

## **Inspired Session – with Sue Wilson: 5.45-6.30**

### **Introduction:**

*Have a collection of various light sources – candle; bulb; torch; picture of sun etc. **In groups of 3** share stories of when you needed to use them and the difficulties you had without them e.g. power cuts; camping at night; even how life is dreary when the weather is dull etc. Discuss briefly the importance of light to daily life.*

### **Bible Reflection:**

You are the light of the world. A town built on a hill cannot be hidden.  
<sup>15</sup> Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup> In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.  
*Matthew 5: 14-16*

*Read the passage through: keep on powerpoint while they discuss*

Just as we *are* the salt of the earth, we *are* the light of the world.  
We don't need to strive to be light; as followers of Christ it is what we are.  
We are the light of the world because Jesus is the light of the world.  
The light of Christ fills our lives as we put our trust in him.

***In groups of 3** discuss how aware are we of the benefit of the light of our lives to those with whom we interact?*