



MUST KNOW BIBLE STORIES

CREATION

Health and Wellbeing topic: Being outdoors

These assembly scripts can work for one or two “hosts” – it is formatted so that you can either read the lines solo, or assign lines to two people... and feel free to reword the lines in ways that suit you. There are suggestions in blue dotted through the script of setting, tone and ways to film, but these are only suggestions – the most important things are that you are confident and relaxed as you film.

If you are having a hard time visualizing the script, please watch our video and read along to give you a clearer idea.



SCENE 1

(Why not film in a park, even on a swing or climbing frame? This is on theme and fun for the children)

Have you noticed that all the parks have been so much busier recently? I think when the parks were closed and we were cooped up inside – only allowed to go out once or twice a day – everyone suddenly realized how much they love to be outside! I know I do!

During lockdown I went on long bike rides because I just felt like I needed to get out! **(Now thoughtfully, asking a question)** I wonder why that is, though? Surely if we have everything else we need: food, warmth, exercise... wifi signal... it doesn't matter if we're inside or outside... its all the same??

(Optional Jump to someone dressed as a Scientist – speaking very officiously, or just read this as yourself, maybe as if you're reading it from an article.)

Actually being inside and being outside are not the same at all – many studies have shown that spending time *outside* has the following benefits: it relieves stress and anxiety, strengthens your immune system, it helps you to focus, improves your vision and your memory... and many studies say being in nature regularly actually can make you live longer! SO if you want to be smarter, stronger and live longer... GET OUTSIDE!

And actually, come to think of it... there's a Bible story exactly about that – *why* we feel better when we're outside... we feel a connection to nature... to creation!



SCENE 2

Bible Story: Creation / Genesis 1 – *tell the Bible story in a creative way: with a children's storybook bible, using pictures or graphics, drawing the story with a voiceover, acting it out, using puppets. You could read directly from Genesis 1, or retell the Creation account in your own words. Whatever you do, make it dynamic, and try to tell the story in under five minutes. Feel free to cut and use our storytelling clip if you like it.*



SCENE 3

*Reflection (By the beach? In a garden?) *This section suits two hosts, but if you are recording alone, you can ask the questions to the camera, as if asking the children.*

So Christians believe that God made... everything, including us?

Yes – the earth, the sky, space and all the stars and planets, the oceans, the animals...

(Asking the other host, or the children) What about this? Did God create this? **(Hold up something random)**

Yes, that too.

(Trying to trip us up, hold up a toy or something manmade) – what about thiiiiis?

(Thoughtfully) Well, a person made that toy, but God made that person! He made that person creative and talented, full of ideas for amazing inventions. And He also made the plastics and other elements that went into it... so technically it's still God.

I guess that's one reason being outside in nature is so good for us... because *we're* a part of it... people are a part of God's creation!

Sometimes being outside even makes you feel something doesn't it? When you see an amazing sunset or look out at the ocean? Well Christians would say part of what you're feeling is a *connection* to the God who made it all!

Optional Scripture Reading – more suited to older age groups. If you have the capability, you can put the text of this passage onto the video.

Listen to what this Bible verse says:

**Psalm 19 - ¹The heavens tell about the glory of God.
The skies announce what his hands have made.**

**²Each new day tells more of the story,
and each night reveals more and more about God's power.^[a]**

**³You cannot hear them say anything.
They don't make any sound we can hear.**

**⁴But their message goes throughout the world.
Their teaching reaches the ends of the earth.**

As a Christian, that's just how I felt when I went on holiday to _____ last year – it's so beautiful there, sometimes I would just sit and stare at the clouds and the ocean. It's my favourite place to go.



SCENE 4

Activity/challenge – invite the children to do a follow up activity. (This could be filmed indoors at a table, with art supplies around)

We all have favourite outside places either here or maybe in a different country - spots that are so beautiful, fun or amazing that we want to go back again and again! They feel extra special somehow. What is your favourite outside place?

Why not draw a picture... with lots of details... of your favourite place. I did a drawing earlier.

(Hold up a picture you drew of your favourite outside place with a short description)

If you can, why not actually go to one of your favourite places this week? We all need to keep getting outside as much as we can so we can be smarter, healthier and live longer!

And who knows, maybe when you're outside or at your special place this week, it will make you feel healthier, and happier... and maybe even make you feel connected so something bigger than yourself.

