

**THIS WEEK'S EXPERIMENT:**  
***You're Already Bright!***  
**(Matthew 5:14-16)**



“You are the light of the world. A city on a hill can't be hidden. Also, people do not light a lamp and put it under a bowl. Instead, they put it on its stand. Then it gives light to everyone in the house.

In the same way, let your light shine in front of others. Then they will see the good things you do. And they will praise your Father who is in heaven.”

1. Jesus didn't say “become the light of the world,” he said you ARE the light of the world. You don't have to do anything else to get brighter! Share with your family ways you feel you are already “bright” (not just in the smart-common sense way!). Share ways you see that the others in your family are already bright as well!
2. Sometimes though, we keep others from seeing just how bright we are. Our misbehavior, attitudes towards others, attitudes about ourselves, and belief that we need to “do more to be more” all get in the way of others experiencing just how shimmery we are. What are some ways you thwart, sabotage or keep others from seeing your brightness?
3. **For this week's experiment, take some time once this week to gather in a room with several different light sources (ceiling light, lamps, light coming in from another room, etc.). Point out the lines on the floor/walls, furniture that are created by the light being blocked. If possible find a few spots where you can step from the brighter spot to the darker spot. Practice stepping from the light to the dark, back and forth saying the following: “(standing in the light) In the light people experience me as \_\_\_\_\_ (kind, loving, compassionate, trusting, faithful, etc.). In the dark though, all they experience is \_\_\_\_\_ (anger, fear, bitterness, shame, pity, etc.)**
4. **Remind each other telling them, “You are already bright! Don't let your light be blocked!”**