

**Lesson Plans that Work**  
**Year A – Fifth Sunday after Epiphany**  
**Lesson Plans for Younger Children**

**Scripture: Matthew 5:13-20**

*Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord.*  
(Book of Common Prayer, page 378)

Accept the light we have received and shine it forth! It is not about shining the light in other's faces, blinding them, but holding the light in open hands.

**A Notation for This Week's Gospel**

Called to be salt! Who we choose to be, seasons our community; and what we focus upon, casts light. The call: don't just do something, Be!

**Theme: Let your Light Shine**

**Before:** A salty snack is called for. If you can get a box of unsalted saltine crackers AND a box of salted, that would be great. Otherwise pretzels or something similar.

You will also need a box of salt, a roll of plastic wrap (or some plastic bags cut into 4 or 5 inch squares), and transparent tape. If you choose the option, you will need colored construction paper, crayons, white glue, wipes or wet paper towels for clean up.

**Beginning:** The song "This Little Light of Mine" can have this verse added as the children sing:

This little light of mine, I'm gonna let it shine.  
Shine like Jesus shows me how (holding the candle up in the air)  
I'm gonna let it shine.

**Praying:** Show us, God, what you want us to do to help Jesus. Amen.

**The Story:** Lots of people were sitting on the side of the hill listening to Jesus. So Jesus looked right at them and said: You are the salt of the earth: the earth is a better place because you are here. You are the light of the world. You help people see that God loves all of us. Keep on doing the things you know are good. I will keep on helping you do the hard things.

**Activity:** Show the children the snack you have brought them. (If you were able to get the saltines, invite them to taste the ones without salt first. Then give them the salted. Ask them what the difference is.)

Ask the children what foods they like to sprinkle a little salt upon. If someone in your family likes to put salt on something odd, share that with the children (example: salt on watermelon). Ask them why they like to put salt on some foods.

**Option: Creating with salt**

Give the children sheets of construction paper and crayons. Give them access to the white glue and small piles of salt. Invite them to create a picture. The salt can be sand on a beach, or simply texture for the pictures. You will need to make provision for clean up before the next activity. If they cannot go wash up with warm water and soap, provide either wipes or wet paper towels.

**Getting Closure:** Sing the song “This Little Light of Mine” one more time.

**Closing Prayer:** Thank you, Jesus, that we, too, are salt of the earth for you. Amen.

*Printed by the Office for Formation and Vocation Ministries of the Domestic and Foreign Missionary Society, 815 Second Avenue, New York, N.Y. 10017.*

*© 2013 The Domestic and Foreign Missionary Society of the Protestant Episcopal Church in the United States of America. All rights reserved.*