



Week Three Challenge Instructions

The "I am" statement for week three is "I am the light of the world." Light is important to everything we do. We need light to see how to walk and read and do almost all activities. Light makes most of our activities easier to accomplish. In the same way, we need Jesus in all that we do. Jesus calls himself the light of the world as a way to teach us that he can lead and help us in many ways just like light helps us in the dark. The Cumberland Kid Challenges this week will remind you of the importance of light and Jesus in your life.

You are invited to share what you are doing with the Cumberland Kid Challenges by taking a picture or short video while you and your family are doing the challenges. Ask an adult to help you upload a photo or video to social media using: #CumberlandKidChallenge

Here are the Steps to participate:

- Watch the Cumberland Kid video each week on the Discipleship Ministry Team Facebook Page or at www.cpcmc.org - go to the menu under Resources click on Cumberland Kid Challenge or on Youtube by searching CPC Ministry Council.
- Download the weekly challenge instructions each week. Supplies you will need are listed at the top of each challenge. If you don't have all the supplies for one of the challenges - don't worry! There are plenty of challenges to choose from each week.
- Choose the challenges you would like to do and make a plan when to do them. Some challenges are created for you to do by yourself (Cumberland Kid), other challenges you need a couple people to do the activities with you (Group Challenges), some of the challenges will help you to dig deeper into thinking about why Jesus said these things about himself (Digging Deeper). All the challenges are created for you to learn more about Jesus and have fun while you learn.

Week Three Challenge Activities:

I am the light of the world. - John 8:12

Cumberland Kid Challenges

The Cumberland Kid challenges are personal challenges that you can do without help from anyone. They will help you think about the ways that Jesus can be like a light in your life.

Light Acrostic

Supplies: paper and pencil or marker

A good way to remember that Jesus is the light of the world is to create an acrostic using the word "light." Write the word "light" vertically down the side of a piece of paper. Next, write a word or sentence about Jesus horizontally beside each letter, using the letter as the first letter in the description.

For example: L - Loves all people

I

G

H

T

Flashlight Memory Verse

I am the light of the world. - John 8:12

Supplies: flashlight, word cards, tape

Cut out the word cards that include all the words to the memory verse and a few extra words. Shuffle the cards. Using tape that is safe to use on a wall, randomly tape the words on a wall or down a hallway or on the floor. Turn off the lights. Use a flashlight to spot the words. When you spot a word that is not a word in the memory verse - remove it. When you have removed all the words you believe do not belong, turn on the lights and see how you have done. The only word cards that remain should be the memory verse and Bible reference.

(Note: For non readers or early readers use the printed Bible verse to match the words to the memory verse.)

Praying in the Light

Supplies: flashlight

During the day, look outside your window or go for a walk in your yard and look purposely for the things you are thankful for. You might see roads, sidewalks, blooming flowers, trees, birds singing, neighbors, and more. At night, do the same. You will need to turn on a porch light or use a flashlight. Some of the things you see when using a light at night might be different than the things you saw during the day. Pause to say a prayer of thanks for all the things you were able to see in the light of day and all the things you were able to see using a light at night. There is so much to be thankful for!

Group Challenges

Group Challenges are challenges that you will need to have one or two other people to do the activities with you. This week the Group Challenges will be fun activities with light, which will help you remember that Jesus is the light of the world like a light that leads us.

Flashlight Tag

Supplies: flashlight

This is a fun game to play in the yard at night time. Or, you can play in your house with the lights off. One person is chosen to be "it" and is given a flashlight. Everyone else gets to hide in the yard and wait to be found. The person who is "it" uses the flashlight to find everyone who is hiding. The first person to be found becomes "it," and the game starts over again.

Light Bulb Thank You

Supplies: Light bulb card template, crayons, pencil, scissors

This lesson is about how Jesus is like a light that leads and helps us in the dark. There are helpers in our communities that do this as well. Think of at least two persons that you have noticed sharing their light and being helpful to others. Print the lightbulb handout, which will make two cards. Fold in half vertically, then horizontally. Cut across the horizontal fold to create two cards. Decorate the front of the card with crayons or colored pencils. Inside the card, write a note to this person telling them how they have been helpful. You can mail your card or leave the card on the person's doorstep for a fun surprise.

Shadow Puppets

Supplies: lamp or flashlight and the shadow puppet handout

Turn on a lamp or flashlight. Use your hands to form shapes on the wall. Your hands need to be between the light source and a bare wall for the best shadow puppets. See the sample hand positions to create a variety of shadow creatures. See if you can come up with your own. Create a story to share with your family using the shadow creatures you have created.

