

## GOD AND ME

Lesson Twenty-Two

GOD IS....

I AM...



MY RESPONSE...

THE LOVE OF THE CROSS



JESUS CHOSE THE CROSS BECAUSE HE **LOVES** US!

AND



HIS RESURRECTION GIVES US THE **POWER** TO CHOOSE TO LOVE HIM!

“The message of the cross seems foolish to those who are lost and dying.  
But it is God’s power to us who are being saved.”

1 Corinthians 1:18

“I pray that the God of our Lord Jesus Christ, the Father of glory, may give you  
a spirit of wisdom and of revelation in the true knowledge of Him.”

Ephesians 1:17



### GOD SAID, "I AM WHO I AM"



### THE FIRST "I AM" Exodus 3:14-15

*God said to Moses, "**I am who I am.** This is what you are to say to the Israelites: '**I am** has sent me to you.'"*

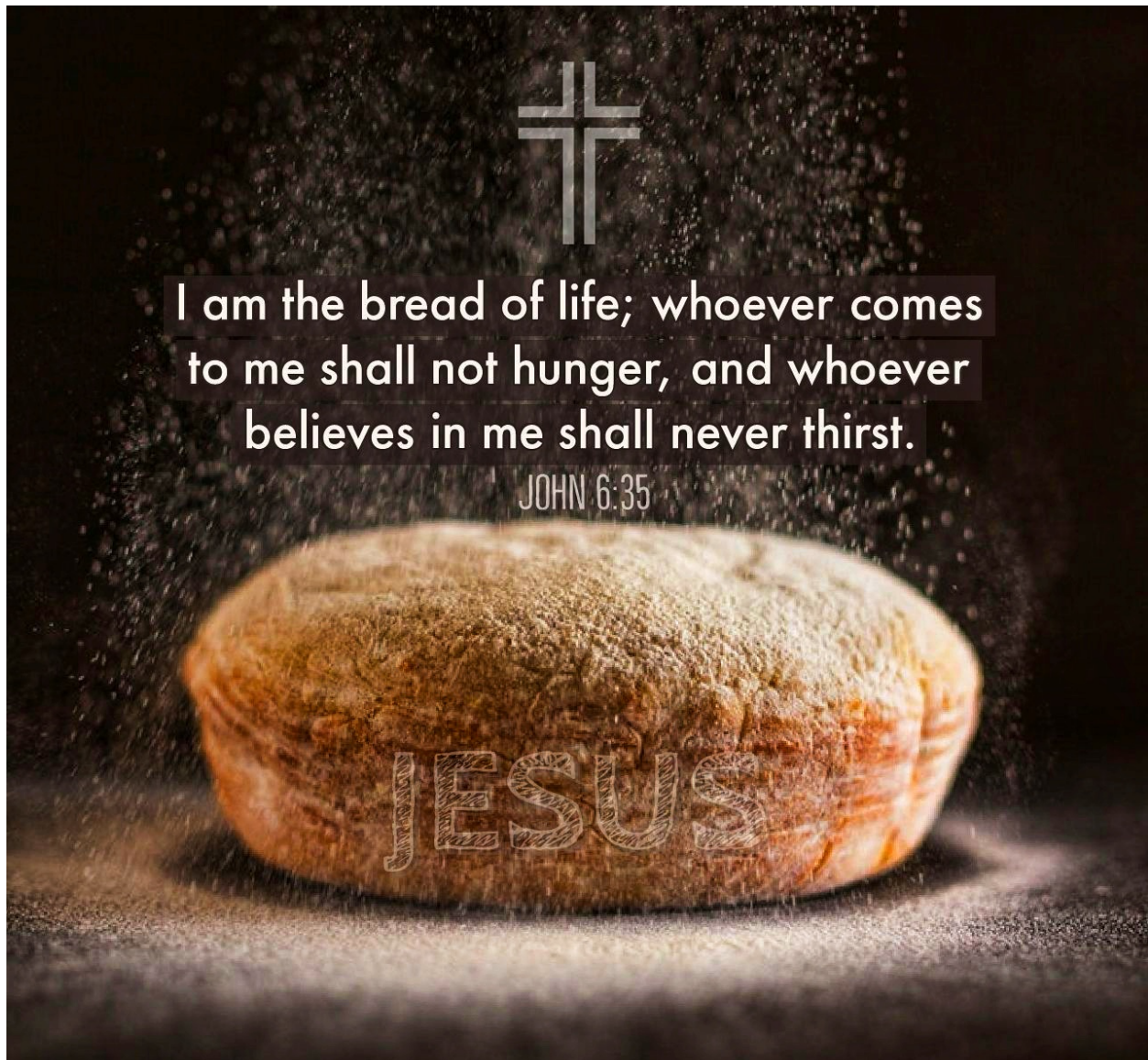
*God also said to Moses, "Say to the Israelites, 'The Lord, the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.'*

