

# Light of the Body



“Be perfect, therefore, as your  
heavenly Father is perfect.

– Christ

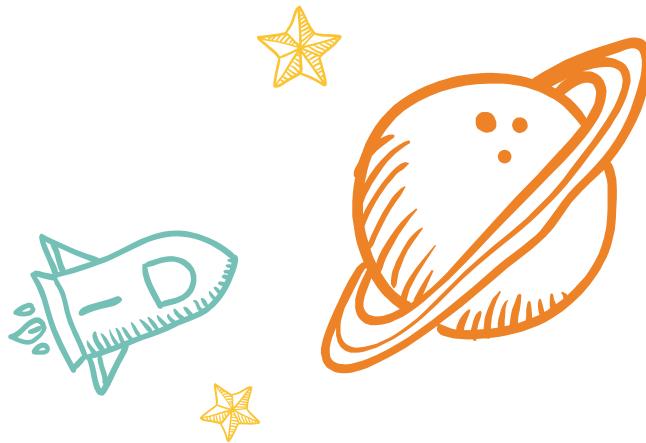


To know God, you must  
first **know yourself.**

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# Light and Darkness

What is the difference between light and darkness?



# Light

Is anything that you **hear** or **see**, which makes you wiser, helps you to make better decisions, and makes you more like God.



**Light** makes you practice good hygiene because you know that it makes you live longer and healthier.

A photograph of three young women of diverse ethnicities and skin tones, all wearing traditional headscarves (red, pink, and white) and smiling warmly at the camera. They are positioned close together, suggesting a strong bond or family. The background is a soft, out-of-focus interior.

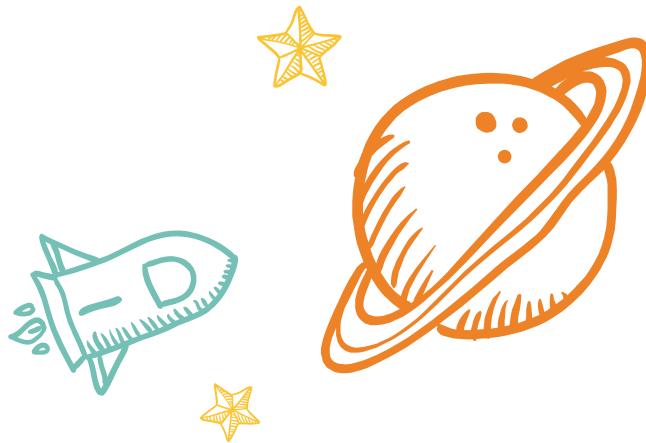
**Light** makes you dress  
decently because you know  
that how you dress shows  
where you are coming from.



**Light** makes you sow good seeds because you know that you reap what you sow.

A photograph of a person standing in a forest. The person is silhouetted against a bright, golden-yellow light that streams through the tall, thin trunks of the trees. The forest floor is dark and shadowed. The background is a bright, overexposed area of light. The overall mood is peaceful and spiritual.

