



**TODAY'S TOPIC:
Winter 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

Winter Solstice

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Representation of earth and sun 	<ul style="list-style-type: none"> Find image of sun and earth, or scale model if you have one, or be your own model using two balls, one big and one small! 	Discover the light within

ASK: What do you think of when I say the word “light”? Sunlight, lightbulbs, flashlight, candle light, nightlight.

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 has to do with outer space, the sun, and our planet. Pretend we are in outer space. (Show image of earth and sun)

This is the sun, (point) and this is earth (point), the planet where we live. (Show how earth moves around the sun) Because of how the earth turns and faces the sun, 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: Close your 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 the sun, there is also spiritual light which is Spirit, God, love, peace, kindness. That is a big part of what people are celebrating.

ASK: Where does that kind of spiritual light live? In your heart, in the kindness and love you share. If the light is inside of you, is it ever lost or not with you? No.

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/> .