***"This is my name forever,  
the name you shall call me  
from generation to generation."***

This is the first time in the Bible when God calls Himself, **"I AM"**  
Through the season of Lent, we are going to learn about Jesus calling Himself by  
the Name of God: **"I AM"!**



In The Last Lesson We Discovered That:  
Jesus said, **“I AM the Bread of Life”** John 6:35



Just like real bread is yummy to our taste buds, feels good in our tummy,  
and gives us energy to keep going -  
JESUS is the good bread from heaven that keeps our spirits going forever.

We're going to learn another BIG thing that Jesus said about Himself!

## Jesus said, **"I AM the Light of the World"**

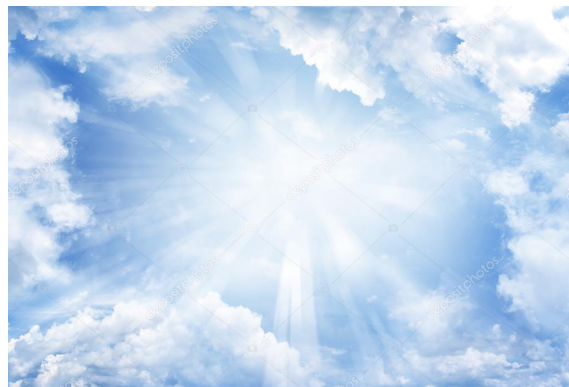
John 8:12

### Have You Ever Felt Afraid In The Dark?



Don't be embarrassed to admit it! Sometimes the dark can be scary! Sometimes even adults don't feel safe when we can't see where we're going, or we can't see what is around us.

### Have You Ever Felt Afraid In The Light?



That's a little silly to think about, right? Who would be afraid of the light?  
But Jesus' friend, John, wrote this in his gospel:

*"This is the verdict:*

*Light has come into the world, but people loved darkness  
instead of light because their deeds were evil.*

***Everyone who does evil hates the light,  
and will not come into the light for fear that their deeds will be exposed.***

*But whoever lives by the truth comes into the light,  
so that it may be seen plainly that what they have done has been done in the sight of God."*

John 3:19-21



**Who is the light that this scripture is talking about?** *Jesus!*

**What is the darkness that the scripture talks about?** *Sin, or the bad things that we do, is the darkness.*

**Does what John wrote help you understand why people would be afraid of the light?**

*Sometimes when people sin and do bad things, they want to hide from other people and hide from God*

**Do you remember what Adam and Eve did in the Garden of Eden with fig leaves after they sinned?** *Covered their bodies, hid from each other.*

**Do you remember what else Adam and Eve did in the Garden of Eden after they sinned?** *Hid from God.*

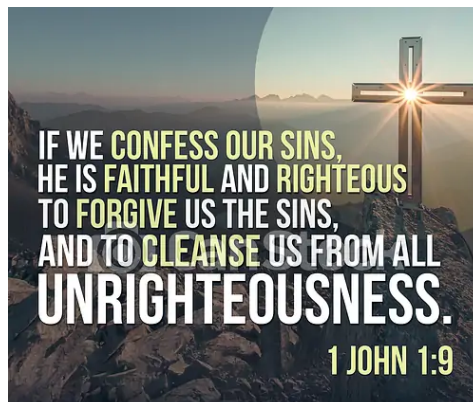


### **Do You Like People To Point Out When You Do Bad Things?**

I sure don't! It doesn't feel good! When I sin or do something I'm not proud of, I sometimes like to hide in the darkness. We all want people to think we are good.

