



✨ **Chapel Week 2:** Stretch Your Obedience

✨ **Character:** Noah

Key Verse: 📖 “Noah did this; he did all that God commanded him.” — Genesis 6:22

Bottom Line: 👉 Obedience stretches us when God’s commands don’t make sense.

1 WARM-UP STRETCH!

Let’s get moving before we dig in! 💪 😊

🌀 **Rainbow Arms** – Stretch side to side like you’re painting a rainbow in the sky.

🦸 **Superhero Chest Pull** – Pull your arms wide like you’re breaking out of a superhero suit!

🐢 **Turtle Reach** – Stretch forward like you’re trying to grab your turtle shell.

💡 **Point:** Stretching isn’t always comfortable — but it makes us stronger. Obedience works the same way!

🎬 VIDEO / OBJECT BREAK!

👉 Use a **rubber band or resistance band** and stretch it slowly:

➡ Not stretched = weak & unused

➡ Stretched again and again = strong & useful

💡 *“Obedience may stretch you — but it won’t break you when God is the one pulling.”*

2 NOAH’S STORY - 📖 Genesis 6 + 7

➡ God told Noah to **build an ark on dry land** — before there was rain.

➡ Noah didn’t argue, delay, or negotiate.

➡ He obeyed — even when it didn’t make sense.

★ **Key Point 1:** Obedience means trusting God even when we don’t understand.

3 OBEDIENCE BEYOND COMFORT

Noah probably got laughed at.

People likely said, “Hey Noah — expecting a flood in the desert?” 😊

👉 Real obedience = **risk + courage**

Examples of stretching obedience:

- ✨ Doing what's right when friends don't
- ✨ Following instructions even when it feels unfair
- ✨ Respecting leaders even when you don't agree

★ **Key Point 2:** Obedience stretches our reputation — and that's okay.

4 OBEDIENCE OVER TIME

Building the ark took **years**, not minutes.

👉 Obedience isn't just a moment — it's a **lifestyle**.

★ **Key Point 3:** Obedience stretches our endurance — stay faithful even when it's slow.

5 STRETCH YOUR OBEDIENCE TODAY

🧑 Where might God be asking YOU to stretch?

- ✅ Obey even when it's uncomfortable
- ✅ Do the right thing when no one is watching
- ✅ Trust God before you see the result

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

6 OBEDIENCE IN OUR SPEECH — HOW TO STAY AWAY FROM DRAMA

1 Think Before You Speak

📖 Proverbs 14:29 – “People who stay calm have great understanding.”

2 Choose Good Friends

📖 Proverbs 13:20 – “Walk with wise people and you will be wise.”

3 Don't Spread Gossip

📖 Proverbs 11:13 – “A good friend keeps secrets.”

4 Walk Away from Fights

📖 Proverbs 14:7 – “Stay away from foolish arguments.”

5 Talk to a Trusted Adult

📖 Proverbs 11:14 – “Having wise people around brings safety.”

7 CLOSING CHALLENGE + PRAYER 🙏

CHALLENGE: This week, ask God to show you ONE way to stretch your obedience.

PRAYER: “God, help us obey even when it doesn't make sense. When You stretch us, don't let us snap — make us strong like Noah. Amen.”