

Preschool Bible Lesson: Salt and the Light

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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.