

Light in a time of darkness

Pick n Mix session for use on Group Zoom calls

Introduction

This is a Pick n Mix session for your online group Zoom. You don't have to do all the elements suggested, these are simply ideas to make your Zoom fun around the topic of "light in a time of darkness". Activities tend to last a little bit longer than in real time, so we think it would be hard to get through all of these. We would love to hear what worked well and what didn't - you can email feedback to ahughes@saintygymuned.org

Which Disney character?

Identify the Disney character by its silhouette. The silhouettes can be found on page 4.

Answers:

- | | |
|-------------------|------------------|
| 1. Olaf | 6. Pumbaa |
| 2. Flounder | 7. Belle & Beast |
| 3. Tinkerbell | 8. Ariel |
| 4. Jiminy Cricket | 9. Sebastian |
| 5. Lumiere | 10. Genie |

Torch face pulling

Ask the young people to grab a torch (a phone torch works), and hold it under their chin to upright their faces. See who can make the funniest or scariest face playing with light and shadows!

Light association

Ask the young people to think of as many characteristics and uses of light as they can. After a few minutes feedback their ideas and write these on the Zoom whiteboard or paper.

For example, here are some we thought of - Light:

- removes darkness
- provides heat
- shows the way
- causes growth
- gives life
- transmits messages
- shows what's really happening
- reveals imperfections

You could make this into a game by seeing who can think of the most characteristics/uses.

Describe an object

Have everyone grab a piece of paper, and also some random object from their house. (Nothing too familiar, something that is mildly obscure.) Then, each person takes a turn describing their hidden item while everyone else tries to draw it or “bring to light” what has been hidden from the description they have been given. The person who is closest wins, and gets to describe their hidden item next.

Discovery Bible Study/Swedish Bible Study

Look at John 1:1-5.

For the Discovery Bible Study (DBS) you follow the same pattern of questions after having read it in a couple of different versions:

- What does this story tell me about God?
- What does this story tell me about people (or myself)?
- If this is God's word for my life how will I obey it?
- Who am I going to tell?

The Swedish Methods uses the following questions:

- What part in the passage or word stands out to you/grabs your attention?
- Is there anything that's difficult to understand? Or do you have any questions?
- How can you apply this to your life?

Both methods are really simple and once you've done it a couple times you could even get one of your young people to lead the Bible study!

Who was the 'Word' in this passage? Jesus. Jesus was there at the creation of all things, gave life, and brought light into the world.

We know the difference between light and darkness, but sometimes we don't understand the fullness of them in the way the Bible writers understood. For us, we are so often surrounded by street lights, screen lights and lightbulbs that we don't usually encounter real physical darkness - the kind of darkness where we can't tell the difference between objects and paths. We are used to putting our phone torches on, or flicking a light switch that we sometimes don't totally appreciate the intimidation of darkness.

Light, however, is something we crave; we try to 'shed light' on confused situations as information that was previously hidden is revealed - we don't like 'being in the dark'.

This is about the known and unknown, being in a 'dark place' where we feel hopeless or afraid. At the moment we seem to constantly be in a place of uncertainty and it's hard to know where to step. Christians can draw comfort and hope that Jesus, the Light of the World, can bring purpose and guidance during this time; darkness can never overcome light, and we can trust him in the uncertainty.

Questions to discuss:

1. Have you ever experienced the kind of darkness where you couldn't see anything in front of you? How did it make you feel?
2. What are the uncertainties in your life right now that seem like darkness?

Continued overleaf..

Continued...

3. How does it make you feel knowing that although darkness can seem powerful, it can never extinguish light?
4. Where does the light in our darkest situations come from?

Creative Prayer

Get enough tea lights so that, in your home, you have one to represent each person in your group (or you can ask another leader to do this). Make sure there is space - for example on the window sill or a table - so that each can be safely lit.

Ask the group to share prayer requests and as they are speaking (or writing them down), light a candle for each as a visual reminder that you will be praying for them this week - that God would bring his light into their lives/situations..

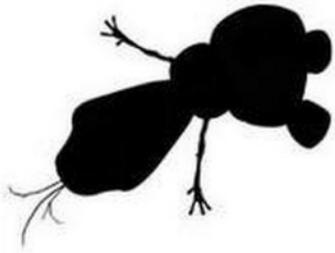
High/Low/Awkward/Prayer

There are lots of videos & content online for young people, but one thing we miss from Groups is interaction.

Mute all microphones apart from the person speaking, and give each person 2mins to share their High, Low, Awkward Moment & Prayer request for the week. This gives the young people 'permission' to share celebrations and concerns with the Group.

Lastly, remind your young people of the starter (Tuesday) and challenge (Thursday) videos which can be found on the Urban Saints Facebook page each week and relate to our theme.

Which Disney Character?



1.



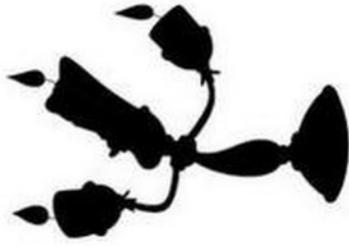
2.



3.



4.



5.



6.



7.



8.



9.



10.