

A woman in a blue tracksuit with red and white stripes on the sleeves is sitting on a grassy field, stretching her leg. She is wearing a white headband and has a pained expression on her face. The background shows a soccer field with a goal and trees.

**STRETCH**

**Text SBC SERMON to 393939 to receive thought-provoking texts throughout the week to take you deeper in the sermon.**



when in doubt stretch it out

**STRETCH**



Leaving that place, Jesus withdrew to the region of Tyre and Sidon. A Canaanite woman from that vicinity came to him, crying out, “Lord, Son of David, have mercy on me! My daughter is demon-possessed and suffering terribly.”

Jesus did not answer a word. So his disciples came to him and urged

**STRETCH**

him, “Send her away, for she keeps crying out after us.”

He answered, “I was sent only to the lost sheep of Israel.”

The woman came and knelt before him. “Lord, help me!” she said.

He replied, “It is not right to take the children’s bread and toss it to the dogs.”

**STRETCH**

“Yes it is, Lord,” she said. “Even the dogs eat the crumbs that fall from their master’s table.”

Then Jesus said to her, “Woman, you have great faith! Your request is granted.” And her daughter was healed at that moment.

Matthew 15:21-28

**STRETCH**

A person wearing a blue tracksuit is performing a backbend on a grassy field. The person is lying on their back with their feet tucked under their hands, pulling them towards their head. The background is a blurred green field with some trees in the distance.

scratch below the surface

**STRETCH**



don't miss the shout out

**STRETCH**



ignore the barriers

**STRETCH**





fight for the underdog

**STRETCH**

A person wearing a blue tracksuit is performing a stretch on a grassy field. The person is lying on their side, with one leg bent and the other extended. The background is a blurred green field with trees in the distance.

don't give up

**STRETCH**



“purpose” will define your jam

**STRETCH**

Allow Jesus to stretch you,  
to give you a purpose that  
empowers you to blow  
through barriers and is  
dependent on him  
showing up.

**STRETCH**



**STRETCH**

