

Light of the Body



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

– Christ



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

1

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.



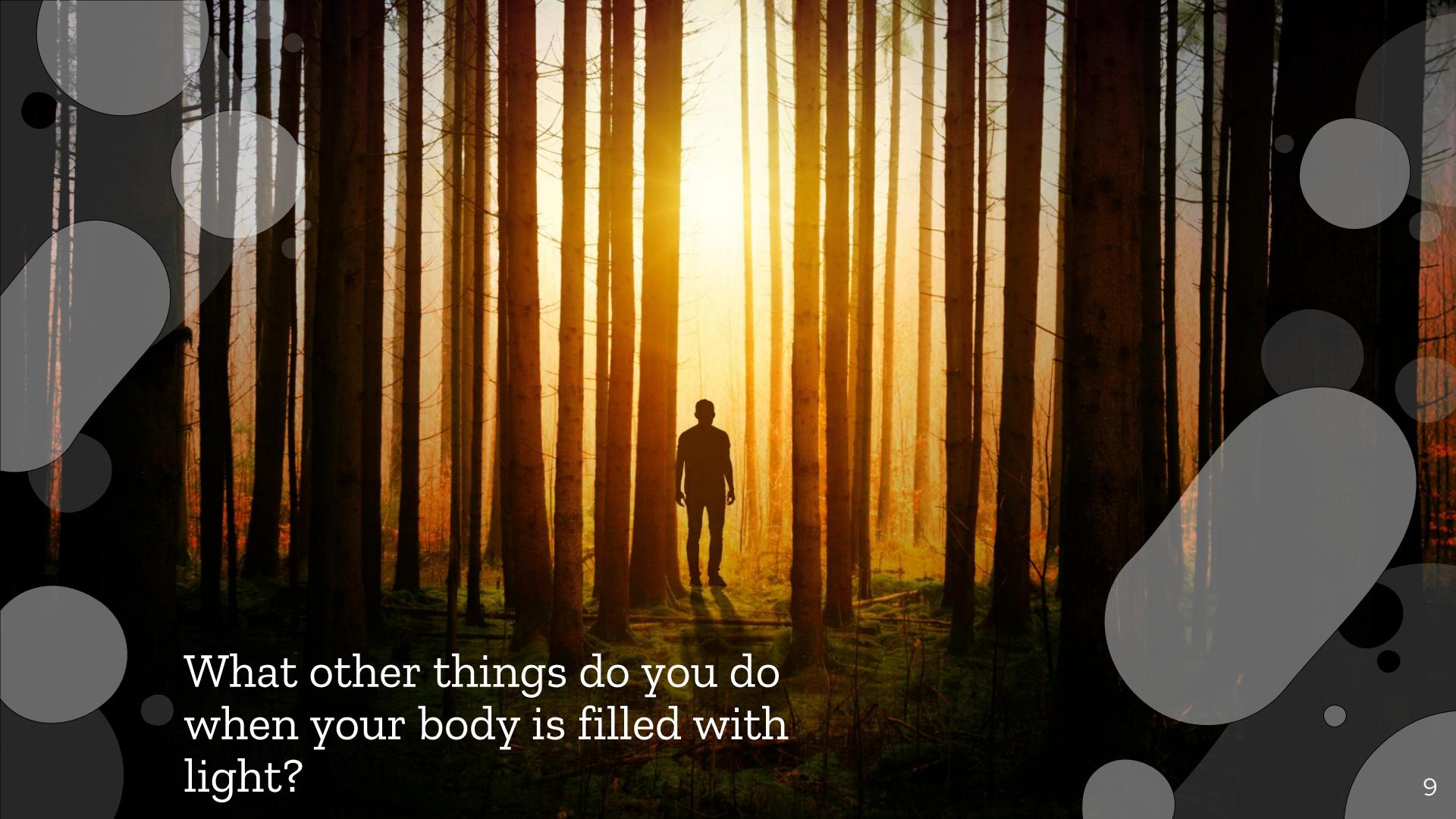
Light makes you practice good hygiene because you know that it makes you live longer and healthier.



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 at sunset. The scene is framed by large, dark, abstract shapes on the left and right sides, resembling thought bubbles. The person is silhouetted against a bright, golden-yellow glow that filters through the tall, thin trunks of the trees. The ground is a mix of dark earth and some green vegetation.

