

# Lighting the Darkness

By Ruth Hanley

Halloween can be a scary time for young children. Masks on otherwise familiar people and scary decorations in the neighborhood or in stores can make this fun holiday a fearful time for little ones. Remind them that the light of God is always with them with this activity.



## For

Young Family

## Season

Fall

## Needed

Bible, nightlight, pumpkin, carving supplies, candle or battery-operated candle

## Prepare in Advance

Make arrangements to visit a pumpkin patch or to go to a store with a large display of pumpkins.

## Activity Plan

1. Gather the family. Darken the room and plug in the nightlight. Read Psalm 18:28 from your Bible, or use the text below:

*For it is you who light my lamp;  
the Lord my God lightens my darkness.*

2. Say, "No matter where we go or what we do, God is always with us, holding our hand so we don't need to be afraid." (Plug in a nightlight the next time you are putting your child to bed. Point to the light and say, "See, the light reminds us that God is with us.")
3. Visit a pumpkin patch or display of pumpkins in a store. Tell your child(ren) that one of the pumpkins has a light inside that will light up the night on Halloween. You might help them look for this pumpkin by asking each one if it has the light inside. After you choose a pumpkin, exclaim that you have found the one with the light inside.
4. When you get home, carve your pumpkin with as much help from younger family members as is age-appropriate. Preschoolers or toddlers can help you scoop out the goo inside. You can put some pumpkin goop on a high chair tray for a baby to touch. (Remove all seeds first.) Carve a happy face, cross, dove, or butterfly into your pumpkin instead of a more traditional jack-o-lantern face.
5. Put the finished jack-o-lantern on the table, put a candle inside, and light it. Dim the lights and say the following blessing:

Bless this pumpkin  
That God made to grow.  
Glowing brightly in the darkness,  
It reminds us that God is always here.

6. Sing **My Pumpkin Has a Light** (Tune: "Oh, A Hunting We Will Go")

O, pumpkin has a light,  
My pumpkin has a light,  
The Light of God is right inside.  
My pumpkin has a light.

O, God is with me here.  
God is with me here.  
The Light means that the Lord is here.  
God is with me here.



## Additional Resources

### Books to help young children cope with their fears:

- [The I'm Not Scared Book](#) by Todd Parr
- [I'm Not Scared of Halloween Night](#) by Laurie Lazzaro Knowlton
- [P is for Pumpkin: God's Harvest](#) by Kathy-jo Wargin
- [The Pumpkin Gospel](#) by Mary Manz Simon

### Web resources to help young children cope with their fears:

- [Click Here](#) for resources from Mister Rogers about young children's fears.
- [Click Here](#) for prayerful ways to help children cope with their fears.
- [Click Here](#) for coloring pages that illustrate the concept "God is with you."

