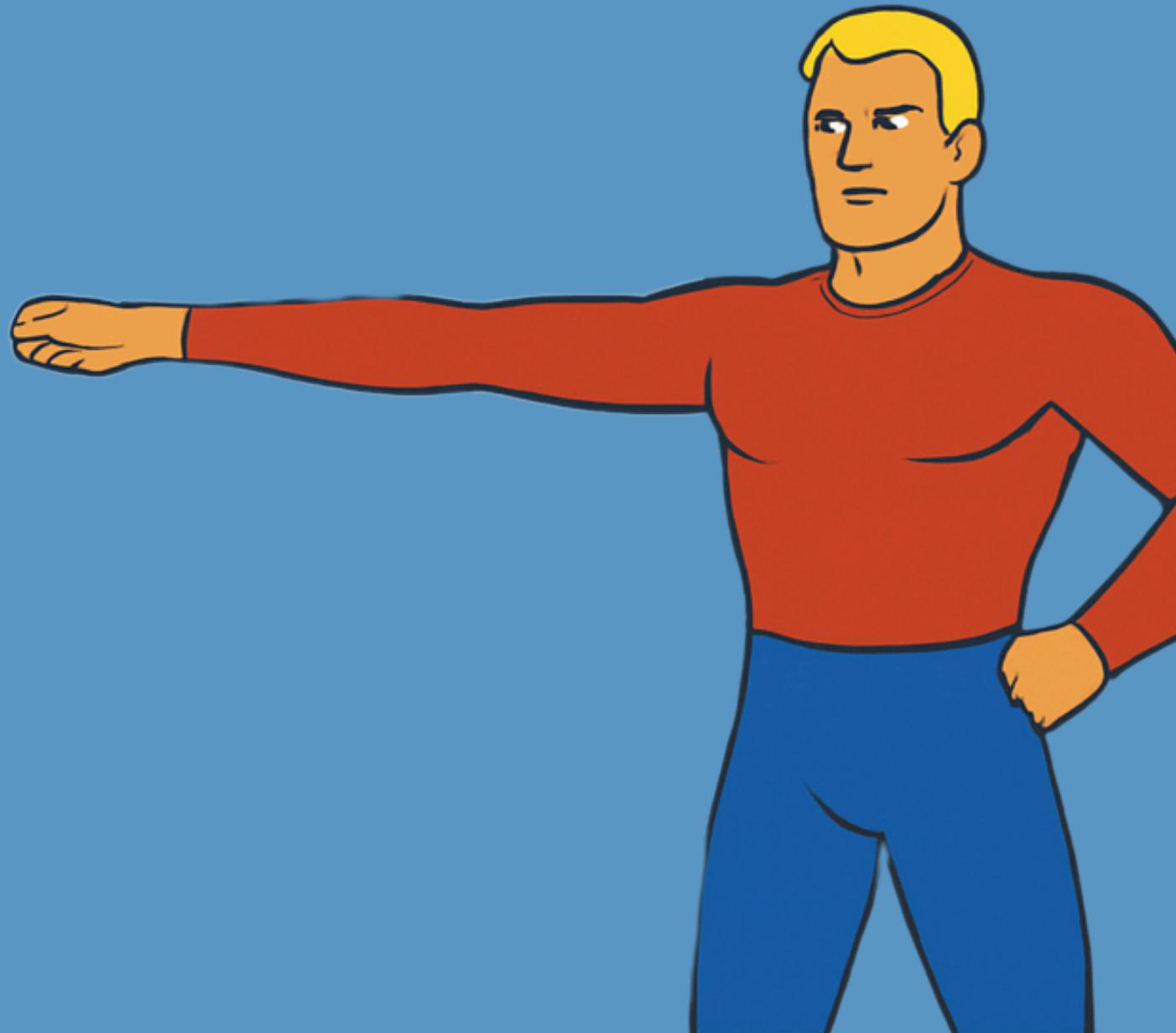


# STRETCHED BUT STRONG

WHEN GOD STRETCHES US,  
HE STRENGTHENS US

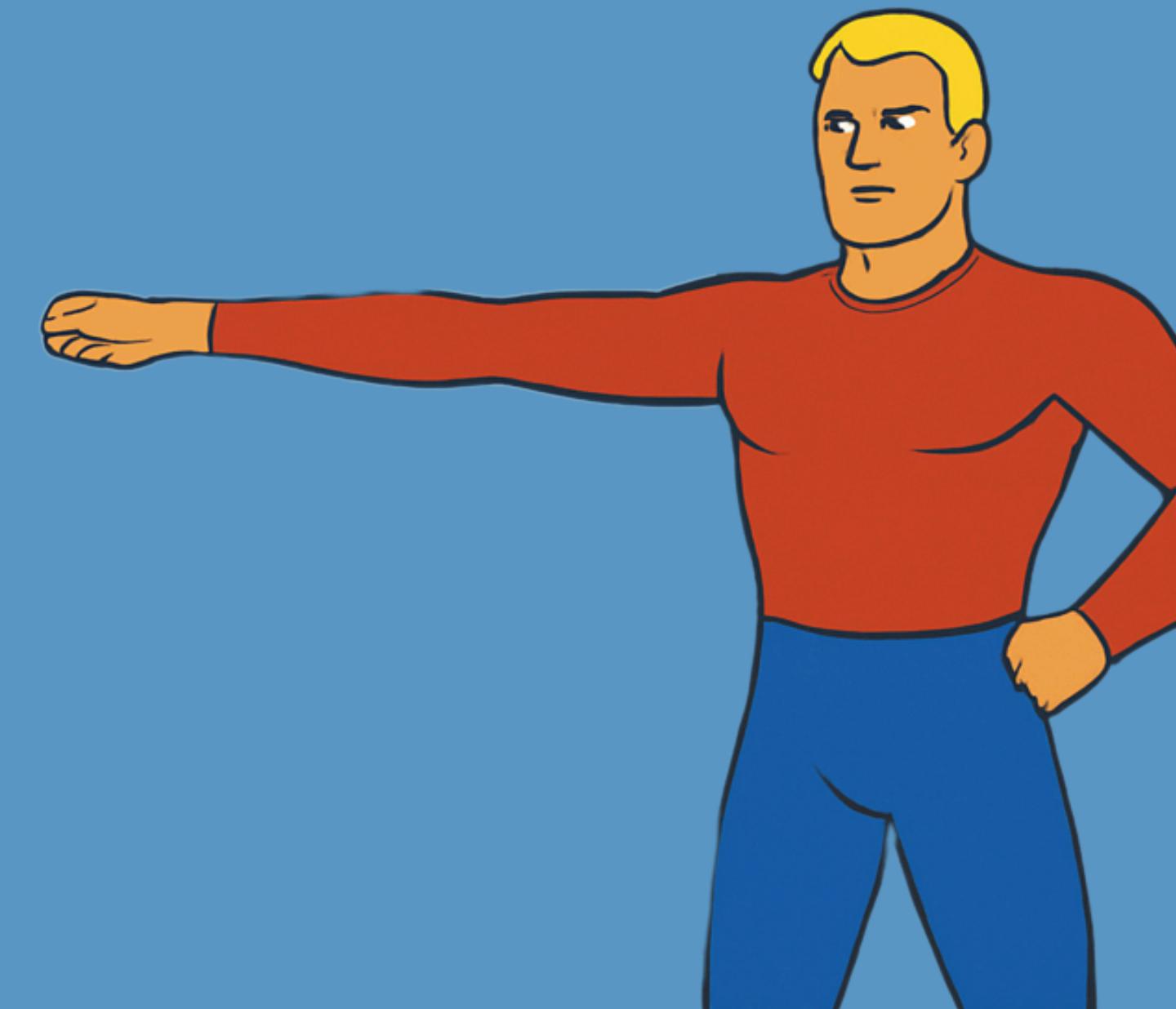
**WEEK 1 — STRETCH YOUR FAITH**



