

Story & Stretch

Day 2



Bible Point: Shine away!

Bible Verse: Jesus said, "You can be like light to the rest of the world! Even though you are just one person, what you do and say changes the world around you!" Matthew 5 - SSB, 270

Story: Salt and Light, Spark Story Bible, pg. 268

Materials Needed:

- Everyday use: Yoga mats or carpet squares, one per kid
- Bible Story Scenes

Set Up:

- Place yoga mats/ carpet squares out in groups
- Giant world mural

What to do:

Introduce it!

- **Crew Check In:** Instruct crew leaders to take out their crew leader check in sheet out and get ready for the morning! (See crew leader check in sheet for details.)

Music: *This Little Light of Mine*

- **Intro Question:** Welcome everyone to Story & Stretch! In our Bible story for today, we learn about how we can be God's light in the world. Quick turn to your crew leader, and discuss this question: What is light, and what does light do for us?
- **Shout Out:** Each group picks their best answer that they came up with, and shouts it out.
- **Define it:** What is light? the natural agent that stimulates sight and makes things visible like "the light of the sun," or an expression in someone's eyes indicating a particular emotion or mood, or not dark, something on fire, or burning. Lots of ways to identify light.

Learn to Bible Point:

Leader says: What do we say?

Participants say: Shine away!

Music: *I'll Do My Best (Theme Song)*

Get to it! [Insert Day 2 Skit with Emcee, Priest and Sage. Insert SSB Bible verse into skit.]

Music: *Be Bold, Be Strong*

Learn the Bible Verse

Learn 3 basic poses for storytelling yoga. Click links for an image. Practice the images before pointing it all together.

[Star Pose](#) - Jesus

[Candle Pose](#) - light/ you/ one person

[Tree Pose](#) - world

Do some calisthenics: jump jacks, toes touches, burpees (kids love these!)

Practice the Bible verse several times. Try to help kids memorize it.

Say: The Bible verse for today is from the book of Matthew

Jesus (star pose) said, "You can be like light (candle pose) to the rest of the world (tree pose)! Even though you (candle pose) are just one person (candle pose), what you (candle pose) do and say changes the world (tree pose) around you (candle pose)!" Matthew 5 - SSB, 270

Practice the Bible point

Leader says: What do we say?

Participants say: Shine Away!

Music: *My God is Big, so Strong, and So Mighty*

Debrief it!

- **Huddle Questions:** What did Emcee and Sage talk about in the skit? What does the Bible verse tell us today? How can you be like "light" in the world?

Music: *This Little Light of Mine*

- **Practice the Bible Point**

Leader says: What do we say?

Participants say: Shine away!

Bible Buddy (hold up Billie Blue Jay poster)

Say: Billie Blue Jay makes a lot of noise in the backyards and parks. Sometimes they chirp so loud it's like a song of love and laughter. Billie Blue Jay wants to welcome you to VBS. (Hold your arms out and fly like a Blue Jay.)

Pray it out!

For each crew, have the participants and leaders place their mats/ carpet squares in a circle.

With a drum, play an even beat while kids hop, skip, or jump from mat to mat, square to square.

Say this prayer:

Dear God, thank you for our world, and help us to be good neighbors.

Amen.