Digging Deeper Challenges

Digging Deeper Challenges will help you dig deeper into what Jesus said about himself. This week's Digging Deeper challenges are fun activities to help you learn more about light through science experiments and craft projects that will be a reminder that Jesus is the light of the world.

Lantern

Supplies: paper, crayons or markers, scissors, tape or glue, battery operated tea light

Print the pattern for the lantern on a 8½ by 11 piece of paper. The pattern has lines running horizontally. You can use white or color printer paper. After printing, turn the paper so that the lines are vertical with the long side of the paper running horizontally. You can draw or color a design on the paper using markers, colored pencils, etc. Next, fold the paper in half horizontally, so that it is now 4¼ by 11. Cut the lines that were originally on the pattern, being careful to stop where the lines stop. Don't cut through the edges. After you finish cutting, open up the paper and roll it into a cylinder, and slightly overlap the two 8 ½ inch sides. Use tape or glue to attach them. You could add a battery powered tea light under the lantern.

Light Refraction Experiments

Supplies: clear bottle, water, flashlight, small piece of paper, tape, sink or bowl, pencil or marker, clear glass

Experiment 1: Fill a clear bottle with water. Go into a room with low light. A bathroom with a sink would be great, but a large bowl will also work. Hold a flashlight so that light is shining up through the bottle. Keeping the flashlight in place (the most difficult part of this experiment), pour water into your cupped hand over the sink or bowl. You will see a small circle of light in your palm. The darker the room, the more visible the light.

Experiment 2: On a small piece of paper, draw one arrow pointing to the left and one arrow pointing to the right. Attach the paper to the wall. Find a clear bottle or glass with no design or pattern on them. Fill the glass with water. Slowly move the filled glass in front of the note with the arrows. Watch what happens to the arrows. The arrow pointing left suddenly points right, and the arrow pointing right will point left.

Tin Can Light

Supplies: tin can washed and without label, water, towel, tack or small nail, hammer, battery operated tea light

Fill a clean tin can with water and freeze it. Doing this first will keep the can from denting when you hammer the design. Once the can is frozen, place it on your workspace with a towel to absorb condensation. You might need to use two steady objects, one on each side to keep it from rolling. Next use a tack or small nail and a hammer to make holes in the can. You can do a design or make random holes. It may help to dot out your design on paper and then hold it on the can as you hammer. Once your design is finished, let the ice melt. When the ice has melted and the can is dry, carefully place a battery operated tea light inside the can and enjoy seeing the light shine through the holes.

Thank you for participating in "I AM a Cumberland Kid Summer Challenge"!

I

AM

THE

LIGHT

OF

THE

WORLD

JOHN

8:12

LOVE

VINE

GOOD

SHEPHERD

BREAD

LIFE

PEACE

HOPE

GOD

answer key:

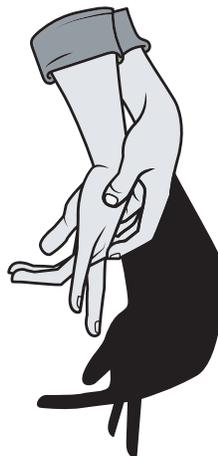
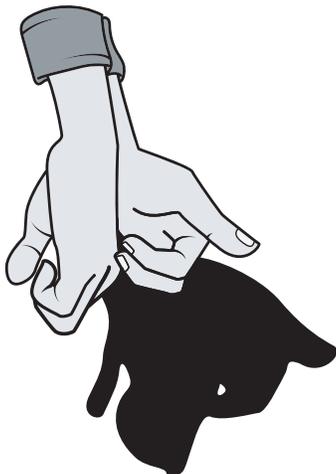
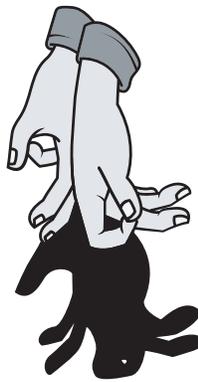
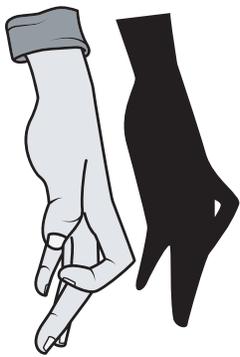
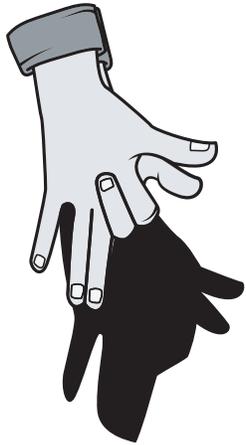
I AM THE LIGHT OF THE WORLD JOHN 8:12



FOLD



FOLD



the
I AM
of
the
World

Do not cut beyond dash line



Do not cut beyond dash line

fold