# TIME TO STRETCH

1. FLAMINGO BALANCE 
2. ELEPHANT TRUNK 
3. GIRAFFE REACH 
4. BUTTERFLY WINGS 
5. MONKEY SWING 

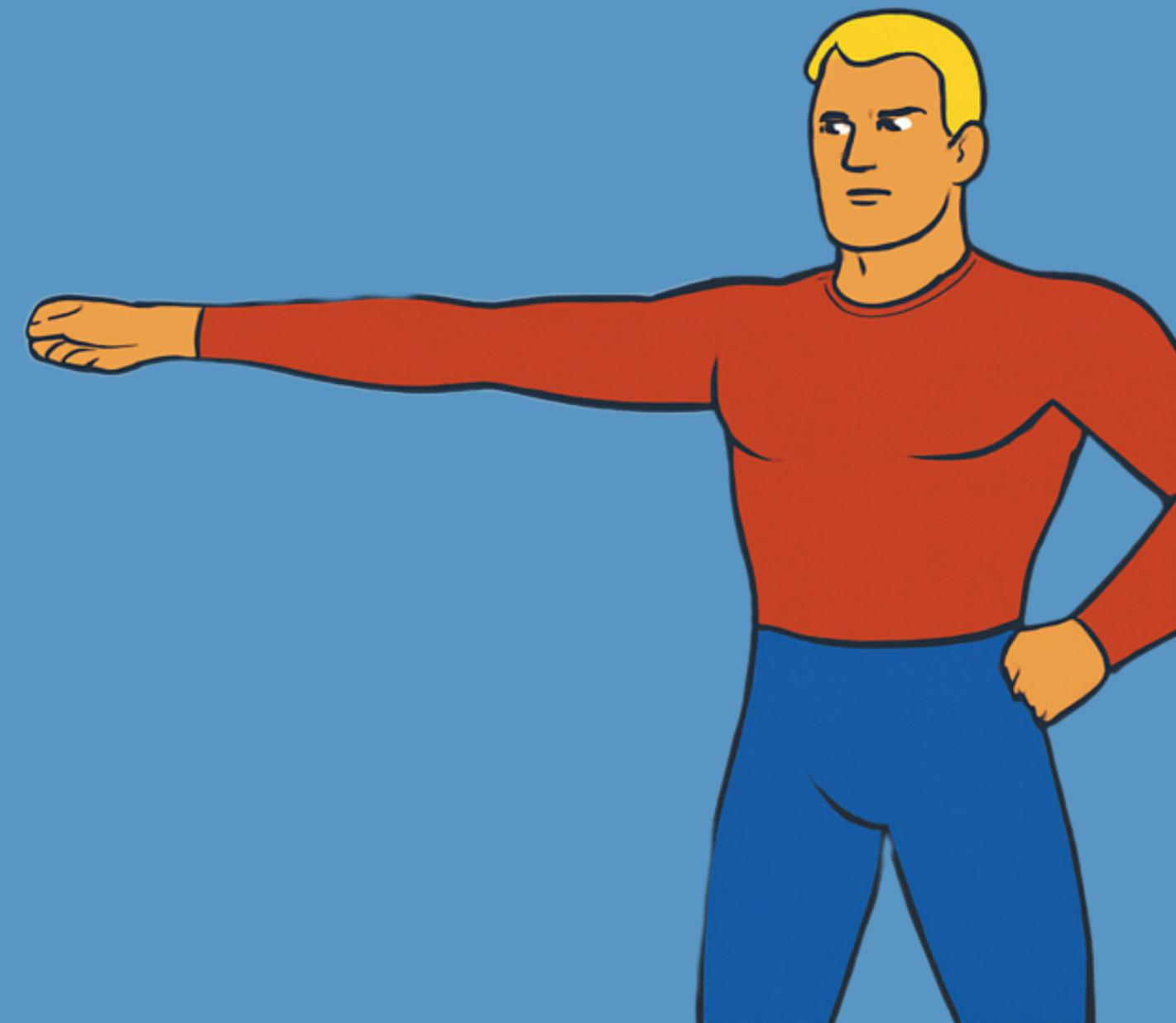
**STRETCHED  
BUT STRONG**  
