

# True Light!

By RLD Editorial Team

for use as  
**STEP 1**

**Lesson 8****Focus:**

Can you tell the difference between light and darkness?

**Lesson 8****Bible Basis:**

Ephesians 5:6-17

**Lesson 8****Memory Verse:**

For you were once darkness, but now you are light in the Lord. Live as children of light. —Ephesians 5:8

**Students will see how artificial light competes with the true light of God’s love.**

**Materials:**

- Internet access

When artificial light—such as in a major city—interferes with natural light, “light pollution” occurs. Among other effects, the blocking of natural light disrupts ecosystems and impacts human health. Artificial light also affects the view of starlight from a night sky. This is illustrated in the following video, showing the night scene from different locations at various levels of light pollution. As you share this video with your students, call out ways that artificial light disrupts animals, people, and the environment.

Play the following video for your students [2:59]:

Light Pollution 101 | National Geographic

[https://www.youtube.com/watch?v=V\\_A78zDBwYE&feature=youtu.be](https://www.youtube.com/watch?v=V_A78zDBwYE&feature=youtu.be)

- **Do you find the effects of artificial light surprising? Why or why not?** (Accept all reasonable answers.)
- **What effect of artificial light were you most surprised by?** (Answers will vary.)
- **What other “lights” (such as truth, God, celebrities, influencers) might affect us?** (Accept all reasonable answers and be prepared to share an example. Some may refer to the Bible or Christ as a light. Others may think of a famous person who uses their influence as an artificial light. Don’t yet ask them to delineate the real versus artificial light.)

**In a way, light pollution keeps us in darkness, allowing us to forget what’s up above that we can’t see. The artificial light of a city can block out the true light of the night sky, much like artificial lights in this world block out the true light of Christ. As believers we must learn to discern the difference and live as children of Light.**

(Continue on to Steps 2 and 3 in your teacher’s guide; your Step 4 appears below.)

Lesson 8 / January 23, 2022

# True Light!

for use as  
STEP 4 

Lesson 8

**Focus:**

Can you tell the difference between light and darkness?

Lesson 8

**Bible Basis:**

Ephesians 5:6-17

Lesson 8

**Memory Verse:**

For you were once darkness, but now you are light in the Lord. Live as children of light. —Ephesians 5:8

**Materials:**

- Index cards (1 per student)
- Pens/pencils (1 per student)

If your class is meeting online, invite your students to bring a pen/pencil and index card with them to class.

**Earlier we learned that some of the artificial light we use on the ground negatively affects our ability to see the true light coming from the sky.**

- **Has there ever been a “light” or guiding force in your life that you later found to be artificial?** (Accept all reasonable answers. Students may have examples of bad advice or false friends. Others might see through the messages from movies or magazines telling them who they “should” be. Others may have found that things like popularity or retaliation are not all they are cracked up to be.)
- **How can we discern false lights from God’s true light?** (Accept all reasonable answers. Essentially, if it matches up with Jesus’ character and the testament of Scripture then it is reflective of God’s true light.)

**When we turn off false lights, we not only see the true light more clearly, but we see the darkness more clearly, too, and the contrast between the two.**

Hand out index cards and permanent markers to your students. If your class is meeting online, invite them to have those items ready. **Spend a few minutes asking God to illuminate your path and help you to walk in it. Pray that you would know the difference between dark and light and choose to live in the light of God’s love.** Encourage students to write a reflective prayer and identify any false lights keeping them from seeing His true light.

This week, challenge your students to take time to dim the false lights of their lives to look up to the true lights.

Close in prayer.

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