Sin causes us to not only hide from each other, but just like Adam and Eve sometimes when people sin and do bad things, they want to hide from Jesus – Who is the light!

**But Jesus knows that if we can bring our sin into the light (or confess our sin to Jesus), we can become better and not sin anymore! That sounds like a WAY better way to live to me!**



Think about this:

**Have You Ever Taken A Cookie When You Were Told Not To?**



**OR Taken Something From A Brother Or Sister That Wasn't Yours?**

**OR Maybe You Told A Little Lie To Get Out Of Being In Trouble?**

**OR Didn't Study Enough So Cheated On A Test?**



These things are all sins that we can get stuck in. Even adults can get stuck in sin!

When we want to do something, we know is wrong, in that moment, it's easy to just think it would feel better just to get that extra candy or lie to keep from getting in trouble.

Now think back again:

**Did You Get Caught?**

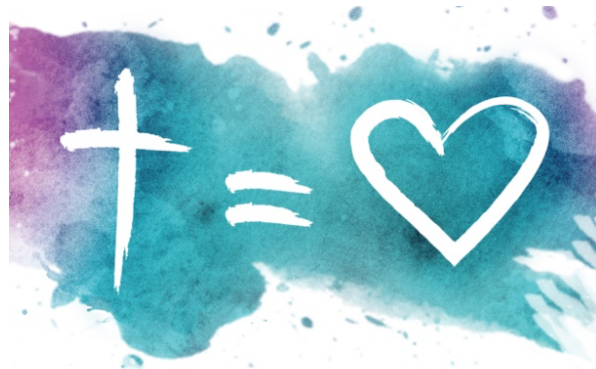
Sometimes we do, sometimes we don't.

But either way, we don't feel good about ourselves after.

People who are **not** followers of Jesus often like to sin until they get caught.

They like to live in the darkness.

**BUT...**



If you believe that Jesus loves you so much that He chose to die on the cross for you and you choose to love Him back and follow Him, then you will not like to live in darkness and sin. You will not be afraid of the light because you will trust that Jesus has a better life for you!

*When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

John 8:12

**Have You Ever Been In A Bad Storm And Had All The Lights Go Off In Your House?  
Or Maybe You've Been Camping Where There Are NO Lights?  
Does A Flashlight Help You Feel Safe?**



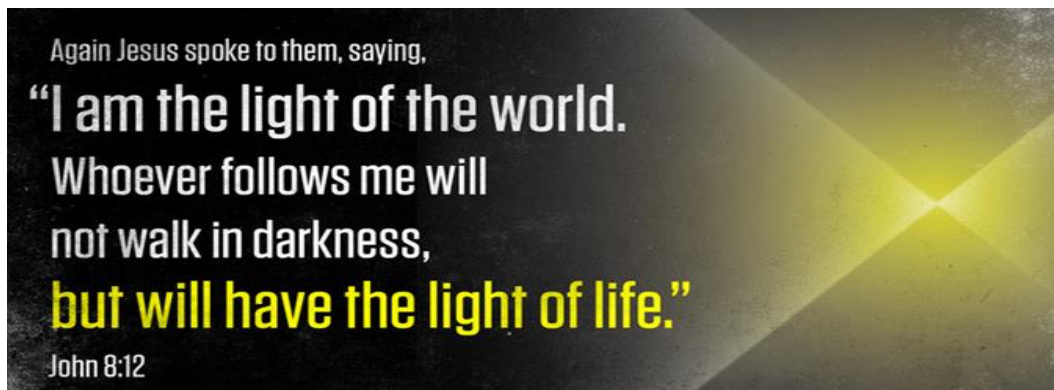
The flashlight helps us to see in the dark. It produces light.

Jesus does the same for us! He shows us how to find light and goodness in our lives.  
Jesus wants to help us to keep away from sin.

