

# The Little Lights Podcast

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## Letting your little light shine in lockdown!

For schools and families looking for storytelling from the Bible that can be relevant for many children with diverse faiths and beliefs

### Week 3: Love

Welcome to the Little Lights podcast.

We're singing songs and telling Bible stories that help us think about how to keep our little lights shining bright in lockdown.

So, find a space where you can sit down on the ground and move around a little and let's get ready.

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During our time together, we're going to be using our imagination a lot!

Because to tell our stories we'll need things like a donkey that we haven't got here in our room!

So let's start with an imagination warm up.

Let's imagine we're shining bright like a star!

Can you make a star shape with your hands or maybe your whole body?!

Let's show our star shapes in time to the music as we sing.

You might not know the words yet, but let's see if you can pick them up as we go along!

Or you could join in with the actions, or just listen to the words!

**There's a little light that shines in me!**

**Shine, shining like a star!**

**Shine, shining like a star!**

**Shine, shining like star!**

**There's a little light that shines in me!**

**Shine, shining like a star!**

**Shine, shining like star!**

Everything's a bit different at the moment.

How can we keep our little light shining when we're not seeing our friends anymore?

In our podcast we're going to tell stories from the Bible that Jesus told that can help US to help our LITTLE LIGHT to keep shining bright like stars in the night.

Today's story is all about LOVE.

Can you put your hand up if you have a friend?

Let's close our eyes and imagine one of our friends sitting with us now.

Let's open our eyes.

I miss my friends!

EVERYONE knows we should love our friends.

But one day, someone asked Jesus a tricky question.

Can you say this question after me?

Who is my friend? *Hold hands out questioning*

**Who is my friend?** *Hold hands out questioning*

Let's say that again:

**Who is my friend?** *Hold hands out questioning*

To answer the question, Jesus told a story.

Let's tell the story together.

A man went on a long journey, a long trip.

Let's stand up and be the man.

Let's walk on the spot together.

On the way some people hurt the man.  
Let's sit down on the floor and hold our sore leg.  
They took all his money and left him very hurt.

Let's sing a song about feeling hurt.  
First of all let's hold our leg.

Ouch! I've hurt my le-eg! *Clutch leg*  
Can you sing that?  
**Ouch! I've hurt my le-eg! *Clutch leg***

Then let's hold our arm.  
Ouch! I've hurt my ar-m! *Clutch arm*  
Can you sing that?  
**Ouch! I've hurt my ar-m! *Clutch arm***

Then let's hold our hands up in a help sign every time we sing help!  
Help me! Help me! *Arms held up to beg for help twice*  
Help me, please! *Arms held up to beg for help*  
**Help me! Help me! *Arms held up to beg for help twice***  
**Help me, please! *Arms held up to beg for help***

Let's try singing it all together and do the actions again as well.  
**Ouch! I've hurt my le-eg! *Clutch leg***  
**Ouch! I've hurt my ar-m! *Clutch arm***  
**Help me! Help me! *Arms held up to beg for help twice***  
**Help me, please! *Arms held up to beg for help***

Look someone's coming! *Point to the corner of the room*  
Oh, I know her!  
She comes from the same place as us - she's like us!  
AND she's one of our leaders!  
She could help us!  
Let's sing our song and ask for help.

**Ouch! I've hurt my le-eg! *Clutch leg***  
**Ouch! I've hurt my ar-m! *Clutch arm***  
**Help me! Help me! *Arms held up to beg for help twice***  
**Help me, please! *Arms held up to beg for help***

The leader saw the traveller and . . .  
what do you think she did?  
Let's stand up and be the leader together.  
We're on our way to something important.  
We've got to be on time!  
Let's walk very fast on the spot.

Ssssh! What's that I can hear? *Hand on ear*  
Can you hear that?  
Someone's shouting 'Help!'  
I can't help! I'll be late!  
And the leader rushed on.

Let's be the poor man lying on the floor again.  
The leader didn't stop to help you!  
How are you feeling?  
Can you show me?

Never mind. Look! *Point to another corner of the room*  
Someone else is coming!  
I know him – he comes from the same place as us too.  
He believes the same things as us!  
And he's a leader. He could help us!  
Let's sing our song.

**Ouch! I've hurt my le-eg!** *Clutch leg*  
**Ouch! I've hurt my ar-m!** *Clutch arm*  
**Help me! Help me!** *Arms held up to beg for help twice*  
**Help me, please!** *Arms held up to beg for help*

Let's stand up and be the leader together.  
We've got our best clothes on.  
Let's stand up straight and look smart.  
Let's walk on the spot!

