

# Stopped in my tracks

## Leader's guide

In all our favourite animated films, the lead character inevitably undergoes some kind of transformation. That could be a physical change, a change of circumstances, or a change in life view. Kay Moorby and Simon Gash tell the story of Saul in a song that sounds as if it could be the transformation montage song from one of those films.

*Your light filled up my life*

## Warm-up

**Storytelling is very important in music making, and never more so than when singing.**

Encourage your group to 'get into character' while rehearsing. Perhaps a brief digression while they 'lip-sync' to a favourite song from a film or musical might help them understand how to change 'persona'.

## Bible verse

'Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'

**Matthew 5:16**

## Prayer

**Lord God, thank you for filling up my life. Help me reflect your goodness in everything I say, think and do. May others see your love through me and want to be transformed by having a relationship with you. Amen.**

## Activity

### Fill up the cup!

Equipment: a cup and jug of water.

Have an empty cup and a jug of water. Each person takes it in turns to add water into the cup. It is their choice how much or how little water they add; the only thing they must not do is allow the water to overspill. The person who eventually overfills the water loses.

**God fills up our lives to the maximum with his love, kindness and care. We are called to share this with other people.**



## Thought

The song tells the story of Saul, a man who had no belief in God. He was an unkind man who had a reputation for doing the wrong thing. But after he met Jesus, his life was transformed. Jesus told Saul to go and share the message of God's love.

Darkness is powerful. It can feel intimidating and make us feel afraid. However, if there is even the tiniest bit of light, it can transform the darkness. Now think about the cup in the activity – when the cup had been filled it began to overspill. God fills us up and transforms us to the point that we overspill with joy. Everyone can see through our words and actions that we have been transformed. In a dark world it is important for us to shine God's light.

## Personal challenge

Take some time to reflect on the questions below.

What good things has God done for you?

Where have you seen God's goodness today?

How can you show other people about God's light?

At the end of this time, say a prayer to give thanks to God.

## Group challenge

Give each member of the group a glow-stick. Challenge the group to give their glow-stick to someone else. This might be someone at their school or at your church. When they pass on the glow-stick, encourage them to talk about their singing group, church or faith. Talk about this being an opportunity to share God's light with the people around you.

