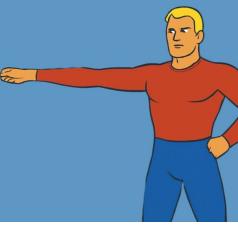


# STRETCHED BUT STRONG

WHEN GOD STRETCHES US,  
HE STRENGTHENS US

## WEEK 1 — STRETCH YOUR FAITH



### 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!