



## Future-proofing our children

Sunday School Class 1

Lesson Title

Light and darkness

# A Parent's Guide

## Sunday School Home Schooling



# Dear Parent

Welcome to the “**Light and darkness**” Sunday School 1 lesson.

This document provides you with a minimum guide on how to present the lesson.

## How to prepare and present the lesson

Below are some tips on how to go about preparing and presenting the lesson:

Step	Action
1.	<p>Access the New Apostolic Church Website by keying-in or clicking on the following link from WhatsApp:</p> <p><a href="https://bit.ly/3NACSSHS">https://bit.ly/3NACSSHS</a></p>
2.	<p>Gather the following tools to ensure that you are ready for the lesson:</p> <ul style="list-style-type: none"> <li>• Bible</li> <li>• The PDF lesson that is already prepared</li> <li>• Child’s workbook and pencils, crayons, etc.</li> <li>• The Video Clip which is an additional optional resource tool</li> </ul> <p><b>Note:</b></p> <p>2.1: An ideal time preferably to present the lesson is after the Sunday morning service in line with the normal Sunday School time to maintain the routine.</p> <p>2.2. Please keep the lesson as concise as possible, bearing in mind the retention span (to focus on the lesson) of our children – you know your child best. <i>Sunday School normally does not exceed 45 minutes.</i></p> <p>2.3: The lessons are class specific (i.e. SS, RI or Confirmation).</p> <p>2.4: Please contact your SS teacher if you need any of the above resources.</p>
3.	<p>Pray (see the prayer at the end of this document) and ask God to use you as a tool to present the lesson the way He would want us to present it.</p>



# Present a Sunday School Lesson at Home

## How to prepare and present the lesson

We continue to share some tips on how to go about preparing and presenting the lesson:

Step	Action
4.	Create a pleasant (disturbance free) learning environment where you and the children are at the same level <i>Example:</i> Sit on the mat or at a table
5.	Read through the lesson. Re-read the lesson so that you understand it. Watch the video clip of the lesson to get a better understanding of the lesson.
6.	Make notes for yourself on important points that you would like to remember.
7.	Understand the objective of the lesson that your child must remember.
8.	Present the lesson to your child by telling the story. You can even read the story if you like.
9.	Show your child the video and recap on the meaning/purpose of the lesson.
10.	Refer your child to the activity in the child's workbook.
11.	Pray, or ask your child to pray and close the lesson.

## Available tools in terms of Home Schooling

Herewith some tools to enhance the quality of the lesson:

1. WhatsApp chat the lesson with another Sunday School 1 family.
2. Discuss with other parents to obtain clarity regarding the lesson before it is presented.
3. Feel free to conduct (do) your own research for additional (extra) information.
4. Contact your congregation Sunday School Coordinator and Teacher for additional information.



# The Lesson

<b>Lesson Title</b>	Light and darkness
<b>Text</b>	Genesis 1:1-19
<b>Lesson Objective</b>	The children discover that God is the Creator of all things visible and invisible. They marvel at the miracle of light.

## Lesson Summary:

- A long, long time ago God created heaven and earth.
- Earth had no form and it was empty, with no plants, no animals and no humans. It was covered with water and completely dark, it was pitch-black. Sounds scary.
- On the first day God said: "Let there be light"- and there was light.
- He separated the light from the darkness and called the light day and the darkness night.
- At the end of the first day God was very happy, because he saw that the light was good.
- On the second day God separated the heavens from the earth.
- The sky was created and with it the wind and the clouds. He called the sky heaven.
- On the third day God gathered all the water on earth together in one place so that the dry earth became visible.
- He called it land and sea.
- He also created plants and trees, mountains and landscapes.
- On the fourth day God created a big light for the day time and a small light for the night time. He called it sun and moon.
- From that day, the sun is used to tell us when it is night time and when it is day time. We can therefore count the days of the year and identify which season it is.
- The moon together with the many, many stars that God created, light up the sky at night. God was very happy with everything that He created.



## What does this lesson mean for us today?

- We are all sometimes afraid of the dark, because it is not easy to see and we feel lost, especially when we are alone.
- When we call out to mommy or daddy, they will switch on the light and we immediately feel safe when we can see what is going on around us.
- God created the sun, the moon and the stars. He has made the light which we need for life, to see during the day and at night when it is dark.
- We are grateful to God for these lights.
- God even knew that after a long day of hard work we would need to rest and so he created night. When we sleep, we get new energy and it helps us to grow big and strong.
- We can use the stars to figure out what direction we're going and it helps us to recognise our surroundings and find our way in the dark.
- The sun gives warmth and energy. We need sunlight to stay healthy.
- **God also created a light for our souls.**
- Jesus Christ is this light.
- With Jesus in our life, we do not have to be afraid of the dark any more. He is always with us.
- I'm sure you will agree that the light created by God is truly a miracle.

## Some questions that we can ask

1. **Have you ever had a frightening experience in the dark?**  
*Answer: ask child to explain*
2. **Why were you frightened?**  
*Answer: ask child to explain*
3. **What lights did God create?**  
*Answer: sun, moon, stars.*
4. **Who is the light of your soul?**  
*Answer: Jesus Christ.*
5. **Why don't we have to be afraid of the dark anymore?**  
*Answer: Jesus is our light and He is always with us.*



## **A Prayer for Daddy and Mommy to pray before the lesson:**

*Dear God, thank you for this day*

*Bless all parents and children*

*May we feel your presence*

*Bless the lesson we will have*

*Please teach us how to serve you*

*And help us to do your will*

*So that we grow closer to you*

*Send Jesus to fetch us*

*And may we be ready to meet Him – Amen*