't taste good by itself. Say, *It is like this with us in the world. By ourselves, it is hard to make good decisions, but with Jesus in our lives we are good. With food salt is good and with Jesus we are good.*

Next read Matthew 5:14-16. Have a coffee filter and a flashlight ready to show the children and turn it on when you read this passage. Say, *What is light? Light takes away the darkness. Jesus is the light of the world. The world is full of badness, but Jesus is all good and when Jesus touches the bad He makes it good. Jesus uses us to get the good things into the world. Look at*



*this flashlight. Jesus is like the flashlight, the place where the light is coming from. (Cover the flashlight with the coffee filter.) Look at how the light comes through the coffee filter and shines on the wall. Jesus is like the flashlight and we are like the coffee filter. The wall is like the world. We are the light of the world because people see Jesus through us. We should always do our best to be like Jesus because people see Jesus through us.*

**Through Us:** Give each child a coffee filter and a pair of scissors. Say, *How can we show other people Jesus with our actions?* Allow for answers. *People see Jesus through us when we love them and are kind to them even when they are not nice to us. People see Jesus through us when we help people get the things that we need. And most importantly, others see Jesus when we tell them about how Jesus is a part of our lives.* Show the class how they can use the scissors to make a design in their coffee filter. They should leave the edges intact and not just cut the filter to pieces. When they are finished cutting out a design turn off the lights and shine the flashlight through the filter. They should be able to see the designs that they cut out on the wall. Encourage the children to put this somewhere in their home where they will see it all the time and be reminded that the world sees Jesus through us.

**Salt Pictures:** Give each child a piece of construction paper and some glue. Have them draw a picture with the glue then pour salt over the glue. The salt will stick and make an interesting textured picture. Tell the class that they are the salt (the good) of the earth because Jesus is in them.

**True or False:** If you have enough flashlights, give one to each child. If the statement is true, they turn on the flashlight. If the statement is false they turn the flashlight off.

1. The passage that we read today was Matthew 5:13-16. *True*
2. We are the pepper of the Earth. *False*
3. We are the salt of the Earth. *True*
4. Jesus' favorite food is salt. *False. Or at least it cannot be proved!*
5. We are the salt of the Earth because we have Jesus in us. *True.*
6. Jesus uses people like us to teach the world about himself. *True.*
7. A city on a hill cannot be hidden. *True.*
8. Jesus is like the light of the Earth. *True.*
9. Darkness covers the light and makes it go away. *False.*
10. People see Jesus through us. *True.*

**Salty Snack:** Give the students a salty snack of pretzel sticks. Have them use the pretzels to build stick people. Tell them that they are the salt of the Earth and that they are good because Jesus is in them and He is in them. Encourage them to always act in a way that will show others Jesus.

# Potato Chip Object Lesson (Matthew 5:13) Salt of the Earth

 [ministry-to-children.com/potato-chip-object-lesson-matthew-513-salt-of-the-earth](http://ministry-to-children.com/potato-chip-object-lesson-matthew-513-salt-of-the-earth)

Mimi Patrick

February 16,  
2016



Today I am bringing you another object lesson! This is called the Potato Chip Object Lesson and it's so simple you'll love it. All you need to teach with is a big bag of cheap chips and if you like, mini bags of chips to share with kids during snack time. You will also need a clear glass bowl to dump the chips in. Before class, carefully crush the chips without opening the bag. Hide the mini bags of chips until snack time but put everything else on the teaching table.

## **Let's teach!**

Hey guys! How is everyone doing today? (Let kids answer.) Did everyone have breakfast/dinner before they came to church today? Sometimes I skip and boy do I get hungry. Luckily for me, I have this bag of chips. I think I'll have a quick snack if you don't mind. If I have enough I might even share them with you! (Open the bag of chips and dump the chips in the bowl.) Oh rats! My chips are crushed and now there's nothing here but some potato chip dust. Look! (Pick up some chips to show.) That's not delicious-looking at all. I really wanted to take a big bite and enjoy the munchy-crunchy sensation and my favorite part—the salty flavor. Don't you love that? I know I do. However when the chips are crushed up like this you don't get that salty flavor. It just tastes like dust.

This reminds of something that I read in the bible recently. It's Matthew 5:13. Let's read it together. (I have the NIV bible but you can use any translation.)

*"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot."*

These are the words of Jesus! He says that we Christians are the salt of the earth. That means without Christ-believers in the earth, the earth would not be a very good place. Have you ever eaten food that has no salt in it? It is bland and it does not taste very good but with a dash of salt the whole thing tastes better. As Christians we sprinkle spiritual salt on the earth by following God's laws and being an example to others. We make the earth a better place and that's no joke.

