



Story & Stretch

Day 3

Bible Point: Have no fear!

Bible Verse: "There is no fear in love, but perfect love casts out fear." 1 John 4:18a

Story: Good Samaritan, Spark Story Bible, pg. 360.

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 that Jesus' love can cast out our fears and doubts. What is fear?
- **Shout Out:** Each group picks their best answer that they came up with, and shouts it out.
- **Define it:** What is fear? To be afraid of (someone or something) as likely to be dangerous, painful, or threatening. With Jesus, we don't have to be afraid.

Learn to Bible Point:

Leader says: What do we say?

Participants say: Have no fear!

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

Get to it! [Insert Day 3 Skit with Emcee, Priest and Sage.]

Music: *Be Bold, Be Strong*

Learn the Bible Verse

Learn 3 basic poses for storytelling yoga. Click links for an image. Practice the images before pointing it all together.

[Star Pose](#) - Jesus

[Warrior 2 Pose](#) - Love

[Downward Facing Dog](#) - Fear

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 First John:

Jesus (star pose) said, "There is no fear (downward facing dog) in love (warrior 2 pose), but perfect love (warrior 2 pose) casts out fear (downward facing dog)."

1 John 4:18a

Practice the Take Home point

Leader says: What do we say?

Participants say: Have no fear!

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

Debrief it!

- **Huddle Questions:** Who are the people who help you when you are afraid? How might Jesus help you when you are afraid?

Music: This Little Light of Mine

- **Practice the Bible Point**

Leader says: What do we say?

Participants say: Have no fear!

Bible Buddy (hold up Rusty Rabbit poster)

Say: Meet Rusty Rabbit! You have probably seen rabbits and how fast they run in backyards and parks. They jump here and there, and they can escape danger in a couple of swift moves. Rusty Rabbit is here to welcome you to VBS today! (Hold your hands up to be ears and jump up and down.)

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.