Wait a minute!  
What's that I can hear? *Hand on ear*  
Can you hear that?  
Someone's shouting Help me!  
I can't help! *Shake head* I'll get dirty!  
And the leader rushed on.

Let's be the poor man lying on the floor again.  
Let's lie down.  
The leader didn't stop to help you!  
How are you feeling?  
Can you show me?  
*Gasp.* Look! *Point to another corner of the room*

A Samaritan is coming!  
Now when Jesus was telling the story,  
Samaritans were people who came from a different country.  
They looked different, wore different clothes, ate different food, and sounded different.  
Some people were worried about Samaritans.

Let's sing our help song again.  
But this time let's sing it a bit quietly.  
We're not sure we trust the Samaritan.

**Ouch! I've hurt my le-eg!** *Clutch leg.*  
**Ouch! I've hurt my ar-m!** *Clutch arm.*  
**Help me! Help me!** *Arms held up to beg for help twice.*  
**Help me, please!** *Arms held up to beg for help.*

What do you think is going to happen next?  
Let's stand up and be the Samaritan together.

Let's walk along . . .

*Lead the children in walking on the spot.*

Ssssh! Can you hear that? *Hand over ear*  
Someone's shouting Help!

We don't know them.

What do you think: shall we help them?

The Samaritan saw that the man was hurt.  
The Samaritan knelt down by the man.  
Let's kneel down together.

The Samaritan washed the man's sore arm.  
Let's wash the man's sore arm together.  
The Samaritan bandaged the man's sore leg.  
Let's bandage the man's sore leg.  
Let's sing together as we bandage the man.  
This time let's sing 'I'll help' instead of 'Help me!'

**Ouch! You've hurt your leg!** *Point to leg*

**Ouch! You've hurt your arm!** *Point to arm*

**I'll help! I'll help!** *Point to self*

**I'll help you!** *Point to self*

The Samaritan put the man on his donkey.  
Let's stand up and stroke our donkey's nose.  
Now let's put the man on our donkey.  
And he took the man somewhere safe.  
Amazing!

Let's sit down for a moment.

Jesus told this story.

Then Jesus asked a very important question.

Jesus asked, 'Who do you think showed us how to love our friend?'

1. The first leader?
2. The second leader?
3. Or the Samaritan that everyone was a bit worried about?

The SAMARITAN showed us how to love our friend.

Jesus said, 'Go! *Point* And be like the Samaritan!'

From that moment the Samaritan wasn't just called 'the Samaritan' any more.  
He was called 'the Good Samaritan',

Jesus's story says something surprising about **LOVE**.  
Love isn't just something we can show to people who are like us,  
who look like us and believe the same things as us.  
Love is something we can show to EVERYBODY.  
We can be a good friend even to people we don't know.  
At the moment lots of us are being good friends to everyone  
by following all the rules and washing our hands.

I wonder when you have shown love and been a good friend to someone you don't know well?

Let's close our eyes for a moment.  
Let's imagine ourselves being a good friend to someone we don't know well.  
Helping them when they need help.  
Let's open our eyes.

Now Zoe is going to say a prayer. If you'd like to make it your prayer as well, you could say Amen at the end.

*Thank you, God for Love.*

*Help us to show love today.*

*Help us to be a good friend to the people we see.*

*Even people we don't know well.*

*Amen.*

LOVE is one of the things that help our little lights shine bright like stars in the night.

If you like, at the end of this podcast, you could draw a picture of a time you've shown LOVE.

Or, if you can't think of an example straightaway, you could decorate the word LOVE and think or talk about different ways you could show LOVE at the moment.

There are some word art examples there to help!

But before we go, let's sing about that little light that shines in all of us.

The little light that shines brighter whenever we are brave and let LOVE change the way we live.

You might not know all the words yet, but let's see if you can pick them up as we go along!

Or you could join in with the actions, or just listen to the words!

**There's a little light that shines in me!**

**Shine, shining like a star!**

**Shine, shining like a star!**

**Shine, shining like star!**

**There's a little light that shines in me!**

**Shine, shining like a star!**

**Shine, shining like star!**

**I'm going to let my light shine bright!**

**I'm going to let my light shine bright!**

**Shine, shine so bright!**

**I'm going to let my light shine bright!**

**I'm going to let my light shine bright!**

**Shine, shine so bright!**

So it's time to go, but remember in all you do today

To show LOVE and let your little light shine bright.