

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 2 • Unit 10 • Week 3

### BEING A GOOD EXAMPLE

#### OBJECTIVE:

To teach the value of “letting your light shine” as Ruth did with her loyalty and good works.

#### ATTENTION GETTER:

Do: Before the class begins, hide a flashlight that has been turned on in the room. Have the room lights dimmed so you can still see and so the light of the flashlight, when found, can be noticed. You might hide the flashlight in a drawer or under a jacket. If there is no way to safely darken the room, adjust your comments to reflect that.

Ask: Did you know there's a light on in this room?

Say: Yes, believe it or not, there's a light on in here. But we can't see it can we? Let's try to find it. I will have each of you look for the light.

Do: While each child searches for the light for 30 seconds or so, help the child by announcing, “you're cold” (far away) or “you're hot” (getting closer). When the flashlight is found, continue as outlined below.

Say: There it is! How could we have missed it before? It is shining so brightly.

Ask: Does it make sense to hide a light so it can't be seen?

Say: No, batteries are too expensive for that. Lights are meant to be seen, to brighten up our surroundings. It is wasteful to turn on a light and cover it up. Even the Bible says it doesn't make sense to light a candle and put it under a bushel or basket (Matthew 5:15).

The flashlight is a physical light. Did you know there's another kind of light that each of us can shine? It is the kind of light we shine when we are being a good example. It includes

doing what is right, being unselfish, being honest, trusting in God and showing loyalty.

Ask: What is loyalty?

Say: Loyalty is when someone is faithful to someone or something they believe in. It means helping and staying with someone even in hard times. Let's listen to a story about a young lady named Ruth who let her light shine by being very loyal and caring. She stayed with her mother-in-law even though it meant tough times for a while.

### **BIBLE LESSON:**

Once, a long time ago, there was a famine in the land of Israel. An Israelite couple named Naomi and Elimelech moved to Moab with their two boys. The young men married Moabite women named Ruth and Orpah. In time, Elimelech died. Her two sons married, but then they died.

Naomi felt all alone without her husband or sons. She decided to move back to her homeland, Israel. Her sons' wives, Ruth and Orpah, planned to go with her; but Naomi told them they should go back to the houses of their own mothers. Orpah said goodbye, but Ruth stayed with Naomi, saying, "Wherever you go, I will go. And wherever you stay, I will stay. Your people will be my people, and your God will be my God."

Naomi and Ruth walked the dusty miles together until they reached the town of Bethlehem. Ruth was glad the long, hot journey had ended but she knew that all their problems were not over. She was a foreigner in this land and wondered how she could provide for herself and the older woman so they would not go hungry.

One day she had an idea. "Why don't I go to the fields and gather up the leftover grain left behind by the harvest workers? Surely someone will let me work in his field." Naomi told her to give it a try.

Ruth arose early and asked for permission before joining some people working in a field. Boaz, the landowner of the field greeted his workers and asked who the new girl was.

"She is the foreign girl who came back from Moab with Naomi," one worker said. "She asked me to let her follow the workers and gather grain. She's been out here all day and has just stopped to rest."

Boaz welcomed her and told her to stay in his area. He invited her to drink and eat with his workers and said to keep near them where she would be safe.

Ruth asked him how he could be so nice to a stranger. He said he was impressed by her decision to leave her home and family and to care for Naomi. He told her she would be blessed by God whom she had come to trust.

At the end of the day, Ruth hurried home and excitedly showed Naomi all the grain that she had gath-

ered—about half a bushel in one day. When Naomi learned it was Boaz who was so generous in leaving extra grain for her, she was thankful to God for the unexpected blessing. She observed, “Why, he is a close relative of ours!”

Each day of the harvest season, Ruth arose early to glean the fields with Boaz’s workers. Naomi, meanwhile, saw a marriage in the making.

One night Naomi told Ruth to go to Boaz when no one else was around and tell him that, since it was tradition that a widow’s close relative should provide for those widowed, he could marry her. Ruth took Naomi’s advice and appeared to Boaz by surprise with the proposal.

Boaz was impressed that this lovely young woman looked to him for marriage. He told her that there was a closer relative that he needed to check with. But if this man didn’t want the responsibility, then he would gladly provide for her according to the law.

The other relative said no and Boaz gladly embraced Ruth as his new bride. Ruth and Boaz had important things in common to help make a strong marriage. They were both kind and God-fearing and God blessed their marriage.

It wasn’t long before Ruth became a mother. She held Naomi’s first grandson out for her to hold. Tears of joy replaced Naomi’s tears of sadness. The baby boy was named Obed, and he grew up to also care for his grandmother as Ruth had done so lovingly.

Ask: What did Ruth do to let her light shine?

Say: She was loyal, she chose to live God’s way and to trust Him, she honored her mother-in-law.

Ask: How can you as children let your lights shine?

Say: You can let your light shine by choosing to live God’s way and trusting Him. You can show respect for those older than you and show care and concern for other people.

A light is bright and can be very festive! Let’s make some colorful lanterns before we sing a song about being a light. Then we will have some party snacks.

### **LESSON APPLICATION:**

Supplies: Colorful construction paper 9 by 12 inches  
Rulers  
Pencils  
Scissors  
Tape or glue  
Hole punch

Chenille wires  
Gold curling ribbon

Prepare: Before class, use the instructions that follow to make a sample lantern.

Do: Fold construction paper in half lengthwise. Lightly draw a line one inch from the long open edge. With the folded side toward you, starting one inch from the left side of the paper, make a cut every inch or so, stopping at the line you drew. Continue until you are about one inch from the right side of the paper. Unfold the cut paper and with a marker write the words: "Let your light so shine before men" at what will be the base of the lantern.

Roll the left edge of the paper to the right edge to form a lantern shape. Tape or glue the edges together. Punch two holes and insert a chenille stick or wire. Shape the stick into a triangle so the part that extends across the lantern can hold the ribbon "flame."

Cut 30 inches of shiny gold curling ribbon. Curl it by holding it in the center and pressing the ribbon ends against the blade of a pair of scissors and pulling the ribbon. Tie the curled ribbon to the chenille stick and let it hang in the middle of the lantern.

Say: See the lantern I have made. What color of paper would you like to make your lantern?

Do: Help the children to make their own lanterns.

Say: Now that we've made our decorations, let's have a little music. Hold your lantern high!

### **Music:**

Help the children learn and sing the song "This Little Light of Mine."

This little light of mine  
I'm gonna let it shine.  
This little light of mine  
I'm gonna let it shine.

This little light of mine  
I'm gonna let it shine.  
Let it shine, let it shine, all the time!

Arrange all the lanterns around on the refreshment table. Serve punch and cookies to celebrate the joy that comes from being a light.

### **MEMORY VERSE:**

Matthew 5:16 "Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

# *family activity*

## **THE POINT:**

It is important to let one's light shine as Ruth did with her loyalty and good works.

## **ASK ME...**

- Who was Ruth and how did she let her light shine?
- Who was Naomi?
- Who was Boaz?

## **FAMILY TOGETHER TIME:**

Have a family discussion about ways that you as a family can let your lights shine. Possible ideas:

- Look around your neighborhood to see who could use a helping hand and offer yours.
- Be friendly and considerate to your neighbors.
- Keep your home and property neat.
- Be supportive and loyal to each other.
- Do your best at anything you do.
- If there are family disagreements or quarrels, learn to discuss the problem without attacking or calling names and try to see things from the other person's point of view.

## **MEMORY VERSE:**

Matthew 5:16 "Let your light so shine before men, that they may see your good works and glorify your Father in heaven."