

## Week 1 (Feb. 1 – Feb. 2)

### Stretch? What's that?

Stretch can be defined as being capable of being made longer or wider without tearing or breaking. It can also be defined as straightening or extending of something to its full length, typically so as to tighten one's muscles or in order to reach something. Over these two days, let's just understand "STRETCH." Intro: Abraham stretched. Yikes.

- Genesis 22:1-10 NKJV
- Genesis 22:10-18 NKJV

## Week 2 (Feb. 5 – Feb. 9)

### Moses and Aaron stretched.

There was something special about that rod. Or maybe it was the stretch. God allowed ten plagues to occur and for a few of them, the Word captures the Lord instructing Moses or Aaron to stretch out the rod/staff and that got the plagues started. Stretching also opened and closed the Red Sea. God displays His power when stretch.

- Exodus 8:1-15, 16-19 (NKJV)
- Exodus 9:8-35 (NKJV)
- Exodus 10 (NKJV)
- Exodus 14:1-15 (NKJV)
- Exodus 14:16-30 (NKJV)

## Week 3 (Feb. 12 – Feb. 16)

### Elijah and Elisha stretched.

These widows will have you tripping. JK! These widows stretched their faith. In return, God use Elijah and Elisha to stretch literally in order to stretch their faith even further. God did the impossible. He brought two individuals back to life. The cost: just some stretching. I'm excited to explore the power in stretching your faith this week. I'm also excited to see what God does in your life and what things He brings back to life.

- 1 Kings 17:8-24 (NKJV)
- 2 Kings 4:1-7 (NKJV)
- 2 Kings 4:8-17 (NKJV)
- 2 Kings 4:18-27 (NKJV)
- 2 Kings 4:28-37 (NKJV)

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\*If you have a medical condition and/or are taking medication, please adhere to medical advice.

## Week 4 (Feb. 19 – Feb. 23)

God stretched out His hand against the children of Israel, but ultimately God was with them and His outstretched hand was against their enemies..

This is going to be a very interesting week. We have explored what it means stretch. We explored the power that stretching can have in our lives and the lives of those around us. What about when God stretches? Sometimes it's for us, and sometimes it's simply for our good, in ways that don't necessarily feel good. Let's explore.

- ❑ 1 Chronicles 21 (NKJV)
- ❑ Isaiah 5:13-16, 20-21 (NKJV)
- ❑ Isaiah 5:24-30 (NKJV)
- ❑ Isaiah 9:8-21 (NKJV)
- ❑ Isaiah 14:1-27 (NKJV)

## Week 5 (Feb. 26 – Feb. 29)

When all you have is the ability to stretch...

This week, we're going to explore two very separate moments in history. First, let's get a little more understanding on that healing and miracles that occur when you stretch against all odds. Second, let's explore the greatest stretch of all time, Christ's death on the cross.

- ❑ Luke 8:43-48 (NKJV)
- ❑ Mark 5:25-34 (NKJV)
- ❑ EXTRA PRAYER TIME!

This has been a tremendous month of growth, or stretching. LOL! Hopefully you were able to learn about what happens when you stretch and when God stretches, and when you stretch again.

If you missed a week, go straight to our website and check out what you missed:  
[www.promiseschurch.org](http://www.promiseschurch.org).

Thank you so much for joining us on this fast. It really means a lot to us to be able to humble ourselves with other believers and to share in God's word. We've learned a lot and we hope you have also.

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