

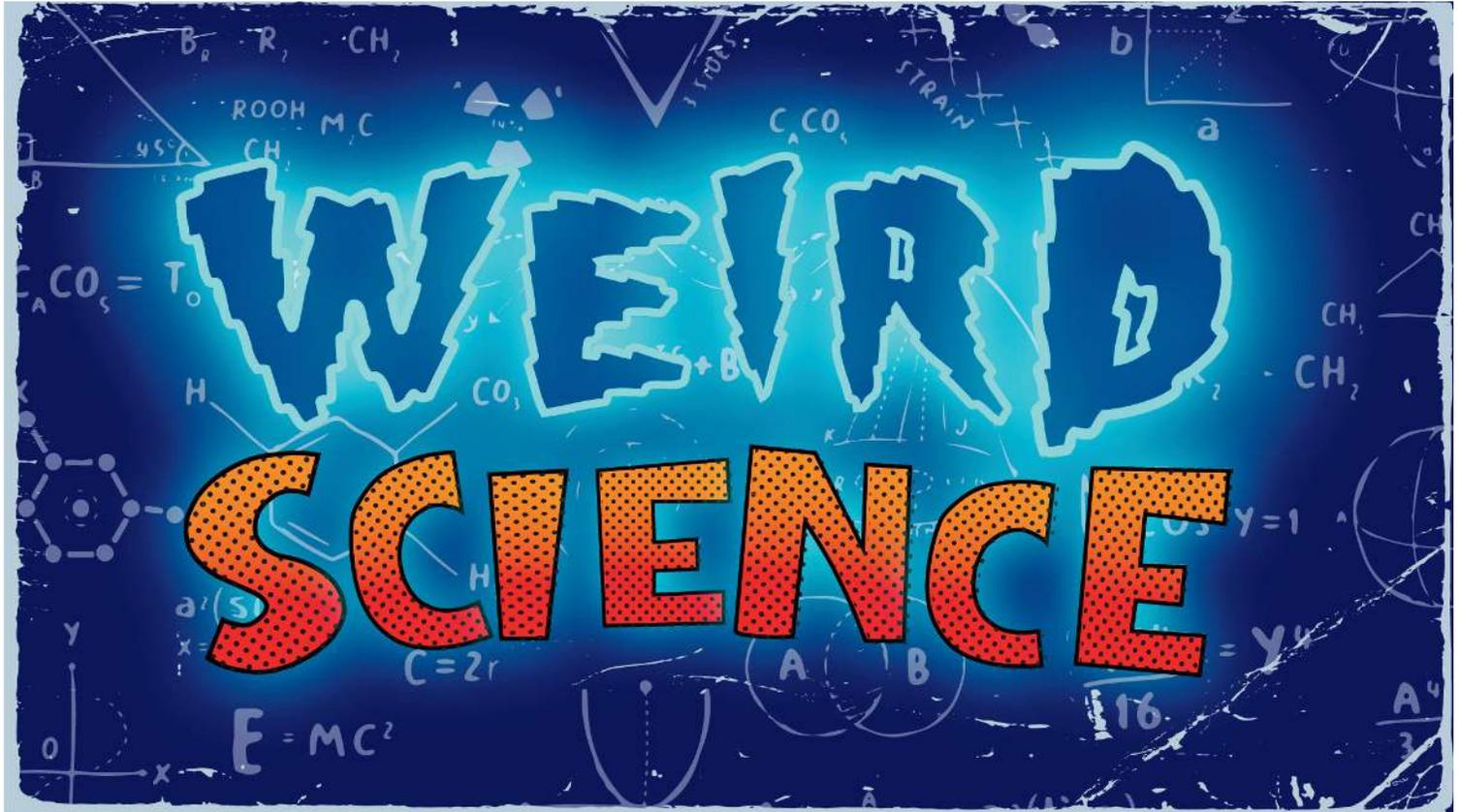


Kids Club

Leader Guide

Mar Week 4

Mar. 22, 2026



Series Overview

Brace yourselves for the ultimate in Weird Science! In this series, we're taking Jesus' mind-blowing parables and turning them into the craziest, coolest experiments ever! Come along with us as we show kids how faith can be fun as we explore the teachings of Jesus.

Each session is a wild ride full of laughter, surprises, and 'Whoa, that's awesome!' moments. So, grab your curiosity and join us for a super cool journey where the Bible comes alive in the most unexpected, totally epic ways.

Lesson Overview

Lesson 2 explores new, exciting concepts! Within this lesson, we explore The Parable of the Lost Son in Luke 15:11-32. Children discover the science of buoyancy, chemical bonds, and changes in matter. These experiments point to the truth that we, who were once lost, can become found because of God's love. To tie it up, these totally fun experiments lead children to learn that despite our sin, God gives us everything we need, all because He loves us.

