

Jesus Shines on the Mountain

Matthew 17:1–13 | The Transfiguration

Big Idea: *Jesus showed His glory on the mountain, and God reminded us to listen to and follow His Son.*

What You'll Need (All Optional & Flexible):

- A Bible or Bible app
- Blank paper and crayons/markers
- A flashlight or lamp
- A blanket or sheet (for a fort or mountain!)
- Scissors + glue or tape (for craft)
- A quiet moment & open hearts

Step 1: Story Time – Jesus Shines!

Read together: **Matthew 17:1–8** (parents can skim or summarize for little ones)

Then say:

“Jesus took Peter, James, and John up a big mountain. And then something amazing happened — He started to shine like the sun! His clothes turned white and glowing. They saw that Jesus wasn’t just a good teacher. He’s God’s Son — full of glory!

Then, a cloud covered them and they heard God’s voice:

‘This is my Son... listen to Him!’

It was a moment to remember forever.”

Object Option:

Turn off the lights and shine a **flashlight** behind your head or under your chin.

Say:

“Imagine seeing Jesus glow with light like the sun! That’s what happened on the mountain!”

Step 2: Talk About It

Ask your kids a few of these questions based on their age:

For Younger Kids (K–2):

- What happened to Jesus on the mountain?
- Who did God say Jesus is?
- What did God say we should do?

For Older Kids (3–5):

- Why do you think Jesus showed His glory to the disciples?
- Why is it important that we listen to Jesus?
- How can you listen to Jesus this week?

 *Tip:* Have each person cup their ear and say:

“I want to listen to Jesus!”

Mini Memory Moment:

Verse of the Day:

“This is my Son... Listen to Him.” — Matthew 17:5

- Practice saying it in silly voices:
 - Robot voice,
 - frog voice,
 - sing it,
 - slow-mo,
 - Fast!

Memory Work:

We have been and will continue through February be working on Memorizing the books of the New Testament. There are some great Youtube videos out there with songs to help kids memorize the books of the Bible. I highly recommend the one on Shai Linne’s “Jesus Kids” album. My kids love the whole album and the Books of the Bible song really helped them memorize the books.

Craft Time: Jesus Shines! Window Art

Let's make a **sunny reminder** of who Jesus is!

You'll Need:

- White or yellow paper (or any paper to color)
- Something shiny: foil, wax paper, tissue, crayon shavings, or even a cut-up cereal bag
- Tape or glue
- Scissors (parent-supervised)

Instructions:

1. Cut a circle or square “window” in a piece of paper.
2. Behind the window, tape shiny or light-colored paper.
3. Draw Jesus in the middle — glowing and bright.
4. Write on it:
“This is my Son... Listen to Him.”
5. Hang it in a window to catch the light!

Prayer Time

“Jesus, thank You for showing us Your glory on the mountain. Help us to see You as God’s Son, and help us to **listen to You** this week — in what we read, what we hear, and what we do. Amen.”

Optional Movement Break: “Jesus Says”

Play like “Simon Says,” but use **“Jesus Says”** and add a mix of fun and spiritual motions:

- Jesus says, “Climb the mountain!” (march in place)
- Jesus says, “Shine like the sun!” (spin with arms wide)
- Jesus says, “Listen up!” (cup hands to ears)
- Jesus says, “Fall down in awe!” (lay on ground)
- Just “Touch your toes!” (don’t do it unless Jesus says!)

Wrap-Up

Say together:

“Jesus is God’s Son — and we will listen to Him!”

Snap a photo of your craft or memory verse and send it to us, we’d love to share it! Then hang it up to see all week long.