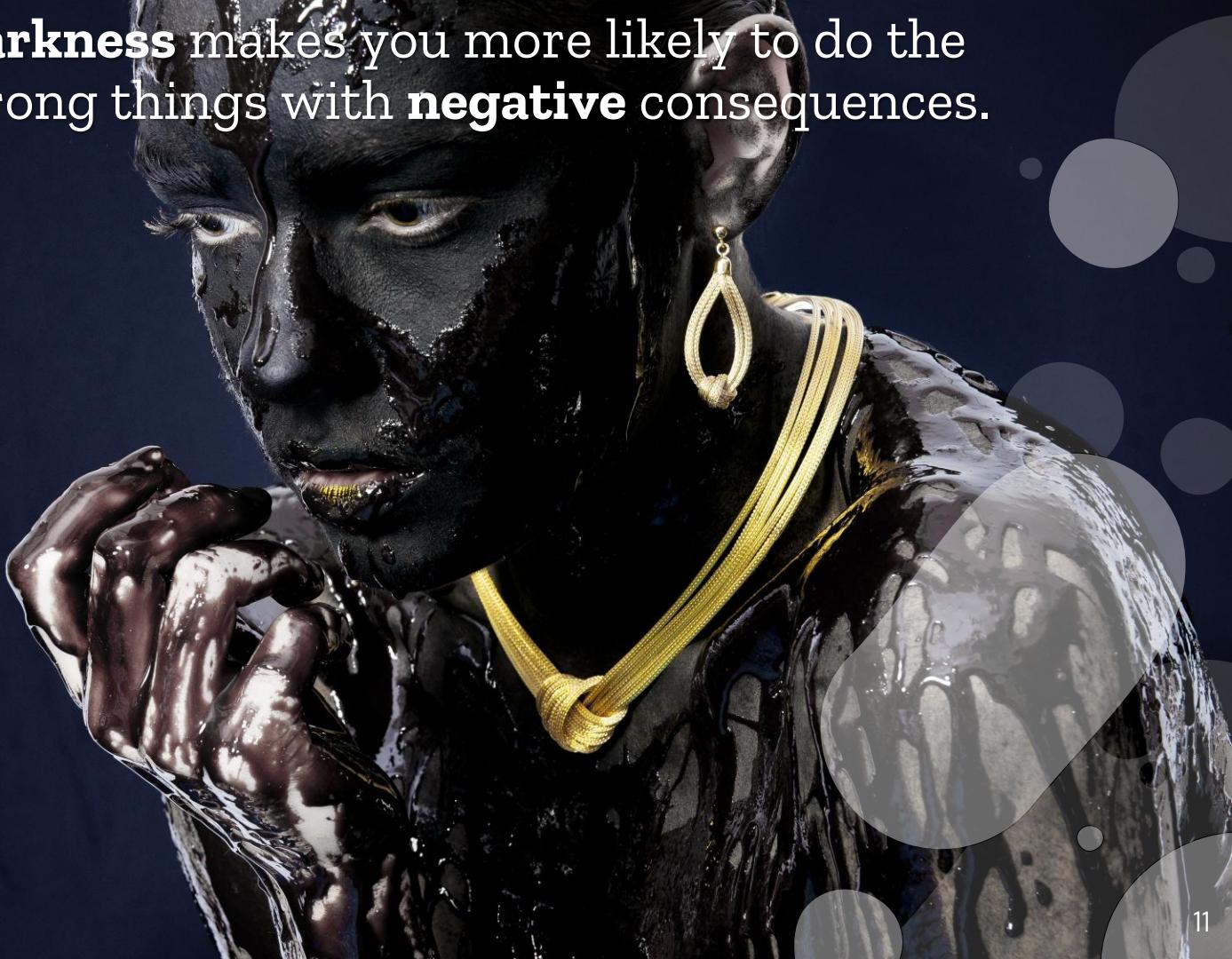
What other things do you do
when your body is filled with
light?



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.