Lesson 4:

Shine Bright, Flavor Right! – Matthew 5:13-16, John 6:35

Bottom Line:

We are God's plan for the world.

Memory Verse (Series):

"Jesus replied, 'I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.'" John 6:35

Schedule

1. Welcome & Connection (10 minutes)

Kids check in, play together, and connect with leaders. Encourage older kids to include younger ones. Give prompts for questions the teacher can ask to build relationships. Lessons 2-4: review the previous lesson's take home challenge.

2. Group Gather & Bible Focus (10 minutes)

Short lesson with Scripture and discussion. This should be very engaging, with lots of opportunity for movement and kids participating.

3. Review & Practice(10 minutes)

Practice engaging with Scripture from lesson and series memory verse.

4. Prayer & Worship Group Activity (15 minutes)

Reinforce the truth that God has a plan through creative, hands-on and meaningful discussion. Ideally kids are working in pairs or groups. Either a game, craft, or other activity. Incorporate a prayer or worship practice.

6. Wrap-Up & Structured Free Play (10 minutes)

Review the main point, play together, and give a take-home challenge.

SUPPLIES

1. Welcome & Connection

- Items for structured free play
- Upbeat worship music (playlist or speaker)

2. Group Gather & Bible Focus

- Bible (leader)
- Phone flashlight
- Non clear bowl (large enough to cover flashlight)
- Salt shaker

3. Review & Practice

- Bible (leader)

4. Prayer & Worship Activity

Per child:

- 1 clear plastic cup with lid (half filled with salt)
- 1 small cup of popcorn kernels

For prep:

- Large container of salt
- Bag of popcorn kernels
- Spoon or measuring cup
- Distribution table

Welcome & Connection (10 min)

As kids arrive, invite them into free play (coloring, games, playdoh, Legos, etc.). Actively coach older kids to notice younger kids and invite them into what they are doing. Play upbeat worship music as kids play/create.

We are so glad you are here today. Over the past few weeks, we have been learning how Jesus changes our lives and gives us what we need. Today we are going to learn something surprising about salt and light. Jesus says something powerful about who we are and why we matter.

Last week we talked about coming back to God when we mess up and remembering that He welcomes us home. Who remembers our challenge from last week? Did anyone try it?

Connection Prompts:

- What is your favorite food to put salt on? Why does it make it better?
- Have you ever been in a room that was completely dark? What did that feel like?
- What helps you feel brave when something feels scary?
- Have you ever helped someone and it made their day better? What happened?
- If someone described you in one word, what do you hope they would say?

Give a two minute warning before transition.

Group Gather & Bible Focus (10 min)

Supplies: Phone flashlight; Non clear bowl; Salt shaker

Keep items nearby but out of sight until used.

Today we are learning from something called the Sermon on the Mount. In Matthew 5, Jesus is teaching people what it looks like to follow Him. Then He says something surprising.

Open your Bible to Matthew 5 and show kids.

Listen carefully to the first sentence of Matthew 5:13.

Read Matthew 5:13a.

"You are the salt of the earth."

Turn to someone near you and say, "You are salt."

Let them respond.

That sounds strange. Why would Jesus call people salt?

Hold up salt shaker.

In Jesus' time, salt was valuable. It preserved food. It made things taste better. It kept things from going bad. Salt changed whatever it touched.

Sprinkle a small pinch into the bowl.

Salt does not sit there quietly. It affects everything around it.

Invite kids to rub fingers together like sprinkling salt.

When Jesus says we are the salt of the earth, He means that when we follow Him, our lives should affect the world around us. We make a difference.

Read the full Matthew 5:13.

Clarify carefully:

Jesus is not saying we lose value if we mess up. He is saying that if we stop living the way He teaches us, we stop making an impact. Salt is meant to be salty. Followers of Jesus are meant to live differently.

Now transition to light.

Then Jesus says something else. Listen to Matthew 5:14–16.

Read verses 14–16.

Turn off main lights briefly if possible.

What happens when a room is dark?

Let kids answer.

Turn on phone flashlight and hold it up.

Even a small light pushes back darkness. Darkness cannot stop light. Light always wins.

Place flashlight under bowl.

Can you see it now?

Remove bowl and lift flashlight high.

Jesus says we are not supposed to hide the light He has put in us. We are meant to shine. When we obey Him, love others, tell the truth, forgive, and serve, we shine.

Invite movement:

Everyone stand up. When I say something that shines light, raise your hands. When I say something that hides light, crouch down.

