

# Learn of Me

NEW TESTAMENT

## Candle Making Activity

### Matthew 1; Luke 1

One of the themes we can study this week includes overcoming fear and having faith. A fun activity relating to this topic is making your own candles to have light! ProFlowers has great written and video instructions on how to easily make candles at home ([How to Make Candles in 8 Easy Steps](#)). They also show you how to make fun variations like floral, colorful, and “buried treasure” candles.

Here are some suggestions on discussing the topics of faith and fear before or after making your candles:

• As “Come, Follow Me—For Individuals and Families” suggests, read through Matthew 1:20 and Luke 1:13, 30. Discuss the questions mentioned in the resource book:

o Why might people in these verses have been fearful? o What causes us to feel fearful?

o How might God be asking us to “fear not”?

- Talk about how faith, light, and love can replace fear and darkness in our lives.
- Talk about how our faith is strengthened over time, just like how a candle builds upon itself and takes shape with each dip. What are some ways to strengthen our faith?

- Sing the hymn “The Lord Is My Light” as a family. Then discuss your favorite lyrics and what they mean to you.

\*If you don't have the time to gather the materials or make candles, you can always read and discuss the listed scriptures and talks with your family in the dark by candlelight.