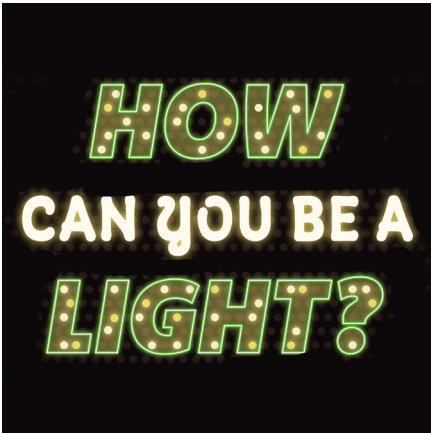


Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

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August
2026

Week Five
3rd-6th Grade



Day 1

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Matthew 5:14-16

If you have a physical Bible, grab a highlighter (yellow, if possible). If you use a Bible app, grab a sheet of paper too, and start by writing out Matthew 5:14-16.

Then read through Matthew 5:14-16, again, and highlight anytime you read the word light.

It's clear from reading this passage that light is important to God. In our everyday lives, we use light to see things better—and when we shine God's light, others can see God better!

Day 3

Grab a flashlight, turn off some lights (but keep it light enough to be able to read) and every time you say the words “light” or “shine,” turn on the flashlight for a second.

Then turn it off until you say the next “light” or “shine.”

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**Dear God,** thank You for being a light in my life. I want to shine Your light to show others how great You are. Please help me shine by loving You and loving others, and help me let Your light shine through me for all the world to see. In Jesus' Name, I pray. **Amen.**

## Day 4

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### You can shine God's light!

That's right, YOU! Sometimes it can be hard to know how to shine God's light though.

Grab a sheet of blank paper, a book or something else you can press down on, and a writing utensil. Draw a lightbulb onto the blank paper. Inside the lightbulb, write down some of the ways you can shine God's light. After you've written 2-3 things, find 2-3 people, either family members or friends, and ask them to share a couple of ways that you can shine God's light.

Then cut out the light bulb and hang it somewhere you will see it every day to remind you that You can shine God's light!

## Day 5

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### How can you be a light?

Recruit a friend or family member to help you. Gather up as many light sources as you can—different size flashlights, a phone light, a head lamp, a candle (with an adults' supervision), and any other light sources you can find.

Find a room large enough where the other person can turn on the lights and aim them at a wall, and you can see the wall, but not the light source. Turn off the lights and have your friend or family member turn on the lights one at a time and point them at the wall. As they shine each light, guess out loud which light source it is.

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There are a lot of ways to be a light—both literally and as someone who follows God. Take the lightbulb full of ideas from yesterday and use it as a guide during the coming weeks to shine God's light in different ways.

