

Jesus “I AM” Week 4 – The Light of the World

Ready (*Plant the seed*)

“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”
-John 8:12

Set (*Get the conversation started*)

“And God said, “Let there be light,” and there was light. God saw that the light was good, and he separated the light from the darkness” Genesis 1:3-4. From the very beginning of scripture, the beginning of creation, we see the powerful symbol of light as goodness. We have been learning about the many ways Jesus tells us that He is God in the book of John. This time, Jesus tells us that he is the light of the world. Have you ever been in the dark—really dark where you can’t see anything, not even your hands in front of your face? You have to go so slowly and you stretch out your arms to feel around you. It’s a little scary when we can’t see. Can you think of something in our lives that the darkness represents? Yes, sin! Just like how light is the opposite of dark, God is the opposite of sin. He is so perfect, no darkness can penetrate His light. Now can you picture yourself in a light that bright? That would be too much for us. Scripture tells us that when Moses came down from Mount Sinai he shined from the presence of God and wore a veil for a little while. When Jesus tells us that he is the light of the world, he doesn’t mean a literal light; he did not glow like Moses. His light was spiritual. The light of Jesus came to guide us in the darkness of sin. When we give our lives to Jesus, He is our light in the darkness.

As an athlete, knowing that Jesus is your light in the darkness should give you confidence to play boldly. Paul writes to Timothy, “For God did not give us a spirit of fear and timidity, but of power, love and self-discipline” (1:7). Power, love and self-discipline are important characteristics of Christian athletes. Be a bold light for others by playing your best powerfully every time. Show love to your teammates by supporting them and to your opponents by playing fairly and being a good sport. Show self-discipline by practicing to develop your craft, even when you would rather play video games. Every time you step out on the court this season, be an example of Jesus’ shining light in the darkness.

Grow (*Take it away*)

- Has there ever been a time when you were so scared that you couldn’t find a way out of your situation?
- Why is it important for others to see the light of Jesus in us?
- How will you shine the light of Jesus on the court this season?

Pray

God, we thank you for sending Jesus to be our light in the darkness. We know that sometimes we get so scared in the dark and forget to turn on that light, thank you for that reminder today. Help us to grow with you and show others what your light can do. In Jesus’ name we pray, Amen!

Overtime (*Optional Reinforcement Activity*) **Blindman dribble**

Materials: basketball for each group of two players

Directions: Line groups up on sideline with their ball. They will be moving across the gym to make it to the other side.

Say: “If I told you to close your eyes and dribble across the court, we would have a lot of chaos and probably some injuries. It’s just not safe. It is hard to concentrate on dribbling and where you are moving, especially if you can’t see. So, you will have a light in the darkness. One of you will be the guide, the light, he will direct you across the court with your eyes closed. Choose now who will that will be. Great!”

When they are ready, tell them to have their guide walking with them to get them to the other side with their eyes closed. They must dribble across. The first team across wins. You can then allow them to dribble back with their eyes open.

Say: “Was it easier when you could see where you are going? Yes! Remember that Jesus is your light in the darkness and to keep your focus on him as you move through life.”