



Have fun learning and playing  
with your preschooler!

## Activity

### Follow the Light

#### What You Need

Headlamp (or a super bright flashlight)

#### What You Do

Move the light around the room and encourage your child to follow it. Stop at several different places and encourage your child to run to the light when it stops. Each time the light stops say one of the 'Say This' phrases below. Repeat several times.

During the activity say, "I have a light, and I am going to move the light around the room. I want you to follow the light! When the light stops, I want you to run to the light! Are you ready? (*Do the activity.*)"

#### Say This:

- "Say this with me: 'God is good!'"
- "Let's say our memory verse: 'Jesus answered, (*hands by mouth*) 'I am (*point up*) the way and the truth and the life,' (*march*) John 14:6.' (*Open hands like a book.*)"
- "Who can help you do everything? Jesus can help me do everything!"

After the activity say, "That was awesome! Our Bible story teaches us that Jesus can help us be a shining light that shows everyone that God is good! When we choose to help others, say kind words, and share what we have, we are like a light that shines God's goodness in the world. When Jesus is our friend forever, He can help us show God's goodness! Tell me, who can help you do everything? Jesus can help me do everything."

### Bible Story

City on a Hill  
(Matthew 5:14-16)

### Remember This

"Jesus answered, 'I am the way  
and the truth and the life.'"  
John 14:6, NIV

### Say This

Who can help you  
do everything?  
Jesus can help you  
do everything.

## Prayer

"Dear God, thank You for being the way, the truth, and the life. Help me to be a shining light that shows everyone that You are good. I love You. Amen."