



Story & Stretch

Day 1

Bible Point: God Loves Us!

Bible Verse: "God loves this world and everyone in it so much that God sent his son so that everyone would learn how much they are loved." John 3:16 SSB, 417

Story: The Light of the World, Spark Story Bible pg. 418 (only)

Materials Needed:

- Everyday use: Yoga mats or carpet squares, one per kid
- Bible Story Scenes

Set Up:

- Place yoga mats/ carpet squares out in groups
- Giant world mural

What to do:

Introduce it!

- **Crew Check In:** Instruct crew leaders to take out their crew leader check in sheet out and get ready for the morning! (See crew leader check in sheet for details.)

Music: *This Little Light of Mine*

- **Intro Question:** Welcome everyone to Story & Stretch! In our Bible story for today, we learn about God's love. Quick turn to your crew leader, and discuss this question: What is love?
- **Shout Out:** Each group picks their best answer that they came up with, and shouts it out.
- **Define it:** What is love? Love is a mix of emotions, behaviors, and beliefs associated with strong feelings of affection, protectiveness, warmth, and respect for another.

Learn to Bible Point:

Leader says: What do we say?

Participants say: God loves me!

Music: *I'll Do My Best (Theme Song)*

Get to it! [Insert Day 1 Skit with Emcee and Sage. You will need to insert the other verse into the skit.]

Music: *Be Bold, Be Strong*

Learn the Bible Verse

Learn 4 basic poses for storytelling yoga. Click links for an image. Practice the images before pointing it all together.

[Star Pose](#) - Jesus

[Candle Pose](#) - Son

[Tree Pose](#) - Everyone

[Warrior 2 Pose](#) - Love

Do some calisthenics: jump jacks, toes touches, burpees (kids love these!)

Practice the Bible verse several times. Try to help kids memorize it.

Say: The Bible verse for today is from the Book of John:

Jesus (star pose) said, "God loves (warrior 2 pose) this world and everyone (tree pose) in it so much that God sent his son (candle pose) so that everyone (tree pose) would learn how much they are loved (warrior 2 pose).

Practice the Take Home point

Leader says: What do we say?

Participants say: God loves me!

Music: *My God is Big, so Strong, and So Mighty*

Debrief it!

- **Huddle Questions:** What did Sage say to emcee about love? What did the Bible verse teach us about love?

Music: *This Little Light of Mine*

- **Practice the Bible Point**

Leader says: What do we say?

Participants say: God loves me!

Bible Buddy (hold up Chatter Chipmunk poster)

Say: Chatter Chipmunk makes a lot of noise in the backyards and parks. Sometimes they chatter so loud it's like a chatter of love and laughter. Chatter Chipmunk wants to welcome you to VBS. (Hold hands under chin and chatter like a chipmunk.)

Pray it out!

For each crew, have the participants and leaders place their mats/ carpet squares in a circle.

With a drum, play an even beat while kids hop, skip, or jump from mat to mat, square to square.

Say this prayer:

Dear God, thank you for our world, and help us to be good neighbors.

Amen.