

BIBLE LESSON FOR FAMILIES

Exploring How We Can Be Lights In A Dark World

Scripture: John 3:5-8, Matthew 5:14-16, 1 Timothy 2:1-4

Bible Points:

- When we accept Jesus' gift of salvation, we receive the Holy Spirit
- The Holy Spirit helps us to be a light in a dark world

Activity Overview: We intentionally provided more material than we would expect to be used in a single "Family Night" session. You know your family's unique interests and life circumstances best, so feel free to adapt this lesson to meet your family members' needs. Short and simple is usually better.

1. Hair Dryer Science: Learn about the role of the Holy Spirit
 - a. Supplies: ¼ full roll of toilet paper, blow dryer, dowel rod, Bible
2. Light in the Dark: Make candies "spark" and learn how to be a light in the world
 - a. Supplies: Wintergreen LifeSavers (or similar candies), Bible

WARM UP:

Open with Prayer: Begin by having a family member pray, asking God to help everyone in the family understand more about Him through this time.

Say: *Today we're going to learn how the Holy Spirit helps us to be light in a dark world.*

ACTIVITY 1: HAIR DRYER SCIENCE

Point: When we accept Jesus' gift of salvation, we receive the Holy Spirit

Place the ¼ roll of toilet paper on a dowel rod so the paper is positioned to unroll from the top side facing away from you. Have a volunteer turn on the hair dryer and slowly lower its air stream until it is just above the top of the toilet paper roll. The paper will begin to unroll without a direct flow of air. (Fun fact: this is an example of Bernoulli's Principle which answers the question "why do airplanes fly? This is also an opportunity to talk about the wonderful creativity of God's creation.)

Discuss: After enjoying the flying toilet paper, gather family members together and discuss the following questions:

- *What caused the paper to unroll?* (The air from the hair dryer.)
- *How do you know the air caused it?* Could you see it? (I just know; no, I couldn't see it, but I believe that's what did it.)

Read aloud John 3:5-8 and then have family members summarize what Jesus said about the wind.

Share: *When we accept Jesus as our Savior, we are given an invisible gift – the Holy Spirit! We cannot see the Holy Spirit, just as we cannot see the wind and couldn't see the air from the hair dryer. But just as the air unrolled the toilet paper, the Holy Spirit works in ways we don't understand. And just as we saw the effects of the air on the paper roll, we can see the effects of the Holy Spirit in our lives.*

ACTIVITY 2: LIGHT IN THE DARK

Point: The Holy Spirit helps us to be a light in a dark world.

Read together Matthew 5:14-16 and then have family member consider and discuss these questions:

- *What does it mean to be a light in the world?* (To do good things that others will see; to be a friend; to act like Jesus; to trust that God is in control in uncertain times; to help others in need.)
- *How easy or difficult is it to be a light?* (It's hard sometimes when other people pressure us to do something wrong; it's hard sometimes to trust God and not worry when things are uncertain; it's easy, because I want to do the right thing.)

Share: Have family members share about when it's been difficult to "let their light shine." This would be a good opportunity to talk about the recent developments with the COVID-19 Virus. Then read aloud 1 Timothy 2:1-4 and help family members discover that prayer helps us to live lives that are godly and that trust God and His promises—lives that allow us to shine in the darkness.

Popcorn Prayers: Take time for "popcorn prayers" with your family. Have family members each pray brief prayers, asking for God's help with a particular struggle or with an uncertain situation. Then give everyone a LifeSaver and go together into a dark room (such as a closet or bathroom). Have family members face each other and chew their LifeSavers with their mouth open. Watch as the "sparks" come out of their mouths from the crunching of the candies. As you enjoy the spray of sparks, pray for your family to continue to be lights in a dark world – to spark with God's love so others can see.

Wrap-Up: Gather everyone in a circle and have family members take turns answering this question: *What's one thing you've learned about God today?*

Close in Prayer: Allow time for each family member to share prayer concerns and answers to prayer. Then close your time together with prayer for each concern. Thank God for listening to and caring about us. It's a good idea to record your prayer requests so you can refer to them in the future as you see God answering them.

Adapted from Heritage Builders Family Night Tool Chest