



TODAY'S TOPIC:

The Solstice

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Where does light come from?

Lesson

| Materials | Things to Prepare | Today's Goal |
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| <ul style="list-style-type: none"> Lamps Flashlights | <ul style="list-style-type: none"> Space to play the game. | Know what the Winter Solstice is, and that there is regular light and spiritual light. |

ASK: Start standing and ready to play the game. Ask = What do you think of when I say the word “light”? Sunlight, lightbulbs, flashlight, candlelight, nightlight.

GAME: For this relay you will need a lamp per team, and you will need to divide the children into at least two teams. Or you can use one lamp and time the game to see how fast you can go.

- The first child in the team will run up the other end of the room to turn the lamp on and then return to high five the next team member to begin their turn.
- The next team member will run to the other end of the room to turn the lamp off, return to the next team member and give them a high five.
- Continue through the team until all children have had an opportunity to run and turn the lamp either on or off.
- Turn off and unplug the lamp and bring it to the circle for the lesson.

ASK: Return to a sitting circle. What are the benefits of having a lamp? What would you use it for? When would you use it? Lights, lamps, flashlights, candles, and matches provide us with light. Light shines in the darkness and can help us to see where we are going, give us guidance, and show us the way.

DEMONSTRATION: Do not plug in the light. Invite everyone to sing “This Little Light of Mine” while you shine the light, but before you sing, make a deal of the lamp not working. Ask the kids for ideas and eventually get plugged in and turned on.

EXPLAIN: To make a light like this work, it must be plugged in and switched on. It is important for us to be plugged in to God and it is important to be switched on to a spiritual way of living. When we choose to be connected with God (plug), then we are connected to the main power source of life (power switch). This is a good way to shine our spiritual light.

SAY: The month we are in today is December. Why do so many people talk about and celebrate light in December? Because something real happens – the winter Solstice.

ASK: Have you heard that before? What is the solstice?

SHARE: The Solstice is an event that happens in outer space having to do with the sun and our planet, Earth. Because of how the earth turns and faces the sun, here where we live the days have been getting shorter and the nights longer. You may have noticed there is less daylight every day, that it’s darker when you get up and when you go to bed. In mid-December, right about now, the earth starts to shift and something exciting happens. We get more and more light every day!

ACTIVITY: Have everyone close their eyes and visualize.

SAY: Imagine we are going back in time to a very long time ago. Go back to before we had electricity to turn lights on or furnaces to keep our houses warm before we had cars to get us places. Can you picture it? During the darkest part of the winter, we would spend a lot of time inside. You would be carefully planning how to eat your food to make sure it would last. You would be sure to have enough candles and firewood to keep the light burning and the house warm. What would you do with all that time inside? How excited would you be when the solstice happened, and the days started to get longer and the light returned? Do you think it would be something to celebrate? How would you celebrate? You can open your eyes now.

SAY: Because of the real experience of lots of dark and the return of the light, many people feel the return of the light in their body and even inside in their heart and soul. During the Solstice, they celebrate the gifts of Spirit and the way Spirit’s light shines in the world and in their lives. Many religions and cultures have developed stories and rituals to honor this time of darkness and the return of the light.

ASK: Do you think they are just celebrating light from the sun or a light bulb or are they celebrating something more? Exactly! While there is actual light like lightbulbs and this lamp and the sun, there is also spiritual light which is Spirit, God, love, peace, kindness. That is a big part of what people celebrate.

ASK: Where does that kind of spiritual light live? In your heart, in the kindness and love you share.

AFFIRMATION: I am always in the light. Repeat x4

AFFIRMATION – I am always in the light. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .