



Morning Stretch Day 1

Bible Point: Jesus changes me! Thank you, Jesus!

Bible Verse: "Search me, O God, and know my heart." Psalm 139.23

Story: The Wedding of Cana/ Water into Wine - John 2:1-11

Materials Needed:

- Everyday use: Yoga mats or carpet squares, one per kid
- Wedding scene props: jugs, flowers, arbor, etc.

Set Up:

- Place yoga mats/ carpet squares out in groups of hop, skip, and jump
- Create a wedding scene with props, for example: leader under an arbor, flower arrangements, 6 jugs, dress in white or black, wear a veil or bow tie

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 Morning Stretch! In our Bible story for today, we learn about a miracle. Quick turn to your crew leader, and discuss this question: What is a miracle?
- **Shout Out:** Each group picks their best answer that they came up with, and shouts it out.
- **Define it:** What is a miracle? An unexplainable event, something that is not easily explained by science or nature, a surprise, something from God

Learn to Bible Point:

Leader says: Jesus changes me!

Participants say: Thank you, Jesus!

Music: *Ho, ho, ho hosanna!*

Get to it!

Say: Today in our Bible story, we learn that Jesus turned water into wine! What a miracle that must have been. So let's stretch out and learn the story.

Music: Body moving music for morning calisthenics: (could be a drum, piano, or guitar)

- 10 jumping jacks to get the heart going
- [Bunny breath](#) to get our lungs moving (3 sniffs in and 1 long breath out!)
- Learn 4 basic poses for storytelling yoga. Click links for an image. Practice the images before the “storytell it” section.

[Star Pose](#) - Jesus

[Tree Pose](#) - People (friends, waiters, everyone)

[Lion Pose](#) - Mary

[Downward Facing Dog Pose](#) - Jugs

Storytell it!

Jesus (star pose) went to a wedding.

Jesus was there with his friends (tree pose) and his mother, Mary (lion pose with a roar)

Mary (lion pose with a roar) was never weak as Jesus’ mom, she was lion-hearted!

Also at the wedding was the bride and groom (tree pose), of course.

To make sure everyone was well-fed and had somewhere to wash their hands, there were these jugs (downward dog).

Can you count them with me - 1-2-3-4-5-6 jugs (downward dog) of water.

Each jug (downward dog) held 30 gallons of water. That’s more water than you would use in the bathtub.

There were so many people (tree pose) at the wedding, that they ran out of wine!

Mary (lion pose with a roar) came over to Jesus (star pose) and asked if he could help.

Jesus (star pose) did help! He changed the six jugs (downward dog) of water into wine!

Jesus (star pose) changed the water into wine, and worked a miracle. Jesus (star pose) does the same in us, he changes us from the inside out! Let’s practice the Bible point:

Leader says: Jesus changes me!

Participants say: Thank you, Jesus!

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

Debrief it!

- **Huddle Questions:** What happened in the story for today? What was the miracle? How might Jesus change us everyday? How are we a living miracle?

Music: *This Little Light of Mine*

- **Practice the Bible Point**

Leader says: Jesus changes me!

Participants say: Thank you, Jesus!

Bible Buddy (hold up Frankie poster)

Say: Frankie was once a tadpole, that changed into a frog! Just like water into wine! Frankie will help remind us that Jesus can change the world and us, too!

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,

Today

we hop-hop-hop, (everyone hops)

we skip-skip-skip, (everyone skips)

we jump-jump-jump (everyone jumps)

as we pray, and thank you for Jesus who comes to play,

with us now and every day!

Amen.