WHEN GOD  
STRETCHES US,  
HE STRENGTHENS US



**STRETCHING IS  
UNCOMFORTABLE, BUT IT  
MAKES US STRONGER,  
MORE FLEXIBLE, AND  
PREPARES US FOR  
WHAT'S AHEAD.**

**STRETCHED  
BUT STRONG**

**WHEN GOD  
STRETCHES US,  
HE STRENGTHENS US**

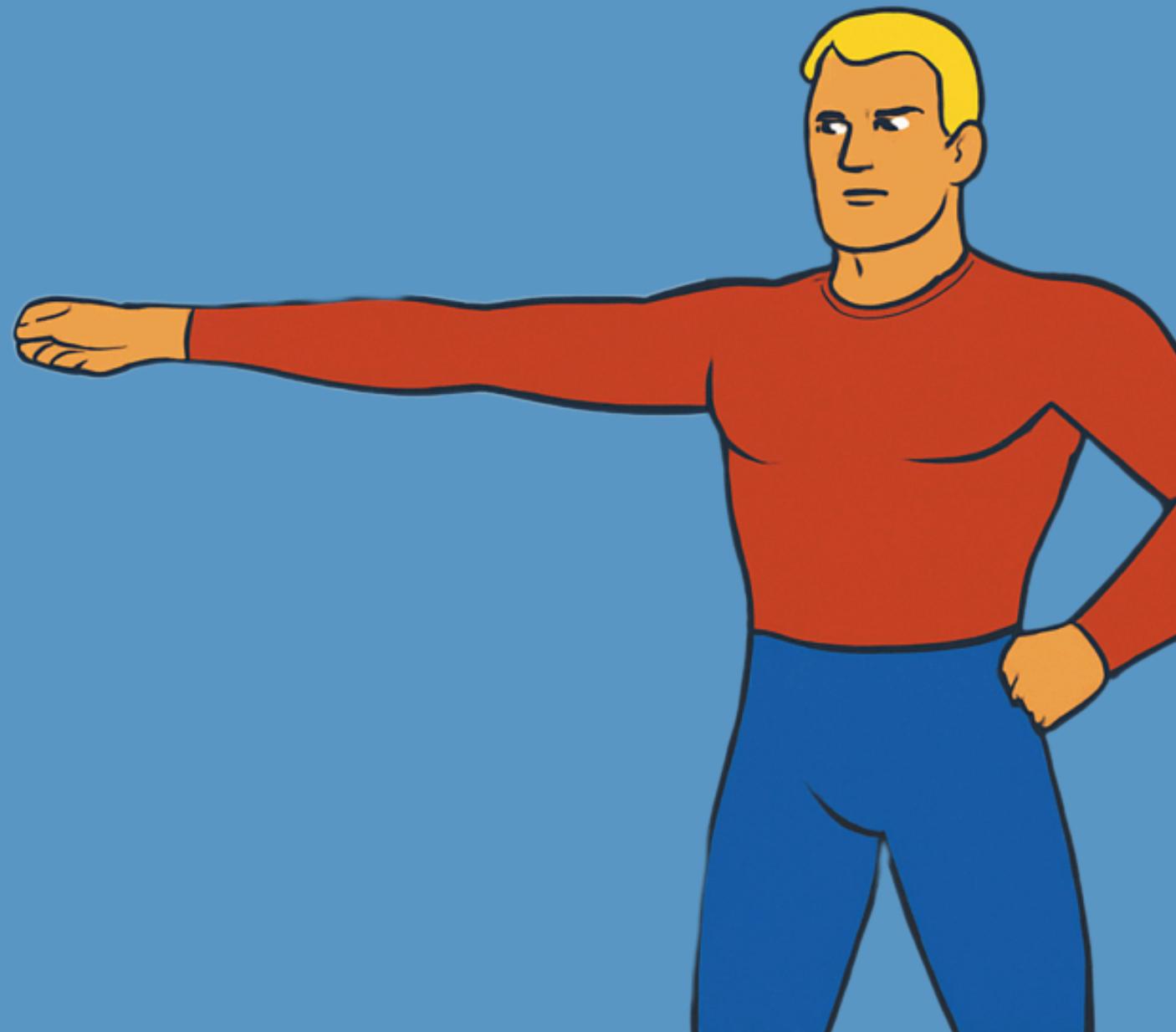


# KEY SCRIPTURE

**Hebrews 11:8** By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.

**STRETCHED  
BUT STRONG**

