

'LIVING AS CHILDREN OF LIGHT'

FACILITATOR GUIDE

IN THE LIGHT



For you were once darkness,
but now you are light in the
Lord. Live as children of light...

Ephesians 5:8 (NIV)



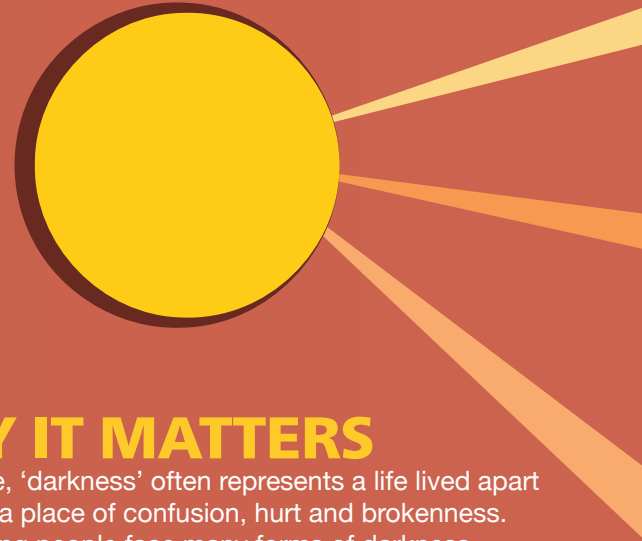
PREAMBLE

This document has been prepared to guide and inspire our celebration of the International Day of Children and Young People 2026 under the theme 'In the Light'. It reflects our shared vision that every child and young person would know their identity as loved and chosen by God, living as light in the Lord. Rooted in Ephesians 5:8 – 'For you were once darkness, but now you are light in the Lord. Live as children of light' – this resource seeks to equip leaders, families and communities to help children and youth embrace a life that shines with hope, truth and love.

As you engage with this material, we encourage you to be sensitive towards **children and young people with Special Educational Needs and Disabilities (SEND)**. Illustrations and examples can and should be adapted where necessary to ensure that every individual can participate meaningfully and experience the joy of being valued and included.

This document provides practical ideas, biblical insights and interactive elements to encourage all ages to live as light-bearers, transforming their homes, schools and neighbourhoods for God's glory.

IN THE LIGHT



WHY IT MATTERS

In the Bible, 'darkness' often represents a life lived apart from God; a place of confusion, hurt and brokenness. Today, young people face many forms of darkness, both around them and within wars, climate anxiety, bullying, gossip, loneliness, depression, addiction and the constant pressure of 'not being good enough'.

But the good news is that Jesus is the light of the world. He not only calls us *into* the light, but says that *we are* light when we follow him (Ephesians 5:8). This is not just about avoiding bad things; it's a deep identity shift. It calls us to turn away from darkness around us and also confront the darkness within. It's about becoming agents of transformation in the world around us. God invites us to join his mission of healing and restoring his world, starting right where we are.

The Bible gives us inspiring examples of young people being light. Think of Samuel, who was just a little child when he first heard God's voice (1 Samuel 3). Though young, he listened, responded and became a beacon for many, showing what it means to live in the light and speak truth.

Or think about the young boy with five loaves and two fish (John 6:9). He didn't have much, but he offered all he had. Jesus used it to feed thousands. This simple act of generosity shows how young people can spark hope and light the way for others to see God's care in action.



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SERMON/TALK STRUCTURE

1. Start with a Visual or Object Lesson

- **Idea:** Bring a flashlight/torch or a lantern into a darkened room (or use a box to create darkness).
- **Explain:** Darkness makes it hard to see, and we can bump into things. Light helps us to see clearly and stay safe. Lighthouses help ships to not crash into land.
- **Connect:** Paul says we used to live in darkness (not knowing God, making wrong choices), but now we are light because of Jesus.

2. Explain the Verse Simply

- **Darkness = life without God** (selfishness, hurting others, fear).
- **Light = life with Jesus** (love, kindness, truth).
- When we follow Jesus, we shine his light in the world.

3. Make it Practical

- **Kids:** How can you shine Jesus' light at school or home (e.g., sharing, helping, being kind)?
- **Adults:** How can you shine light at work or in your neighbourhood (e.g., honesty, forgiveness, caring for others)?
- Use a Bible character or a person in local history that was an example of light, being a beacon to others.

4. Interactive Element

- Give everyone a glow stick or small light and say:
'This reminds us that we are light in the Lord. Wherever we go, we can shine for Jesus.'

5. Key Takeaway

'We were in darkness, but Jesus made us light. Let's live like children of light every day.'



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SERMON/TALK IDEA

'Good morning/afternoon/evening everyone! Today, we're going to think about something very important that Paul wrote in the Bible:

"For you were once darkness, but now you are light in the Lord. Live as children of light..."

That sounds beautiful, doesn't it? But what does it mean? Let's find out together.'

(Dim the lights or use a box to create darkness. Hold a flashlight.)

'Imagine you're in a completely dark room. You can't see where you're going. You might bump into things or get hurt. Darkness makes life confusing and scary. Now watch what happens when I turn on this light... (Switch on the flashlight.) Suddenly, you can see! Light helps us to find the right way.'

(Optional Illustration)

Another good example are lighthouses, which typically sit on the edge of the coast and flash light to indicate the location of the shore. Some lighthouses flash in a particular way to identify a specific location. The classic lighthouse structure often involves a light source and a Fresnel lens. This special lens has been cut to concentrate light and focus it in one direction. Often called 'the invention that saved a million ships', this lens requires constant care and upkeep.

Because of their fickle nature, most lighthouses have lighthouse keepers. These people would check for light operation, carry out repairs and would be a resource for emergency response to sailors in need. Lighthouses shine a bright and direct light to ships to communicate where the sea may be rocky, they provide guidance on where sailors are located, and they share the hope that the safety of shore is nearby. The job of a lighthouse is not simply to illuminate the dark, but to use the light to signal a safe way to shore.

The theme verse of this celebration is Ephesians 5:8, which says, 'Live as children of light'. It is a good reminder to us all that while we celebrate our children and young adults, we are all children of God and therefore called to live as children of the light. Today, we are going to be exploring how, like a lighthouse, we are called to reflect the light of God to signal a better way of living to others.

Let's connect to the verse:

'Paul says that before we knew Jesus, it was like living in darkness. We didn't know God's love, and we often made choices that hurt ourselves and others. But when we follow Jesus, he brings light into our lives. We can see clearly how to live.'

- **Darkness = life without God** (selfishness, fear, hurting others).
- **Light = life with Jesus** (love, kindness, truth).
'When we trust Jesus, we become light in the Lord. That means we can shine his love wherever we go.' We can be like lighthouses.

(Engage both kids and adults.)

- **Kids:** 'How can you shine Jesus' light at school or home?'
(Possible answers: share toys, help someone, say kind words.)
- **Adults:** 'How can you shine light at work or in your neighbourhood?'
(Possible answers: honesty, forgiveness, caring for others.)

'Every small act of kindness is like turning on a light in someone's darkness.'

(Use a Bible character or a person in local history who was an example of light, being a beacon to others.)

(Hand out glow sticks or show a candle.)

'Take a look at this glow stick. It shines in the dark. That's what we do when we live like Jesus – we shine his light in the world.'

'Paul says: "You were once darkness, but now you are light in the Lord."'

So let's remember: Jesus has made us light. Let's live like children of light every day.'

Closing Prayer

'Lord Jesus, thank you for bringing light into our lives. Help us to shine your love wherever we go – at home, at school, at work. Amen.'