

# Looking up

## John 3.14-21 Lent 4

Nicodemus was a Jewish leader who was a Pharisee. Jesus speaks to him of being sent because of God's love, to offer eternal life to the world. He uses the image of light and darkness to explain the concept of judgement. Those who do wrong things avoid the light, because it reveals what they are doing, but those who do what is good and true are attracted to the light.

*This week we explore trusting in something eternal.*

### Prepare your children's session

Read Bible notes on [WEB](#).

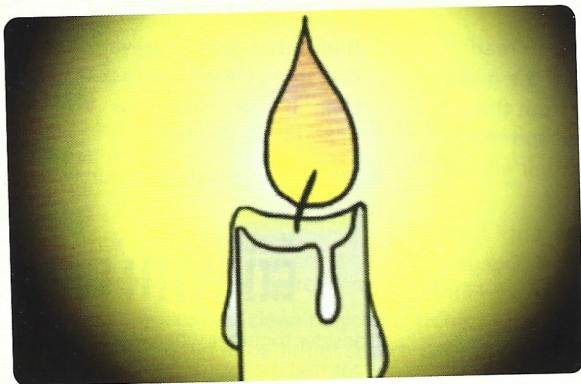
What do you understand 'eternal life' to mean? How easily are you able to trust in this promise?

Eternal life may be a difficult concept for children. It might be useful to share with them the words of John 17.3: 'This is eternal life: that they may know you, the only true God, and Jesus Christ whom you have sent.' Focus on eternal life in terms of an enduring relationship with God.

**Provide the following play materials for very young children throughout the session:** a pot of bubbles and bubble wands.

For **Mothering Sunday** see [WEB](#).

Go to [www.rootsontheweb.com](http://www.rootsontheweb.com) for all links, templates and images. Extra ideas can be found on p.12.



**I**t was night, and the streets were quiet. Nicodemus crept quietly away from his house into the darkness to find Jesus. He had lots of questions to ask him. But he wasn't sure he was going to understand the answers. He found Jesus and they started a conversation, but in many ways Nicodemus was in the dark. ✱ Jesus said to him, 'Just as Moses lifted up the bronze serpent in the wilderness, ✱ so must the Son of Man be lifted up, that whoever believes in him may have eternal life.' But Nicodemus was confused and still in the dark.

## Children's session

### Gather

Use the song, prayer and activity to gather the group and introduce the theme. (5 mins)

♪ Sing to the tune: *Our God is a great big God*

God gives me a brand new start,  
God gives me a brand new start,  
God gives me a brand new start,  
it's a chance to make my mark.

Generous God,  
you love the world, and us,  
so much that you gave us your only Son, Jesus,  
to be light for us all.  
We praise you for your love and for the gift of life.  
**Amen.**

### What will last for ever?

WES

- Ask the children to tell you about a special building that is very old. Do they think it will last for ever? Talk about the way that things on earth don't last for ever, but God's love for us does.

Jesus continued, 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not die, but may have eternal life.'

Nicodemus began to smile, as light crept into his eyes.

'Indeed,' Jesus continued, 'God did not send his Son into the world to judge it, but so that he might save it. Those who believe in him are not judged; but those who do not believe are judged, because they do not believe in the only Son of God.'

The light began to dawn, as Jesus said, 'The light has come into the world. People loved darkness rather than light because what they did was evil. For all who do evil hate the light and do not come towards it, so that what they have done is not discovered. But those who do what is true come to the light, so that everyone can see that what they have done has been done in God.'

Nicodemus left Jesus as the darkness of night was over, and the dawn was bringing the light of a new day. **John 3.14-21**

✱ See *Share the Word*.