



Activity 67

Your Word is a Lamp

Spiritual Development: To explore how the words that we say impact on others and ourselves.

You will need – The inside of a kitchen roll, variety of art and craft materials, yellow paper, felt tip pens, pencils, pens, scissors and glue.

Activity – This activity is designed to make us think about the words that we say and the effect of them on others and ourselves. Think about the quote from Psalm 119:105 “Your word is a lamp to my feet and a light to my path”. To make your flash light/torch take the inside of the kitchen roll and decorate it with positive words and captions such as helpful, compliment others, pray for others and ourselves, share, smile, laugh, accept others, respect others, support others etc. You can use art and craft materials to decorate around the words. Now make the light by using a triangle shape and a circle cut out of yellow paper. On the yellow triangle you can write more positive words or the quote from Psalm 119. When everyone has completed their torch sit in small groups and discuss the words you have used and the quote from Psalm 119. How do these words impact on others and yourself?