**He shows us a better way!**

**FOLLOWING JESUS OUT OF DARKNESS IS THE BEST WAY TO LIVE**





When John wrote the life story of Jesus that we now call the Gospel of John, he explained that the life of Jesus was like a light to a dark world, and that the darkness can never put that light out. What wonderful news! Jesus is that light.

**JESUS said, I AM the Light of the World.**

He is saying that He is the only one that can light up our lives,  
and lead us out of darkness.

**So, I am Guided Out of Darkness**

**What Darkness Do We Face?**

The darkness we face is not the darkness that comes when the sun goes down.  
The darkness we face is our own sin (those bad things we talked about earlier).  
**That’s the most important thing to know in all our lives: Jesus Christ is the light  
that leads us out of the darkness of our sin.**

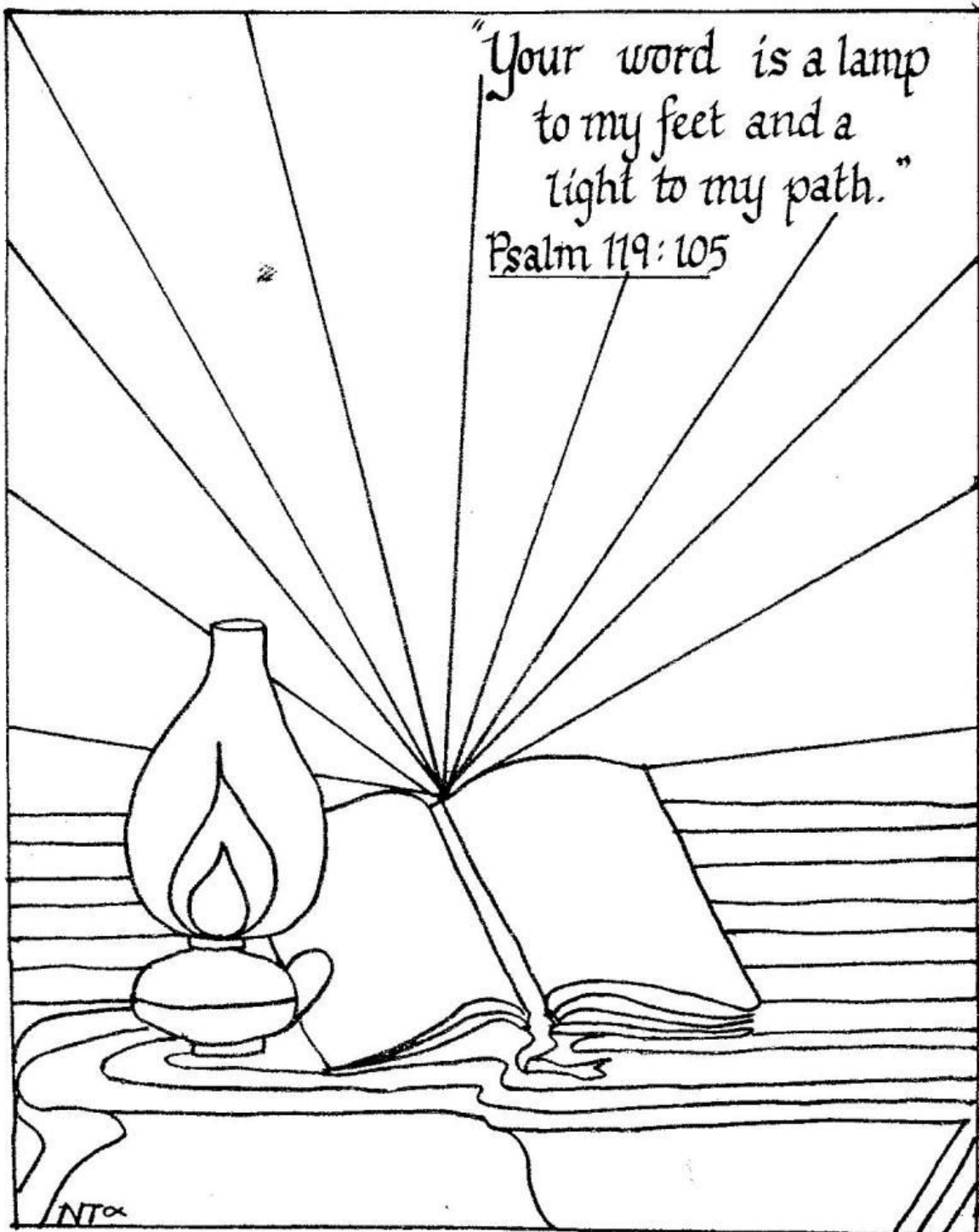
**There Is Absolutely No Darkness, No Sin In God.**