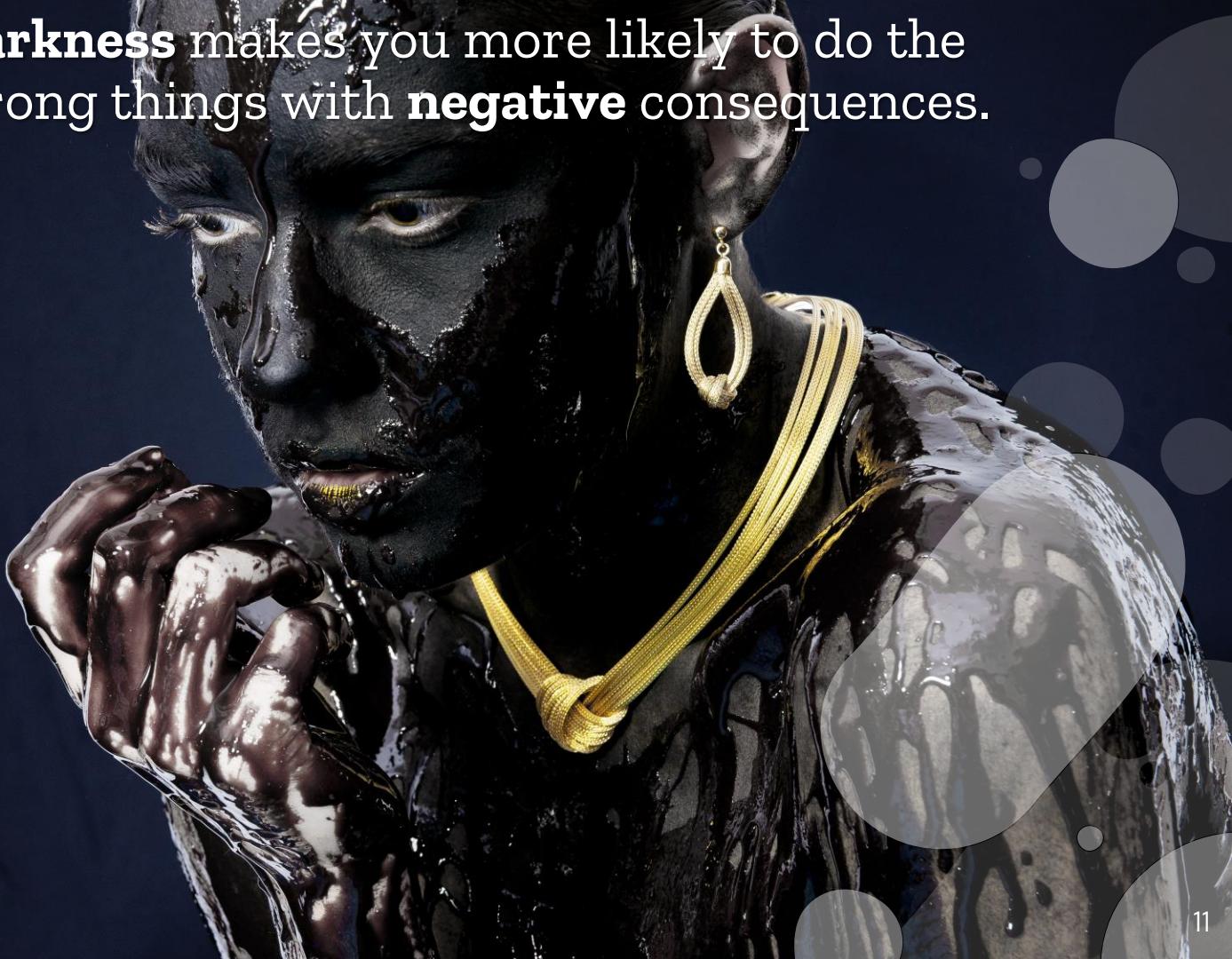
What other things do you do  
when your body is filled with  
light?



# Darkness

Is anything that you **hear** or **see**, which makes you less wiser, causes you to stumble and make bad decisions, and makes you less like God.

**Darkness** makes you more likely to do the wrong things with **negative** consequences.





What happens to you when your body is filled with darkness?



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# Light of the Body

How do you receive light into your body?



You receive light into your body through your **eyes**, what you **see**, and your **ears**, what you **hear**.



What you **see** with your eyes  
or **hear** with your ears either  
fills your body with **light**, or  
fills your body with **darkness**.



To fill your body with light you must be careful what  
you **see** with your eyes, and **hear** with your ears.

A photograph of a wooden bridge with a reddish-brown metal railing, spanning a river. The bridge is curved and leads towards a forested area where many trees are displaying vibrant autumn colors like red, orange, and yellow. The sky above is filled with dramatic, cloudy skies.

What must you feed your eyes  
and ears with, if you wish to fill  
your body with light and follow  
the path that leads to God?



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# Follow the Light

Why we must be filled with light

A photograph of a young girl with blonde hair, wearing a straw hat, a blue denim jacket, a white lace skirt, and red boots. She is walking away from the camera on a dirt path through a field of tall, green grass. The sun is setting in the background, casting a warm, golden light over the scene. The image is framed by several large, semi-transparent circular shapes of varying sizes.

When you are filled with light,  
a long journey, suddenly  
becomes shorter.



The children of Israel wandered  
in the wilderness for forty years  
because they refused to be filled  
with the light of God.

When your body is filled with light, difficult work becomes easy.





When your body is filled with  
light, it makes you speak well.

When your body is filled  
with light, you dress well.



## In Conclusion...

- What is the difference between light and darkness?
- How do you receive light into your body?
- What things when seen or heard, fills your body with light?
- What things when seen or heard, fills your body with darkness?
- Why should we follow the light?



# Thanks!

# Vocabularies

## **negative**

harmful or bad : not wanted.

## **reap**

to get (something, such as a reward) as a result of something that you have done.

## **consequence**

something that happens as a result of a particular action or set of conditions.

## **stumble**

to hit your foot on something when you are walking or running so that you fall or almost fall.

## **decent**

polite, moral, and honest.

## **decision**

a choice that you make about something after thinking about it : the result of deciding.