Call out:

- Telling the truth
- Lying
- Including someone
- Ignoring someone
- Praying for a friend
- Making fun of someone

Review & Practice (10 min)

Gather kids in a seated circle with Bibles nearby.

In Matthew 5, Jesus told us that we are the salt of the earth and the light of the world. That means we matter. God uses us to show His love and truth to others.

Salt changes whatever it touches. Light pushes back darkness. That means our choices matter more than we think.

Quick Movement Review (4–5 minutes)

Have kids stand.

When I say something that acts like salt and light, take one big step forward. If I say something that hides your light, take one step backward.

Call out:

- *Praying for a friend*
- *Ignoring someone who is alone*
- *Sharing your snack*
- *Making fun of someone*
- *Telling the truth*
- *Lying to stay out of trouble*
- *Helping without being asked*
- *Complaining constantly*

After several rounds:

Look around. When we choose to shine, we move forward. When we hide our light, we step back from what God created us to do.

Ask and allow brief responses.

1. What are simple ways we can be the salt of the earth this week?
2. Guide toward prayer, kindness, honesty, inviting someone in, encouraging others.
3. What does it look like to let your light shine at school or at home?
4. Why do you think Jesus chose salt and light as examples?
5. How does knowing we are God's plan change the way we live?

If we are God's plan, then what we do every day really matters. Let's see one more picture of what that can look like.

Group Experiment: Salt Lift

Supplies: Clear plastic cups with lids; Salt; Popcorn kernels; Dixie cups; Table for distribution

Prep: Fill clear cups halfway with salt and seal with lids.

Put measured popcorn kernels in separate cups for easy pouring.

Set up distribution table before class.

Distribute one salt cup and one kernel cup per child.

Today we are going to see how salt can affect what is around it. Carefully take the lid off your salt cup and pour your popcorn kernels in. Now close the lid tightly.

Pause to ensure lids are secure.

Now shake your cup. Shake it hard for five seconds. Ready? Go.

After shaking:

Now gently tap the side of your cup and watch closely.

Allow kids to observe kernels rising to the top.

Do you see the kernels rising? The salt is helping lift them. Something small is changing something bigger.

Keep explanation simple and accurate:

When we shake the cup, the salt moves around the kernels and helps push them upward. Salt may look small, but it makes a difference.

Jesus says we are like salt. That means even if we feel small, we can lift others up. We can encourage. We can help. We can bring truth and kindness into hard places.

God does not plan to send someone else to show His love. He chooses us. We are God's plan for the world.

Have kids repeat:

We are God's plan for the world.

Prayer & Worship Activity (15 min)

Have kids pair up.

Turn to your partner and share one place where it can be hard to shine your light. Maybe it is at school, with a sibling, or on a team.

Give 1–2 minutes to share.

Then guide prayer:

Now take turns praying one simple sentence for your partner. You can say, "God, help them shine at school," or "God, help them be brave." Keep it simple.

Walk around and support pairs.

After a few minutes, bring them back together.

Before we finish, let's take one quiet moment. Close your eyes. Think about one person you could lift up this week. Ask God to help you shine for them.

Pause briefly.

Close in prayer:

God, thank You for choosing us to be salt and light. Help us lift others up. Help us shine so people can see You. Use us this week. Amen.

Wrap-Up & Structured Free Play (10 min)

As kids arrive, invite them into free play (coloring, games, playdoh, Legos, etc.). Actively coach older kids to notice younger kids and invite them into what they are doing. Play upbeat worship music as kids play/create.

Today we learned that Jesus calls us the salt of the earth and the light of the world. Salt changes what it touches. Light pushes back darkness.

That means our lives matter. The way we speak, act, and treat people shows others what God is like.

God is not waiting for someone else to shine. He chooses us.

Suggested Discussion Questions:

- What does salt do?
- What does light do?
- What does that tell us about how we should live?

Bottom Line Review:

Have kids say together: **We are God's plan for the world.**

Weekly Challenge:

This week, choose one person to encourage every day. It could be a friend, sibling, parent, or teacher. Say something kind, pray for them, or help them without being asked.

When you do, remember: you are shining. You are being salt. You are part of God's plan.

Closing Prayer:

God, thank You for choosing us to be salt and light. Help us make wise choices. Help us lift others up. Give us courage to shine this week so people can see You. Use us as part of Your plan. Amen.

Optional Closing Game: Glow Tag

Have kids spread out in the room.

Choose one child to be "It." That person represents "darkness."

Everyone else represents "light."

When someone is tagged, they must freeze in place.

To unfreeze them, two other players must gently tap them on the shoulders and say together: "Shine bright!"

Explain:

Light spreads. When we help each other shine, more light fills the room.

Play for 3–4 minutes.