



Day 3 - Morning Stretch

Spark Bible Story: Fruit of the Spirit, pg 550

Bible Verse: "...live with the fruit of the spirit. Show love, joy, peace and patience to one another. Be kind, generous, faithful,...and gentle with one another....Show good self control."

Bible Buddy: Cathy Caterpillar

Take Home Point: As God's people, we are caretakers of God's love. Let's go God!

Materials Needed:

- Everyday use plastic mats, one per kid
- Gopher costume

What to do:

Introduce it!

Music: Amen

- **Crew Check In:** Instruct crew leaders to take out their crew leader check in sheet out and get ready for the morning!
- **Intro Question:** Welcome everyone to Morning Stretch! In our Bible story for today, we learn about the fruit of the spirit. Quick turn to your crew leader, and everyone shares their favorite fruit?

Learn to Bible Point:

Leader says: We are the caretakers of God's love!

Participants say: Let's go God!

Music: Fruit of the Spirit (Theme Song)

Get to it!

Teach the Bible story to the kids with Emcee and Gopher.

Emcee: Today we are going to learn about the fruits of the spirit.

Gopher: Yep!

Emcee: Did you know that the fruits of the spirit are NOT the fruits we eat?

Gopher: Yep!

Emcee: Did you know that the fruits of the spirit include love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.

Gopher: Yep!

Emcee: Did you know that God is the source of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.

Gopher Yep!

Emcee: Did you know that ove, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control are gifts we have within us?

Gopher: Yep!

Emcee: Let's pray! Repeat after me in my action and words:

(start in a stoop) Thank you, God, for all that grows. (pop up)

Thank you for your promise, seen in rainbows. (hands like a rainbow)

Thank you, God, for stars that shine. (star pose)

Thank you for these friends of mine. (high five one another)

Thank you, God, for the moon and sun. (hands over head)

Thank you for all that's given – for everyone! (point to one another)

Help us, Lord, to learn to share, To be more generous everywhere. Amen.

Music: This Little Light of Mine

Learn the Bible Verse

Learn 2 basic poses for storytelling yoga. Click links for an image. Practice the images before pointing it all together.

[Star Pose](#) - Spirit

Bible Verse: "...live with the fruit of the spirit (star pose). Show love (cross heart), joy (jump up and down), peace (peace sign) and patience (point to watch) to one another. Be kind (high-five), generous (hold out hands), faithful (hand on heart),...and gentle (sit down) with one another....Show good self control (freeze)."

Practice the Take Home point

Leader says: We are caretakers of God's love.

Participants say: Let's go God!

Music: Pharaoh, Pharaoh