If we choose to be in the dark, in sin, we cannot be walking in the light of God.  
When we choose to be in the light with Jesus, He forgives us and leads us out of  
the darkness into His light of life.

He did this by dying on the cross for us.

All we have to do is choose to love Jesus, follow Him in the light, and trust God to  
help us do the right things.

## How Do We Find Out The Right Things To Do?



**We Follow Jesus In The Light When We Do What The Bible Says.**

**Think About It:**

Do you ever feel like it is hard to not do bad things? (Like lying, taking things that aren't yours, being unkind to a friend or sibling, cheating at a game, or pushing or hurting a friend)

What are some things that you wish you didn't do? (Maybe you don't like that you get angry or you say mean things sometimes)

Is it hard to admit that we all sin sometimes? Why do you think it is so hard?

**BIG IDEA:**

Jesus is the light of the world.

**To a world lost in darkness, Christ offers Himself as a guide.**

We can read our Bibles, ask the Holy Spirit to teach us, come to church, and talk with our Christian friends and family to learn more about how Jesus can be our light.

We just have to take the steps to follow Him into the light of life!

**FOLLOWING JESUS OUT OF DARKNESS IS THE BEST WAY TO LIVE****My Response:**

I choose to believe that:

**Jesus is the LIGHT OF THE WORLD**

I choose to:

**be in the light of Jesus and follow Him out of darkness and sin and into the light of life.**

I choose to remember that:

**FOLLOWING JESUS OUT OF DARKNESS IS THE BEST WAY TO LIVE**





**TALK TO GOD**

Use the ARK model (**A: Agree R: Revelation K: Keep**) to pray using Scripture.

*When Jesus spoke again to the people, he said,  
"I am the light of the world. Whoever follows me will never walk in darkness,  
but will have the light of life."*

John 8:12

*Your Word is a lamp to my feet and a light to my path.  
Psalm 119:105*

**Agree** - LORD, I **AGREE** that You are the Light of the World. As I follow You, I will never walk in darkness. In You I will have the light of life. Your Word does light up my path and show me the way to follow Jesus.

**Reveal**— Please show me more about what it means that You are the Light of the World. Show me how You lead me out of sin and darkness as I follow You. Show me that **following You out of darkness is the best way to live.**

**Keep**— I choose to follow You and I trust You to lead me away from darkness and sin. I want to read Your Word, the Bible, and remember that following You means to do what the Bible says to do. **Amen**

**Write or Draw Your Own Prayer Above**

## **TAKE HOME CHALLENGES:**

- 1. This week read one or more of these Scriptures in the Bible.**

Corinthians 1:18

Ephesians 1:17

Exodus 3:14-15

John 6:35

John 3:19-21

1 John 1:9

Psalms 119:105

- 2. Memory Verse:** When Jesus spoke again to the people, He said, **"I am the light of the world. Whoever follows Me will never walk in darkness, but will have the light of life."** -John 8:12

- 3. Share this workbook with a family member and talk about:**

a. God is...

b. I am...

c. My Response... (Share your feelings about what you learned together)

- 4. Do the coloring and writing or drawing a prayer suggested in this book.**

- 5. Play this Hide and Seek Game:**

~The person guiding the blindfolded person is like how Jesus guides us through life as we follow Him as the Light of the World~

**1 person blindfolded**

**1 person guides the blindfolded person to find the other players**

**Other players scatter throughout the room to be found**