But then Jesus warns us that we can lose our saltiness. And then what good are we? Don't be like these chips! Don't lose your saltiness and flavor! Make the world a better place by loving God and sharing him with others often. You are the salt of the earth!

Read more from Mimi by following her blog at [Tools for Kids Church](#).

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# “Shine Your Light”

Children’s Sermon Object Lesson on Matthew 5:13-20

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## Children’s Message: Shine Your Light

Being Connected to Christ and Sharing with Others

**Main Objective:** Children today are more than familiar with the idea of plugging in, and most understand how important it is to have power supply for electronic devices. This lesson aims to capitalize on that concept with a related discussion of shining our “Christ light” on others, after first receiving a “power charge” from God, to whom we must stay connected first and foremost.

**Law/Gospel Theme:** We are called to shine God’s light onto others in the world, but that light does not come from our own power or ability. We do not give out of our own importance. We shed the light of Christ by first being filled with it ourselves. Because of Christ’s love, life, and death, we have the opportunity to serve Him by loving and serving one another.

**Optional Materials:** A light, lamp, or flashlight; glowsticks (optional)

**Bible Passage:** Matthew 5:13-20

- Compare our [Salt and Light Sunday School Lesson](#)
- Compare our [Preschool Lesson on Salt and Light](#)
- Watch our [example video](#) of this [Bible object lesson on YouTube](#)
- Don’t miss the [“Salt and Light” Craft ideas](#) related to this message
- See more [Sunday School Lessons](#) and [Sunday School Crafts](#)



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# “Salt and Light” Children’s Sermon

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*Note: As with most messages, the details of how you choose to communicate this are adaptable and should cater to timing as well as to your audience and student needs. Use what best suits you and those you teach.*

*Greet the children, and introduce your object: either a battery-operated light (without the batteries at first) or a plug-in lamp that is not plugged in.*

Hello, children of God!

Do you know what this is? (*Hold up light or flashlight*). Yes, this is a light! We’ve talked a little about what lights do. They can shine the way for us to see things, or for others to see. Lights show us what is around us. But you know....this light doesn’t seem to be shining right now. Do you know why??

*(Hopefully children notice that the light isn’t turned on, and/or is not plugged into the wall).*

That’s right! It’s not turned on. Hmm...I clicked it to the “on” position, and it still isn’t turning on. Oh, wait... it’s not plugged into the outlet, is it?? Ah-ha! (*Plug in and turn on, if possible*).

Now it’s working! It had to be plugged into the power!

Did you know that our Christian lives can be this way sometimes? God calls us to be the light of the world. Do you know what that means? It means that God wants us to tell others about Him, and to demonstrate His love to people. In the gospel passage for today, Jesus tells us to let our light shine so that others can now we have something special.

The good news of Jesus is so amazing that we don’t want to keep it to ourselves. We want to share it with other people. We want to let *His* light shine for all to see. We want to light up the whole world with God’s love!



Jesus says to the people here, “you are the light of the world.” But Jesus also said that HE was the light of the world. Our “light” does not come from our own power. This lamp (or flashlight or light) only shines if it is plugged in (or charged, powered, etc.). So our light can only shine if we are connected to the light of Jesus.

We have to be “plugged in” to Him constantly. We have to stay charged by our power source. How do we do that? We can be faithful to read God’s word, the Bible. We can pray, and pray continually. We don’t just pray or read the Bible once in awhile or when we are at church; we can do this all the time!

God always wants to hear from us, and we can ask Him for help in letting the light of Christ shine for all to see. Why don’t we pray for that right now? (*Optional: after prayer, hand each child a glowstick for a fun reminder keepsake.*)

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## Children’s Prayer Moment

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(Have kids repeat each line)

Dear God,

Thank you for the love of Jesus

Help us to understand His words

And to follow them closely

Help us shine YOUR light in our world

Help us to know and serve You and each other

We love you, God!

In Jesus’s name, Amen!



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# Matthew 5:13-20 New International Version (NIV) Salt and Light

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<sup>13</sup> “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

<sup>14</sup> “You are the light of the world. A town built on a hill cannot be hidden. <sup>15</sup> Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup> In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

## The Fulfillment of the Law

<sup>17</sup> “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. <sup>18</sup> For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. <sup>19</sup> Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. <sup>20</sup> For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

[Matthew 5:13-20 NIV](#)



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# Salt and Light!

