

Lesson 12: Jesus Is the Light of the World

Activities

Cooking Project: “Light of the World” Stained-glass Cookies

Craft Project: Make a “Light of the World” Lantern

Learning Game: Light and Dark

Science Activity: Polar Night

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Cooking Project

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“Light of the World” Stained-glass Cookies

You can use a sugar-cookie mix or the recipe below.

Ingredients

- $\frac{2}{3}$ c. butter, softened
- $\frac{3}{4}$ c. sugar
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 1 egg
- 1 tsp. vanilla extract
- 2 c. flour
- Nonstick cooking spray
- Assorted Jolly Ranchers or Fruit Life Savers (about 4 oz.)
- Also needed: large round cookie cutter or biscuit cutter, aluminum foil, sharp knife, 2 sandwich baggies, and a hammer

Directions

- 1 Beat the butter with an electric mixer. Let the student help you add the sugar, baking powder, and salt. Beat well.
- 2 With the student’s help, beat in the egg and vanilla extract.
- 3 Add flour gradually—beat in as much as you can and then stir in the rest.

- 4 Divide the dough in half. (If it is a warm or humid day, you may need to chill the dough for a few hours to make it easier to work with.)
- 5 Roll out half the dough on a floured surface. The student should help you cut out the large circles with the cookie cutter and place them on a foil-lined baking sheet (spray the foil with nonstick cooking spray). With a sharp knife, cut a rectangle (candle) in the center of each cookie with a tear shape (flame) overtop (these two shapes should not connect). Remove the dough from the cut outs.
- 6 Repeat Step 5 with the remaining dough. Preheat oven to 375 degrees F.
- 7 Ask the student to sort the Jolly Ranchers by color (red, yellow, and blue are good choices). Unwrap them; place the yellow and red pieces into one sandwich baggie, and the blue candies into another.
- 8 Crush the contents of both bags with a hammer.
- 9 Have the student sprinkle the red and yellow pieces in the flame cutout and the blue in the candle cutout.
- 10 Bake at 375 degrees F. for 7–8 minutes or until the edges of the cookie are light brown. Let the cookies cool completely on the foil before you remove them.

Craft Project

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Make a “Light of the World” Lantern

Materials

- 1 clean glass jar, any size (e.g., Mason jar, pickle jar, mayonnaise jar)
- Bottle of school glue
- Construction paper, preferably darker colors (red, dark green or blue) rather than light colors
- Scissors
- Pencil
- Tea light, votive candle, or glow stick

Directions

- 1 Cut the construction paper to be the same height as the jar.
- 2 The instructor should write “JESUS” in large block letters on the construction paper. The letters should be as tall as possible, but the word can be no longer than the circumference of the jar.
- 3 The student should cut out the letters.
- 4 Now have the student glue the paper to the jar. You should be able to see into the interior of the jar where the letters J-E-S-U-S were cut out.
- 5 Let the glue dry. Have the student put the candle or the glow stick inside the jar to light it up. A candle lantern makes a wonderful table centerpiece. A glow-stick lantern is great to put on a bedside table at night. Say to the student, “Whenever you look at the lantern, remember that Jesus is the light of the world.”

Learning Game

Light and Dark

Directions

- 1 Darken the room or blindfold the child. Have a variety of objects for the child to feel and identify. It is best to make them a little tricky. Have the child try to describe each object he is feeling. After the child guesses what it might be, take off the blindfold (or turn on the lights) and have him describe it again while he is looking at it. Ask him if the objects were easier to understand and identify in the dark or in the light.
- 2 If you are at home, try having the child do ordinary tasks without being able to see. For instance, you could blindfold your child and have him try to put toothpaste on his toothbrush and brush his teeth. Or blindfold him before he tries to eat breakfast or before he writes his name or a short sentence. (Yes, some of these tasks will get a little messy since the child can't see what he's doing. That is part of the point, and part of the fun.) Ask him if these things were harder than what he is used to.
- 3 After these activities say, "Was it simpler to do these things in the dark or in the light?" He will probably answer "In the light." Remind him, from this week's lesson, that Jesus is the light who shows us what God is like and what we are supposed to do.

Science Activity

Polar Night

As we learned in the lesson, the Arctic Circle experiences polar night (24 hours of darkness) at the winter solstice. This activity shows the student why this happens. Do this activity at night or in a room with little or no light. Start the activity with the room light on.

Materials

- Globe with lines of latitude
- Lamp with the shade removed (or other small, intense light source)
- Small stickers plus 1 medium-size sticker

Directions

- 1 Say to the student, "This is a globe, a map of the whole world. It is round because the world is round like a ball. The Arctic Circle is a region of the earth above a certain latitude (66 degrees north of the Equator). That means it's the area near the 'top'! Find this area on the globe and put small stickers along the latitude line." (See illustration to the right).



