



Morning Stretch Day 4

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

Bible Verse: "God has been faithful in his love...and his saving power is seen everywhere on earth." Psalm 98:3

Story: Jesus Appears to Mary - John 20:11-18

Materials Needed:

- Everyday use: Yoga mats or carpet squares, one per kid
- An empty tomb
- Garden materials

Set Up:

- Place yoga mats/ carpet squares out in groups of hop, skip, and jump
- Place to look inside and see an empty tomb

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: *In the Beginning, God Made the Seas*

- **Intro Question:** Welcome everyone to Morning Stretch! In our Bible story for today, we learn about being remembered. Quick turn to your crew leader, and discuss this question: What does the word "remember" mean?
- **Shout Out:** Each group picks their best answer that they came up with, and shouts it out.
- **Define it:** What does it mean to remember: to remember is to make your own mind aware of something, whether it is a memory of something, or a person from the past, etc.

Learn to Bible Point:

Leader says: Jesus remembers me!

Participants say: Thank you, Jesus!

Music: *I've Got the Joy, Joy, Joy, Down in My Heart*

Get to it!

Say: Today in our Bible story, we learn how Jesus remembers Mary after his death and resurrection, and Jesus will remember us, too! 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 push ups to get the heart going
- Pick a breath from the week, Bunny Breath, Bear Breath or Snake Breath to get the lungs moving
- Learn 3 basic poses for storytelling yoga. Click links for an image. Practice the images before the "storytell it" section.

[Star Pose](#) - Jesus

[Warrior 1](#) - Mary

[Child Pose](#) - Tomb

[Tree Pose](#)- Angel

Storytell it!

This is a story that takes place after Jesus (star pose) died on a cross (arms out like a cross), was placed in a tomb (child pose), and on the third day, raised again (hands raised up). (Look into the fake tomb, and let kids look, too.)

Outside the tomb (child pose), Mary (warrior 1) stood crying. She looked into the tomb (child's pose). Mary (warrior one) saw two angels (tree pose). The angels (tree pose) were sitting where Jesus' (star pose) body had laid. One angel (tree pose) sat at one end of the bed, and the other angel (tree pose) on the opposite side.

The angels (tree pose) asked Mary (warrior 1), "Why are you crying?" Mary (warrior 1) said the angels (tree pose), "Jesus (star pose) is not here, and I don't know where he is?" Quickly, Mary (warrior 1) turned around, and saw a man standing near her. It was Jesus (star pose) but Mary (warrior 1) didn't recognize him. She thought Jesus (star pose) was the gardener.

Mary (warrior 1) asked him where Jesus (star pose) was. Jesus (star pose) said, "Mary (warrior 1)!" Instantly, Mary (warrior1) recognized Jesus (star pose), and ran to him, and called Jesus (star pose), "Rabboni! Teacher!" Jesus (star pose) didn't forget his friends after he was raised from the dead, but he remembered them. That's the promise that we get, too. Jesus (star pose) remembered Mary (warrior 1), and he will remember us always!

Let's practice the Bible point:

Leader says: Jesus remembers 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 does Jesus say to show Mary he remembers her? What special memory do you have of someone calling your name? Birthday party? A phone call?

Music: Jesus Loves Me

- **Practice the Bible Point**

Leader says: Jesus remembers me!

Participants say: Thank you, Jesus!

Bible Buddy (hold up the poster of Ollie Otter)

Say: Ollie, the Otter, our Bible buddy for today, reminds us that no matter where we go, and no matter what we do, Jesus will remember us always. That's the promise!

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.