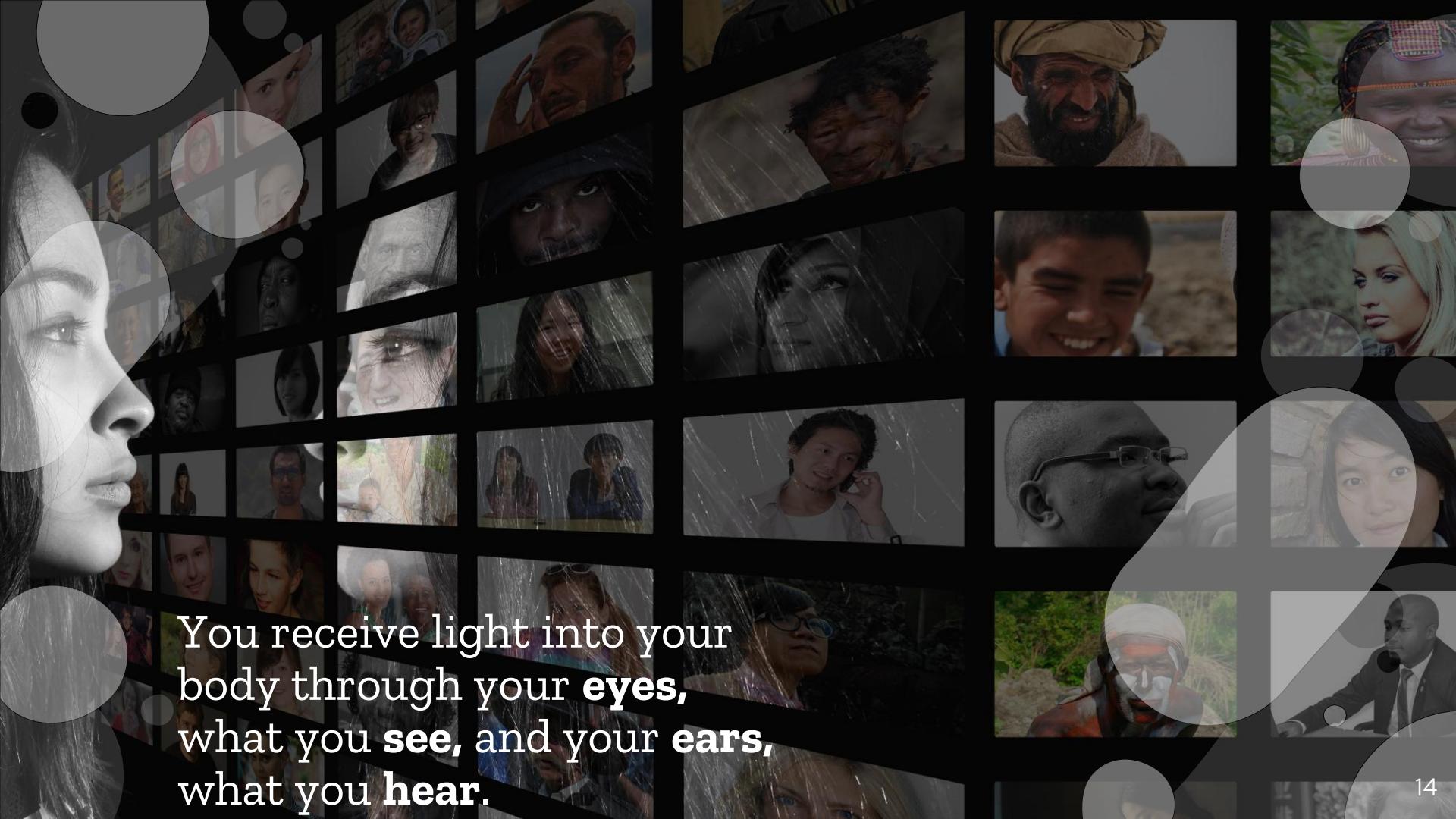
What happens to you when your body is filled with darkness?



2

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?

3

Follow the Light

Why we must be filled with light



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.



A young boy with blonde hair, wearing a pink shirt and a grey vest, holds an open book and looks surprised with his mouth open.

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?



A silhouette of a man fishing from a small boat on a calm sea at sunset. The sky is filled with large, billowing clouds in shades of orange, yellow, and white. A golden statue of a man with a crown of thorns and a starburst halo is positioned in the upper left foreground, connected by a thin line to the word "Thanks!". A small lantern sits in the boat. A flock of birds is visible in the upper right corner. The overall atmosphere is peaceful and contemplative.

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.