



Chapel Week 1: Stretch Your Faith ✨

Character: Abraham

Key Verse: 📖 *“By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance. And he went out, not knowing where he was going.”*
— Hebrews 11:8

Bottom Line: 🙌 Faith stretches us when we trust God even when the path is unclear.

1 WARM-UP STRETCH!

Let's get moving before we dig in! 🏃💨

🦩 **Flamingo Balance** – Stand tall on one leg like a flamingo in a pond.

🐘 **Elephant Trunk** – Swing your arms side to side like a big elephant trunk.

🦒 **Giraffe Reach** – Reach high on your tiptoes like a giraffe eating leaves.

🦋 **Butterfly Wings** – Flap your arms gently like butterfly wings.

🐒 **Monkey Swing** – Swing your arms loose and silly like a monkey.

💡 **Point:** Stretching feels uncomfortable, but it makes us stronger. Faith works the same way!

🎬 **Video Break!** 🙌 *“Stretch Armstrong — Your stretchable superhero”*

(Watch him get stretched, knotted, and bounce back! He's our **series symbol** — faith works the same way!)

2 ABRAHAM'S STORY

📖 Genesis 12:1–4 + Hebrews 11:8

➡ God told Abraham: “Go... to the land I will show you.”

➡ Abraham didn't have a map 🌍, GPS 📱, or all the details — but he trusted God.

➡ He left behind comfort and safety because of faith.

★ **Key Point 1:** Faith means **obeying even when you don't have all the answers.**

3 FAITH BEYOND COMFORT

Abraham could have stayed safe in Haran... but he chose faith.

🙌 Real faith = risk + courage.

Examples of stretching faith:

✨ Choosing kindness when it's not popular.

✨ Giving generously even when it's hard.

✨ Sharing your faith even when nervous.

★ **Key Point 2:** Faith grows when we leave our **comfort zone**.

4 **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!

5 **OUR SCHOOL THEME: CHALLENGE ACCEPTED!** 💪

Each week we stretch in a new way:

1. C – Character ✨
2. H – Humility 🙇
3. A – Attitude 😊
4. L – Listening 👂
5. L – Love ❤️
6. E – Encouragement 💬
7. N – Nobility 👑
8. G – Generosity 📺
9. E – Endurance 🏃

6 **OBJECT LESSON** 🟡

Bring out a **rubber band** (or exercise band).

➡ It only works when it's stretched.

➡ If not stretched, it's useless.

💡 **Truth:** Our faith is the same way!

7 **CLOSING CHALLENGE + PRAYER** 🙏

📖 Hebrews 11:8 again.

Challenge: This week, ask God to show you **ONE** way to stretch your faith beyond comfort.

Prayer: God, give us courage to trust You even when life feels unclear. Stretch our faith this week!