



National Youth Sunday 2026

Light Within Us, Matthew 5:14-16

Children's Story

by Kayleigh Chapman

Today's scripture is Matthew 5:14-16. It talks about how you are the light of the world and how you shouldn't hide that light. Inside of everyone there is a light. So today, we're going to talk about the light within each and every one of you!

When you light a candle or turn on a light it lights up a room and clears away the darkness. In a way, we are like that light. We can use the good things that we do and say to light up the world around us.

The light within us can be very powerful, and it has the ability to change someone's whole day for the better. Someone you know could be having a bad day, what are some ways that you could "light up" their day? *(Possible example: smiling as you walk past someone, holding the door open, giving a complement, listening to them, etc.)*

(In this part you could get electric candles or another source of light and have them cover up the lights to make it dark around the light.)

You can all see how the area around the candle is dark right now right?
Ok so what do you think would happen if we took our hands off and uncovered the light? *(Leave time for answers after both questions.)* **It makes the area that was dark light back up again.** *(Have the children put candles back away.)*

What we have learned today is that light makes things brighter. Our light is a little bit different because it can't physically light something up – but it can light things up in different ways. Maybe it is by lighting up someone's day or by using your kind hearts and good deeds to light up the world. *(You can include other examples that may have been given before.)*

Let's pray together.

Dear God, thank you for all the ways you've shown us how we can use the lights within us. Please continue to show us when and how to use our lights for good. We hope that you continue to teach all of these children how to use their light from you instead of hiding it! Amen.