

Weekly Faith Formation Update

September 21- 25, 2020

[Story and Stretch | Michel Le Gribble-Dates](#)

Many of our churches have experimented with simple yoga exercises for kids around biblical themes. As this is the beginning of the season of Fall and we celebrate the sunshine a little longer, try this [Sun Salutation](#) poem and yoga poses:

Yoga Pose | Spoken Phrase

Begin standing in mountain pose with hands at heart center or down by sides.

Sweep arms up and overhead | “The Son, the Son”

Fold forward with soft knees | “I salute the Son”

Look up halfway, lengthening the spine | “The Son of God”

Step left leg back bringing left knee down in a low lunge | “Lives in Everyone”

Lift arms straight up and overhead | “Christ has Risen”

Lower arms straight down bringing hands to floor | “Christ has blessed”

Step right leg back for a high pushup | “The whole world”

Lower both knees and then entire body down to floor, keeping elbows hugged in | “In his heart rests”

Straighten arms and lift torso for cobra | “With Christ I rise”

Push body back into downward facing dog | “Ready to live”

Step left leg forward bringing right knee to floor for low lunge | “Happy to be”

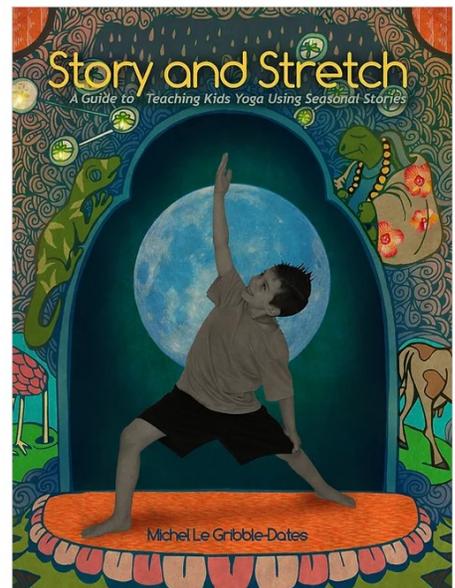
Lift arms straight up and overhead | “And ready to give”

Lower arms straight down bringing hands to floor | “The Son, the Son”

Step right foot forward to meet the left and bow | “I salute the Son”

Sweep arms up and overhead | “Christ open His arms”

Lower hands in prayer position to heart center | “To everyone”



[Walk on A Rainbow | Chris Bergstrom](#)

Read and discuss the story of Noah from a Children Story Bible.

This is a simple activity that will teach the child to be mindful of his or her surroundings. Before you begin, have a quick discussion to remind him of the colors of a rainbow (red, orange, yellow, green, blue, indigo, violet). Then, step outside. Throughout the walk, ask the child to find something to represent each color of the rainbow. They could bring a small notebook to jot down their answers, or they can simply take note of them in his mind.

Depending on the surroundings, some colors will be more difficult to locate than others; this is part of the fun! Try to keep walking until they find an example of every color. As they grow, this strategy might turn into a daily mindful habit.

When done, ask how it felt to be mindful of his surroundings. Was it fun? Was it calming?



Table Talk (from Church of the Redeemer, Bryn Mawr, PA)

Passage Text: [Matthew 21:23-32 \(NRSV\) "The Authority of Jesus Questioned" & "The Parable of the Two Sons"](#)

Table Talk Questions (Preschool - Early Elementary): I wonder why Jesus chose to answer them by telling a parable? I wonder how the first son felt when he told his father no? Or when he changed his mind? I wonder how the second son felt when he said "yes" but then didn't do as he promised? I wonder how the father felt when the first son changed his mind?

Table Talk Questions (Elementary and Older): I wonder why the chief priests and elders were questioning Jesus? I wonder why Jesus often answered people with a parable or another question? I wonder why Jesus told them the story of these two sons? I wonder why Jesus compared the first son to so-called "unrighteous" people who heard and believed John's teaching?