**WHEN GOD  
STRETCHES US,  
HE STRENGTHENS US**

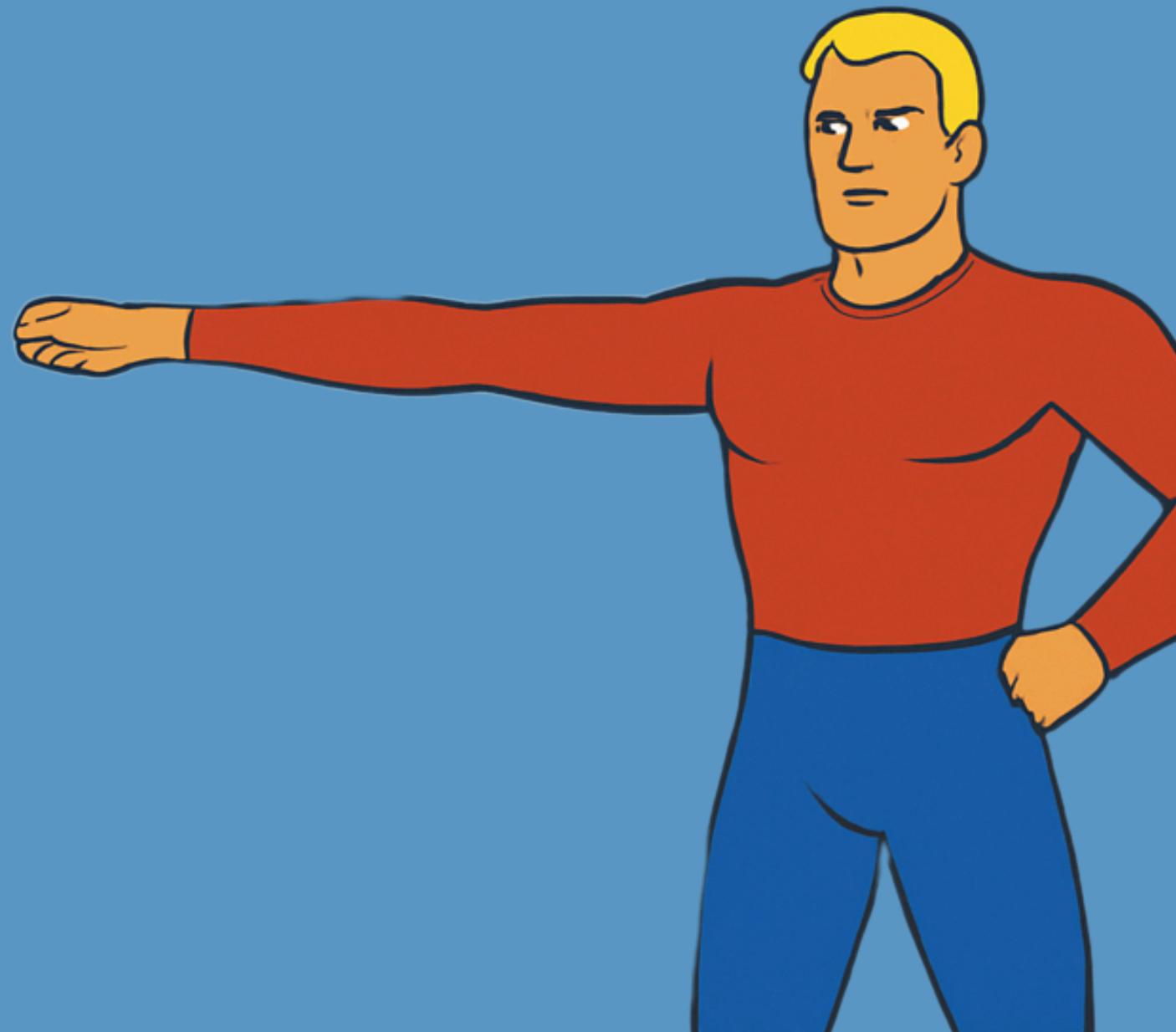


# ABRAHAM'S STORY

**KEY POINT 1:** Faith means  
obeying even when you  