2 Say, “You will see parts of Alaska, Russia, Greenland, Norway, Sweden, Iceland, and Canada rest within the Arctic Circle. The Arctic Ocean is also in the Arctic Circle.” (Show the student the Arctic Ocean.) Say, “Why is it called a circle? If you look at it from the top of the globe, you will see that it does form a circle around the top of the earth.” Show the student the globe from the top to help him see the Arctic Circle from above.

3 Say, “The earth spins along an axis, an imaginary line that runs through the center of the earth. Imagine a spinning top—it spins around its center axis, which is vertical (or straight up and down). The earth spins like a top, but it is tilted just a little bit to the side. Spin the globe. Do you see how it spins? Do you see where the metal pole attaches to the top of the globe? Do you see how it is tilted off to the side a little bit? That shows where the earth’s axis is (we call this location at the top of the earth the North Pole).”

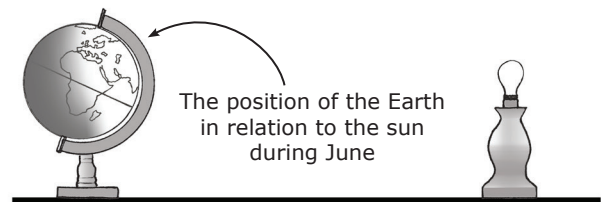
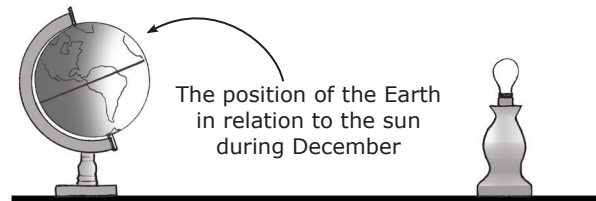
4 Say, “Because of the slight tilt of the earth on its axis, the Arctic Circle sometimes has a whole day and night where it is completely dark. The sun never shines directly on the Arctic Circle in December. Let’s see how this works.”

5 Put the lamp in the center of the room and turn it on. Say, “This lamp will be the sun. Now let’s turn off the rest of the lights.” Put the globe a few feet back from the lamp.

6 Make sure the metal arc that holds the globe’s axis is positioned as far away as possible from the lamp. (The North Pole will be facing away from the lamp; see “December” diagram.) Say, “This is where the earth is positioned in December. Spin the globe while keeping it on that spot of the floor. The earth takes 24 hours to spin around once. Put one big sticker on the middle of Greenland (remember, Greenland is inside the Arctic Circle). Spin the globe again and watch the sticker. Do you see how it is always dark in Greenland during December? During December, the Arctic Circle is in complete darkness for 24 hours—that is called polar night. This is the kind of darkness the lesson was talking about.”

7 Say, “The earth travels in a circle around the sun.” Make a mental note of something in your room (an object or corner that is up high) towards which the top of the metal arc (the North Pole) is pointing. Pick up the globe and walk counterclockwise in a circle around the lamp, keeping the North Pole pointing at that same object or corner. Say, “It takes one year for the earth to go all the way around the sun.” Now go back to where you were in “December.” Then walk one half of the way around the circle, so you are standing in the spot where the earth is in June. The North Pole should now be facing towards the lamp; see “June” diagram.

8 Have the student spin the globe in this new spot in the room, and watch the sticker on Greenland. Ask, “Is it in the light or the dark? Is it ever in the dark when it spins?” Tell the student that during June, there are 24 hours of daylight—this is called polar day, because it only happens around the North and South poles.



Memory Work

Review the Books of the New Testament

Directions

Say to the student: “Let’s review all the books of the New Testament that you’ve learned so far. Remember, the first five books you learned were Matthew, Mark, Luke, John, and Acts. Let’s chant those together three times.”

(Together, three times): Matthew, Mark, Luke, John, Acts.

Say, “Then we learned about the letters that one of Jesus’ messengers, named Paul, sent to different groups of Christians. There were nine of them: Romans, First and Second Corinthians, Galatians, Ephesians, Philippians, Colossians, First and Second Thessalonians. Let’s chant those together three times.”

(Together, three times): Romans, First and Second Corinthians, Galatians, Ephesians, Philippians, Colossians, First and Second Thessalonians.

Say, “Now let’s say all of those together.”

(Together): Matthew, Mark, Luke, John, Acts, Romans, First and Second Corinthians, Galatians, Ephesians, Philippians, Colossians, First and Second Thessalonians.

Coloring Page

The Sun Rises After a Long, Dark Night

In today’s lesson, Jesus talked about light and darkness. Have you ever seen the sun rise? Have you seen the way it lights up everything that was dark before? In this picture, the sun is rising in the Arctic, in the northern part of the world, after weeks where there has been mostly only darkness.



John 8:12