

First Communion Learning Center 4

Christ is Our Light

Christ is our Light. We are light to each other. The candle is the symbol of the Light of Christ in our lives.

Supplies: (for activity)

Scissors

Markers or crayons

Cardboard tube (toilet paper roll or something similar)

Glue

1. Discuss the importance of light in our lives
 - a. Light helps us to see
 - b. Light feels warm
 - c. Light helps things grow

How would our life be different without light?

2. Discuss what having the light of Christ in our life means for us
 - a. He helps us to see what is good and right
 - b. He helps us feel warm, guarded, loved
 - c. He helps us to grow into good Christians
3. Fill out the question below: use examples for the candle activity
4. Candle Activity: Christ asks us to be light to others too. To help others see good in the world, to help others feel loved, and to help other grow into good Christians. Come up with three or four examples of how you can be the light of Christ to others. Write your ideas on the candle and decorate it with examples of the Christian symbols provided. Color your candle, cut it out, and glue it to a cardboard tube (toilet paper roll, wrapping paper roll or paper towel roll that's cut down) or feel free to get creative. Rubber band it until it dries.

I Can Be a Light Too!

My Name _____

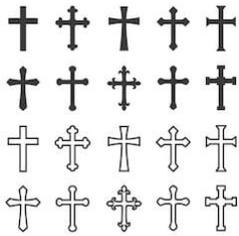
List some examples of how you can be (or have been) light to others:

Christian Symbols



The Fish

A secret sign used by the early Christians to designate themselves as believers in Jesus. The initial letters of the Greek words for "Jesus Christ, Son of God, Savior, spell the Greek word for fish



The Cross

The cross represents Christ's victory over sin and death through the sacrifice of his own body on the cross.



CHI Rho

A monogram of the first two letters, CHI (X) and RHO (P) of the Greek word for Christ



Dove

The dove represents the Holy Spirit and peace.



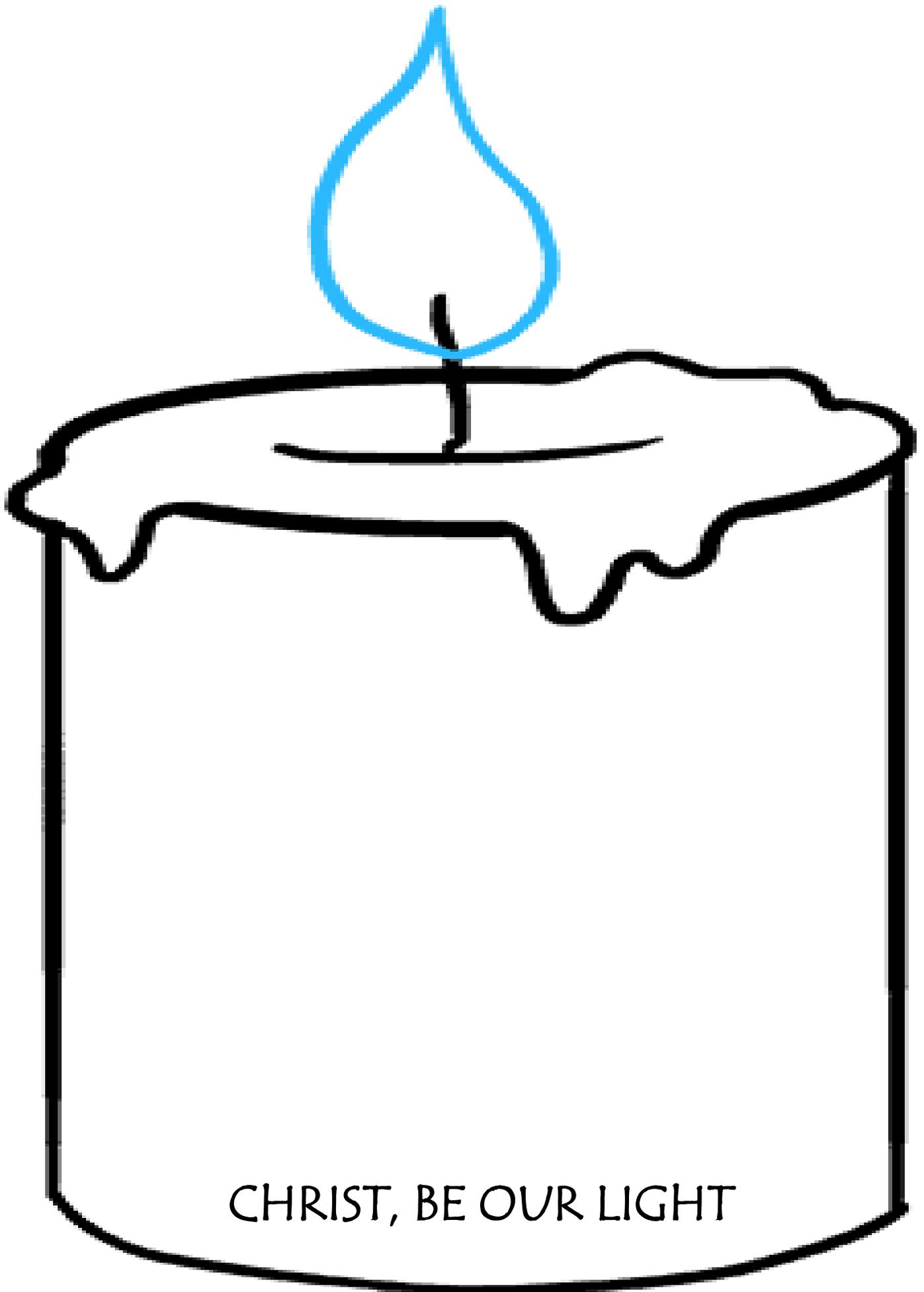
Host and Chalice

The bread or wafer of the Holy Communion and the Cup used at Holy Communion



Water

The life and death symbol of baptism



CHRIST, BE OUR LIGHT