don't have all the answers.

**STRETCHED  
BUT STRONG**

WHEN GOD  
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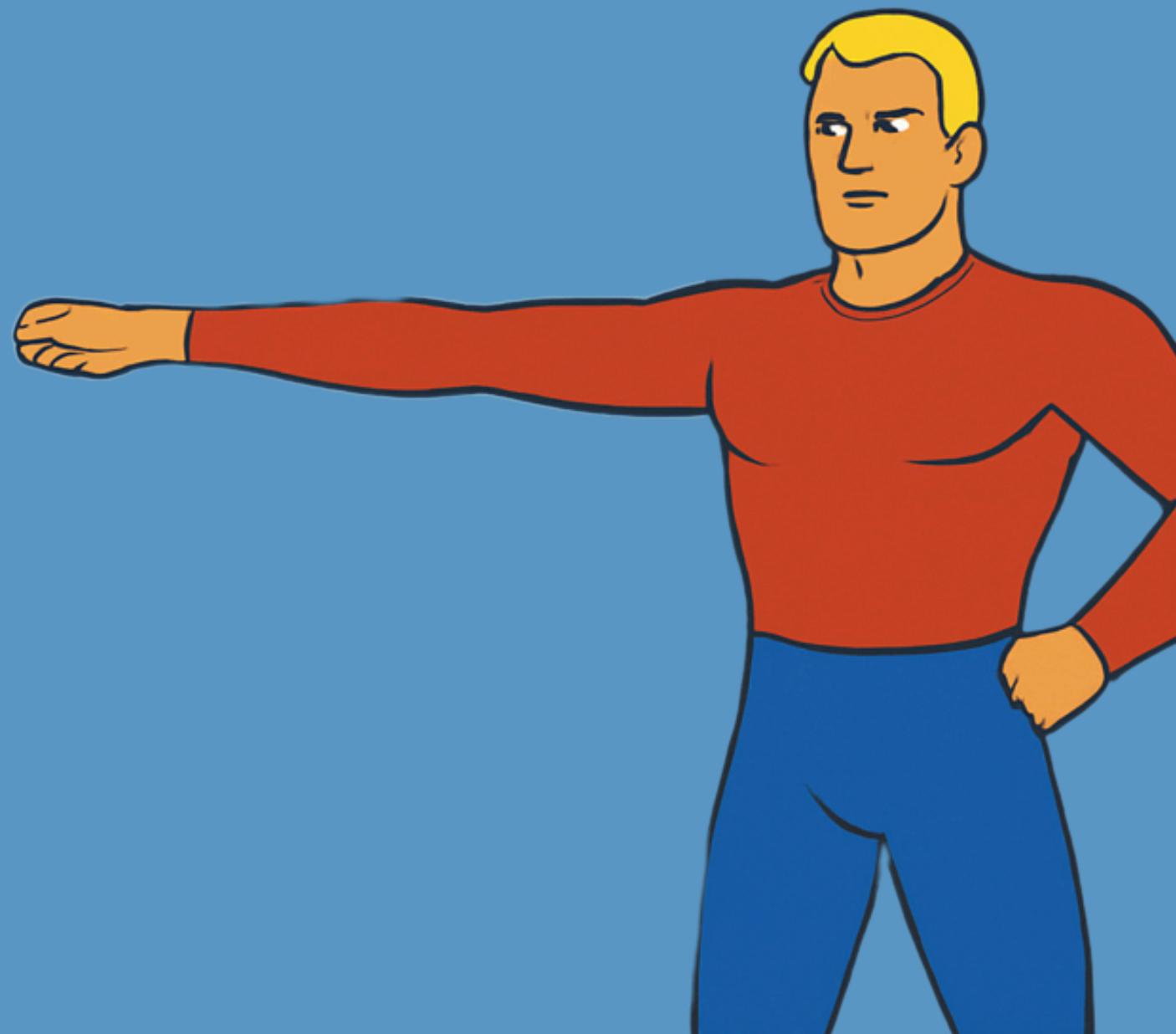
# ABRAHAM'S STORY

