



Morning Stretch Day 3

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

Bible Verse: "As far as the east is from the west, God has forgiven us."

Psalm 103:12

Story: Mary anoints Jesus - John 12:1-8

Materials Needed:

- Everyday use: Yoga mats or carpet squares, one per kid
- Jar
- Smelly perfume (Target brands)
- Long hair wig

Set Up:

- Place yoga mats/ carpet squares out in groups of hop, skip, and jump
- Wear the wig
- Extra chair for someone to sit with no shoes on

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: *Hallelujah, Hallelujah, Praise Ye the Lord*

- **Intro Question:** Welcome everyone to Morning Stretch! In our Bible story for today, we learn about forgiveness. Quick turn to your crew leader, and discuss this question: What is forgiveness?
- **Shout Out:** Each group picks their best answer that they came up with, and shouts it out.
- **Define it:** What is forgiveness? It's the action or process of apologizing or saying I am sorry.

Learn to Bible Point:

Leader says: Jesus forgives me!

Participants say: Thank you, Jesus!

Music: *This Little Light of Mine*

Get to it!

Say: Today in our Bible story, we learn that Jesus loves and forgives people! That made Mary feel so happy that she made Jesus' feet smell sweet! So let's stretch out and learn the story.

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

- 10 seconds of jump jacks in place to get the heart going
- [Snake Breath](#) to get the lungs moving (Inhale one long breath, and exhale like a snake)
- Learn 3 basic poses for storytelling yoga. Click links for an image. Practice the images before the "storytell it" section.

[Star Pose](#) - Jesus

[Tree Pose](#) - Mary

[Happy Baby Pose](#) - Jar

Storytell it!

Jesus (star pose) was visiting his friends Mary (tree pose), Martha, and Lazarus. They were eating a special meal together. We don't know what they talked about with Jesus (star pose). We don't know what food they ate with Jesus (star pose). We only know that the time they spent with Jesus (star pose) made them feel alive, and loved, and forgiven.

After the meal, Mary (tree pose) came up to Jesus (star pose). Mary (tree pose) was Martha and Lazarus' sister. Mary (tree pose) sat at Jesus' (star pose) feet. Mary (tree pose) had a beautiful jar (happy baby pose). When Mary took the lid off the jar (happy baby pose) a beautiful smell came from Mary's (tree pose) jar (happy baby pose, and then spray some perfume). Mary (tree pose) took the beautiful sweet smelly perfume from the jar (happy baby pose) and poured the perfume on Jesus' (star pose) feet. Mary (tree pose) rubbed the perfume into his feet, and then wiped them dry with her hair.

The scene looked like this: Invite a volunteer to come forward and sit in a chair. Spray some perfume on their feet, and then dry their feet with the long hair wig. Thank the volunteer!

Mary (tree pose) made Jesus' (star pose) smelly feet smell sweet! Why would she do this? She knew that Jesus not only loves us, but forgives us in every which way!

Let's practice the Bible point:

Leader says: Jesus forgives 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? How did Mary honor Jesus? Why might she do something like wash his feet with her hair? Jesus forgave everyone's sins, including ours? Do you need forgiveness from God? How might you ask forgiveness from God?

Music: *Jesus Loves Me*

- **Practice the Bible Point**

Leader says: Jesus forgives me!

Participants say: Thank you, Jesus!

Bible Buddy (hold up the poster of Lucky Duck)

Say: Lucky, the Duck, our Bible buddy for today, reminds us that Jesus forgives all people, and so can we! That makes you one lucky duck!

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.