## Craft ideas related to Matthew 5:13-20

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Be Bright and Salty! Craft Ideas for Shining God's Light and Spreading the Word

Salt and light might be slightly confusing to understand in terms of their relation to the Christian life, but they are fun visuals to apply to crafts! These craft ideas are relatively simple, but provide fun reminders for kids to recall the meanings of the verses. These are highly adaptable, so consider elaborating or minimizing according to the needs and sizes of your group.

[Bible Verses](#) or Craft Captions to Consider...

*You are the light of the world. A city set on a hill cannot be hidden. -Matthew 5:14*

*Let the light of Christ shine for all to see!*

*Add some "salt" to life!*

*Let your light shine!*

*Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit... -Matthew 28:19*

**More "Salt and Light" Activities from Matthew 5:13-20**

- Compare our [Salt and Light Sunday School Lesson](#)
- Compare the [Preschool Lesson on Salt and Light](#)
- Compare our [Matthew 5:13-20 Children's Sermon Object Message](#)
- Get more [Sunday School Lessons](#) and [Sunday School Crafts](#)
- See the [video example](#) of this [Bible craft on YouTube](#)





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# Craft one: “Salt art” (salt drawing)

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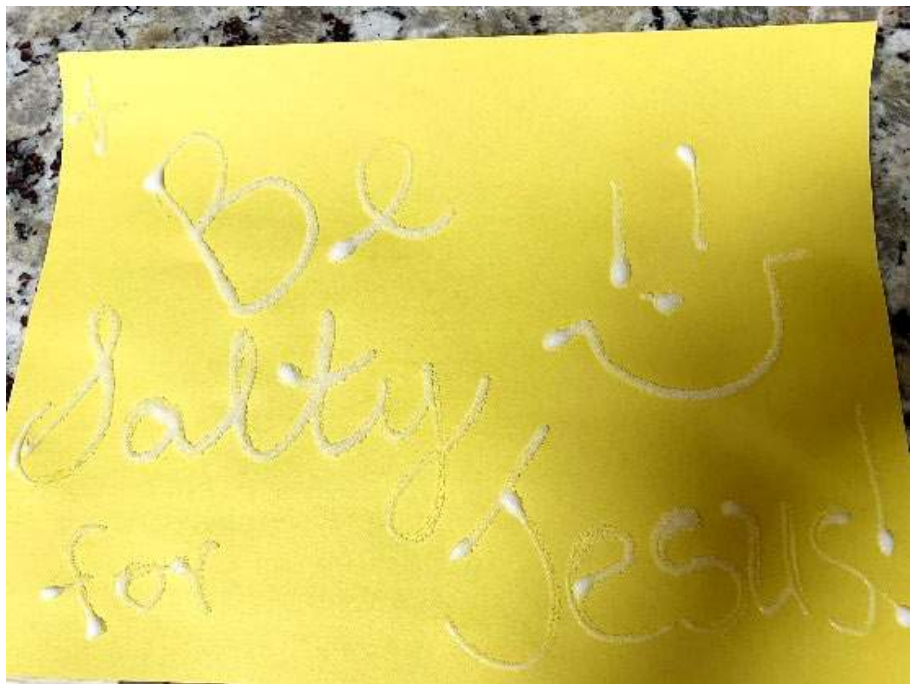
## You will need:

- Paper or cardstock
- Elmer’s glue
- Salt
- Markers or decorating materials
- Verse captions or glitter (optional)



## Procedure:

1. Using markers or colored pencils, have students create images on the paper. These can include verses, words, or phrases, along with fun pictures.
2. Add stickers or other decorations, if desired.
3. Apply Elmer’s glue to the lines of the drawings (or words).
4. Carefully sprinkle salt over the glue lines.
5. Shake off excess and allow plenty of time to dry before attempting to hang or move.



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## Craft Two: “Stained glass light in a jar”

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### You will need:

- Paper or cardstock
- Tissue paper
- Clear jars (Mason jars, baby food jars, jam jars, etc.), washed and dried.
- Glue
- Scissors
- Salt or glitter (optional)



### Procedure:

1. Cut the tissue paper or construction paper into small squares, approximately an inch or so.
2. Spread glue over the jar. This may be easier if a bit of water is added to the glue, and then spread on with a brush.
3. Arrange the tissue or construction paper around the jar, pressing onto the glue
4. Add an additional layer of glue if necessary.
5. Apply salt or glitter to the outside, if desired.
6. Attach a verse caption. If it can be done safely, place a small tealight (or battery-powered light) into the jar to “shine.”





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## *Best Sunday School Curriculum & Resources*

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Let's make Sunday School great again! Here are some of the best resources to help you get started:

1. [Sunday School Lessons](#)
2. [Coloring Pages for Sunday School](#)
3. [Sunday School Crafts](#)
4. [Bible Games for Sunday School](#)



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