

Come Follow Me

NEW TESTAMENT 2019

LIGHT THE WORLD ACTIVITY

Matthew 5; Luke 6

Matthew 5:14-16 teaches us that we're a "light of the world." We are instructed to not hide it, but let it "so shine before men." Here's a simple activity to aid in the discussion of what it means to be a "light of the world:"

Materials: flashlights, candles, lighters, glowsticks, tealights, or other sources of light

1. Read Matthew 5:14-16 as a family.
2. Turn off the lights so you're in a dark room.
3. Ask how we can be a light for others. For each idea, turn on one flashlight, light one candle, etc. This could also be a great opportunity to reflect on the outcomes of your Light the World participation back in December.
4. When all of the light sources are on, talk about what a difference all of the light made in the previously dark room.

Resources for discussion:

- D&C 103:9-10
- ["Be a Light to the World"](#) by President Thomas S. Monson
- ["He Asks Us to Be His Hands"](#) by Sister Cheryl A. Esplin
- ["Taking upon Ourselves the Name of Jesus Christ"](#) by Elder Robert C. Gay
- ["Try, Try, Try"](#) by President Henry B. Eyring
- ["Service"](#) section in LDS Media Library

*You could also do the Candle Making Activity from the week of January 7–13 in Third Hour's Come Follow Me section as you discuss how to be a light of the world.