**KEY POINT 1:** Faith means  
obeying even when you  
don't have all the answers.

**KEY POINT 2:** Faith grows  
when we leave our  
comfort zone.

**STRETCHED  
BUT STRONG**

WHEN GOD  
STRETCHES US,  
HE STRENGTHENS US



# STRETCH YOUR FAITH TODAY

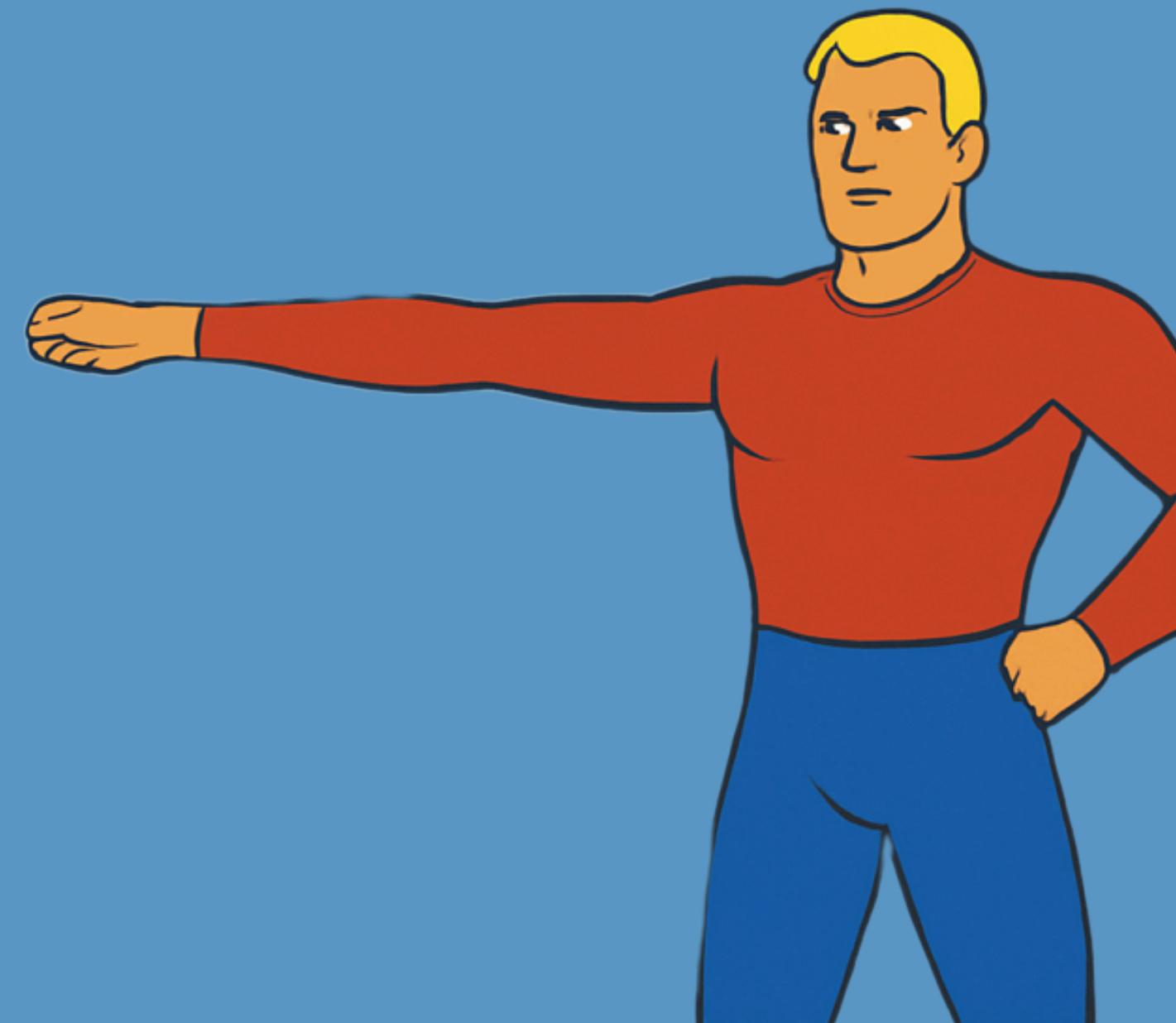
💡 Where might God be asking **YOU** to stretch?

- Trust Him with friendships 
- Stand up for what's right 
- Be patient when things don't make sense 

🎯 **REMEMBER:** You don't need all the details — just trust the One who does!

