Reflection Sheet

Name: _____

Jesus, the Light of the World

Optional Christian reflection • Ages 3–5 • Five minutes including pauses

0:00–1:00 | Notice light

Show a paper lantern in the normally lit room. Say: “What helps us see where to put our feet? Light helps us see. Today Christians are celebrating Jesus. Jesus said something special about himself.” Read John 8:12 slowly. Explain: “Jesus calls himself the light of the world. He invites people to follow him.” Let children point to the lantern, speak or simply watch.

1:00–2:00 | Following Jesus

Say: “A light helps us find our way. Christians believe Jesus shows us God’s love and helps us learn how to live. Following Jesus means listening to him and learning his way.” Pause and let children mime taking one careful step while remaining beside their seats. Nobody needs to walk in darkness.

2:00–3:00 | A small kind action

Say: “Jesus welcomes children. We can welcome someone too. We can offer a pencil, make room at the table or ask an adult to help a friend.” Invite children to choose one example with a gesture or words. Give them time to think; passing is fine.

3:00–4:00 | A light for our steps

Read Psalm 119:105. Say: “This Bible song says God’s word is like a lamp for our feet. We can learn one good step at a time.” Slowly repeat the three examples, inviting children to pretend to share a pencil, make room or wave to a friend.

4:00–5:00 | Finish calmly

Say: “Christians thank Jesus for being the light of the world. We can keep learning from him and sharing kindness.” Invite a silent moment or optional prayer: “Jesus, thank you for welcoming us. Help us listen and be kind. Amen.” Children may listen without praying. Point to the quiet colouring alternative and explain the next activity.

Reflection Sheet

Name: _____

Jesus, the Light of the World

Optional Christian reflection • Ages 6–8 • Five minutes including pauses

0:00–1:00 | What does light do?

Show the paper lantern and invite two ideas about what light helps us do. Keep the room lit. Read John 8:12. Say: “Jesus uses light as a picture to tell people who he is. Christians believe he brings us God’s truth and life.” Give a moment to notice the words “follows me”.

1:00–2:00 | More than a decoration

Say: “Jesus did not say he was just a pretty light. He invites people to follow him. Christians learn from his words, trust him and practise his way of love. The lantern reminds us of this, but the paper itself has no special power.” Invite a child to explain the difference between a reminder and the person it reminds us of.

2:00–3:00 | Kindness that points to God

Read Matthew 5:16. Explain that “men” here refers to people. Say: “Jesus asks his followers to do good so people give glory to God, rather than showing off.” Offer a scenario: someone is alone at a craft table. Ask what a welcoming action might look like. Allow several answers and time to pass.

3:00–4:00 | One next step

Read Psalm 119:105. Ask: “Why might a lamp show the next step rather than the whole journey?” Explain that reading and discussing the Bible can help Christians choose a next step. Invite children to draw or quietly think of one act of kindness they can try with adult support.

4:00–5:00 | Invitation and close

Repeat: “Jesus says he is the light of the world. Christians follow him and seek to share his love.” Allow a quiet response or an optional prayer: “Jesus, help us understand your words and choose kindness that points to God. Amen.” Welcome questions without putting anyone on the spot. Thank everyone and give the next activity instructions.

Reflection Sheet

Name: _____

Jesus, the Light of the World

Optional Christian reflection • Ages 9–12 • Five minutes including pauses

0:00–1:00 | Read in context

Invite the group to notice what a light reveals and how it guides. Read John 8:12. Explain that Jesus is speaking about his identity and an invitation to follow him. Christians understand “light of life” as life found in Jesus, not a promise that followers never experience hard times.

1:00–2:00 | Discuss the image

Ask: “What is different between admiring a light and following where it leads?” Allow two or three responses, without asking children to disclose beliefs. Say: “Christians seek to trust Jesus, listen to his teaching and live it out. This party uses light as a reminder, without treating an object as sacred or magical.”

2:00–3:00 | Public good without performance

Read Matthew 5:14 and 5:16. Explain that verse 15 uses the image of a lamp giving light in a house. Ask: “How can a helpful action be visible without becoming a performance?” Suggest including an excluded classmate or helping tidy a shared space. Let the group compare options and notice that the passage directs praise towards God.

3:00–4:00 | Guidance for a real choice

Read Psalm 119:105. Offer a fictional scenario: a group chat mocks someone who is not there. Ask what a thoughtful next step could be: refuse to join, check on the person, and seek a trusted adult if needed. Avoid real names. Explain that Christians connect wise choices with learning from God’s word, prayer and trusted support.

4:00–5:00 | Reflect freely

Invite a quiet moment: “What question do you have about Jesus’ words? What kind action could you practise?” Children may write, think or pass. Finish with an optional prayer thanking Jesus for light and asking for wisdom and compassion. Keep the general activity available. Do not pressure anyone to make a public faith commitment.

Reflection Sheet

Name: _____

Bible readings for the host

World English Bible • Public-domain quotations

John 8:12

I am the light of the world. He who follows me will not walk in the darkness, but will have the light of life.

Matthew 5:14

You are the light of the world. A city located on a hill can't be hidden.

Matthew 5:16

Even so, let your light shine before men, that they may see your good works and glorify your Father who is in heaven.

Psalm 119:105

Your word is a lamp to my feet, and a light for my path.

Quotation source and licensing: https://ebible.org/engwebp/ . Activity explanations and prayers are original host scripts. Timings include discussion and quiet pauses; do not rush younger children.