

JESUS IS OUR LIGHT

VISUAL AIDS

- > Lamp or lighted candle.
- > Candle shape cut-outs.

WELCOME AND PROCLAIM THE GOSPEL

Say/sing together:

**Praise to you, O Christ, our Saviour.
Lord, fill our hearts
with the light of your Gospel.
Praise to you, O Christ, our Saviour.**

A reading from the Good News
given to us by John.
Glory to you, Lord.

One of the teachers, called
Nicodemus, came to Jesus by night.
He believed in Jesus, and wanted to
know more about him.
'Lord', he said, 'I know you are sent
by God - how else could you work
the signs that you do?'
Jesus replied,

DISCUSSION

Who came to see Jesus?
Why did he come at night?
- because many of the Jews were
hostile to Jesus.

What did Jesus tell him?

What kind of people like the dark?
Why?

And which do the children prefer,
light or dark?

Remind the children of their
baptism, at which they were given a
candle and asked to keep the light of
Christ burning brightly in their lives.

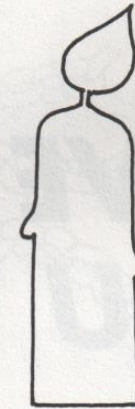
SHARING

Encourage the children to imagine
and talk about what the world
would be like without light and
colour.

Are any of the children scared of the
dark?

Do they like being out at night?

Today we have a story about a man
who came to see Jesus in the night.



**I have been sent into the world to
save it.**

**No one who believes in me will be
condemned, but whoever refuses to
believe will be condemned.**

I am the light of the world.

**Though the light has come into the
world many have shown they prefer
the dark.**

**That is because they want the dark to
hide their wickedness.**

It is only wicked people and liars
who prefer the dark to the light.
Those who live by the truth live in
the light.'

This is the Gospel of the Lord.
Praise to you, Lord Jesus Christ.

ACTIVITIES

- > Give out the candle shapes.
- > Have the children renew their
baptismal promises:
'I promise to keep the light of
Christ burning brightly in my life.'
- > Have the children write or draw
on them what they will do next
week as a sign that the light of
Christ is burning brightly in their
lives.