# STRETCHED BUT STRONG

WHEN GOD  
STRETCHES US,  
HE STRENGTHENS US



Character

Humility

Attitude

Listening

Love

Encouragement

Nobility

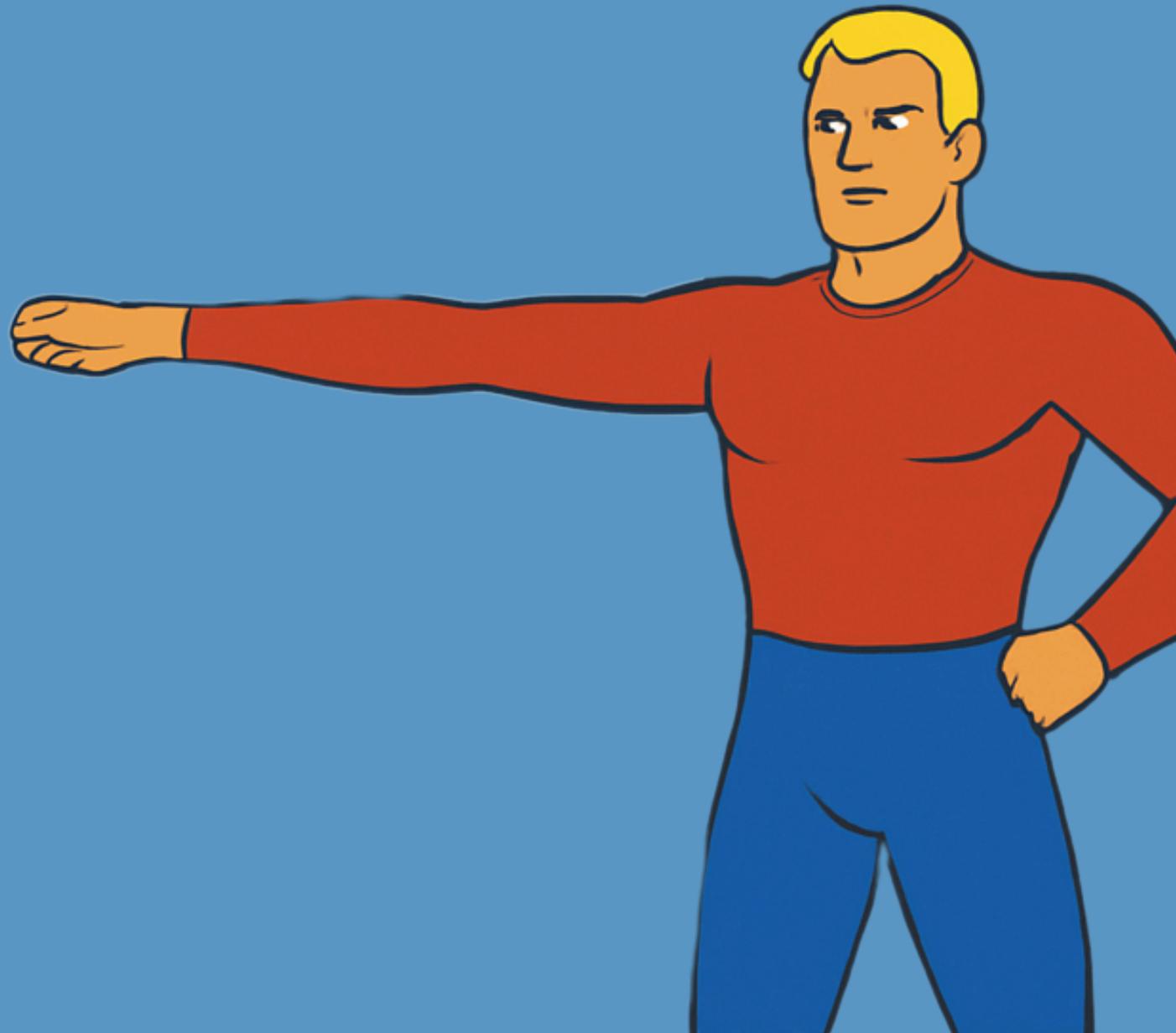
Generosity

Endurance



STRETCHED  
BUT STRONG

WHEN GOD  
STRETCHES US,  
HE STRENGTHENS US



# STRETCHED BUT STRONG

WHEN GOD STRETCHES US,  
HE STRENGTHENS US

**WEEK 1 — STRETCH YOUR FAITH**

