

Today's Suggested Schedule—November 2025, Week 2

Today's Bible Story: Jonah • *Jonah 1–3*

Today's Bottom Line: God knows what's best.

Monthly Memory Verse: *Those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.* Isaiah 40:31 (NirV)

Supplies NOT included in the Activity Bags

Bible Story Review: Which Way Will I Go?

- Floor tape

Application Activity: God Our Compass

- Device for Playing Worship Music

Memory Verse Activity: Memory at Sea

- Bibles marked at Isaiah 40:31
- Plastic cups
- Floor tape

Prayer Activity: Pray and Dismiss

- Markers or pencils
- Large bowl or basket or bucket
- Index cards
- Bible marked at John 14:6

Pray for your group before they arrive. Pray for kids who will visit your group for the first time. Thank God for never giving up on you, even when you've tried to run or hide. Recall an age-appropriate story about a time when you felt like you were far from God, but He kept reaching for you! Ask God to remind each kid that His love isn't based on our performance. Pray that kids would be confident that He is with them at school, at home, on hard days, and on good days. Pray they would feel God's love chasing after them, even when they make bad choices.

1. Bible Story Review- Which Way Will I Go?

What You Need:

- “Pick a Door” Activity Page
- “God’s Way Q&A” Activity Page-in the lesson
- Floor tape

What You Do:

- Before you begin:
 - Use floor tape to mark a start line.
 - A few feet from the start line, tape down Set 1 of the “Pick a Door” Activity Page cards side by side like doorways. (There will be three doors, and all will be numbered 1 for Set 1. Mix the door with the correct answer randomly in the arrangement.)
 - Repeat this for Sets 2-7, placing each set a few feet away from the last to form a straight line.
 - Mark a finish line at the end of all seven sets of three doors.

Play Together:

- Gather the kids behind the start line.
- Say, “This game is called *Pick a Door!* At each set of doors, I will ask a question about Jonah’s story, and you have to decide which door he chose in the Bible Story to move forward.”
- As the kids get to each set of three doors, first read the question, and then read the three door choices from the “God’s Way Q&A” Activity Page. Be sure to follow the order of the door choices that you placed the doors on the floor so the correct answer is included randomly.
- Invite the kids to point to the door of their choice.
- Once the kids agree on the correct door, invite everyone to step over that set of doors and move to the next set.
 - *NOTE: Encourage discussion by asking, “Why do you think that’s the right door?”*
- Once you reach the finish line, celebrate the kids and gather them to discuss!

What You Say:

“What an adventure! Jonah’s journey to Nineveh was one wild ride. God gave Jonah a mission to go to the city of Nineveh and tell them to turn from their sins, but Jonah went the opposite way. LITERALLY! He jumped on a boat, and God brought a giant storm. When Jonah was thrown into the sea by the people on the boat, God sent a big fish to rescue him! And after three days, Jonah finally listened to God. He traveled to Nineveh and shared God’s message. And the people of Nineveh actually listened and changed!

“Why did Jonah not want to tell the Ninevites to turn from their sins? Well, the Bible tells us. Jonah said this to God:

“I knew that you are gracious. You are tender and kind. You are slow to get angry. You are full of love. You are a God who takes pity on people” (Jonah 4:2 NIV).

“Jonah knew that God is kind. He knew that God would forgive the Ninevites if they turned from their sins. And that’s exactly what happened!

“Do you know what Jonah’s journey tells us about God? Well, God knows what’s best! We should always follow God’s direction. God wanted to give an entire group of people the chance to live better if they just turned from their ways! And God wanted to give Jonah a chance to share that message with them.

“But even when Jonah decided he himself didn’t want to follow God’s ways, God didn’t give up on him—and God won’t give up on you either! Even when Jonah wasn’t listening, God was still patient and kind in saving him and redirecting him.

“Even when things feel confusing or you feel like you don’t understand what God is asking you to do, you can always be confident that **God knows what’s best!** You might not see the full picture, but you can take a deep breath and trust God. He is good. His ways are good. He is always working for your good. So even if you don’t understand, you can always hold His hand and trust His heart. He is doing something good, that is the only thing He can do! Remember: **God knows what’s best.** Always!”

Inclusive Pro Tips:

- For an option with less movement, perform this activity seated and have kids point to their door choice instead of walking.

1. What did God ask Jonah to do?

God spoke to Jonah with clear directions to go to Nineveh and preach against their sins. ART: TALKING BUBBLE (CORRECT)

God told Jonah to build a giant boat to escape a flood. ART: GIANT BOAT

God sent Jonah to teach the Israelites how to plant crops. ART: CROP FIELD

2. Why did God want Jonah to go to Nineveh?

God chose Jonah to share His message to the people of Nineveh. ART: HAND RAISED (CORRECT)

God needed Jonah to defeat the king of Nineveh in battle. ART: SHIELD AND SWORD

God asked Jonah to bring gifts to the people of Nineveh. ART: GIFTS

3. What did Jonah decide to do instead of heading towards Nineveh?

Jonah decided to run away from God. Instead of heading in the total opposite direction to Tarshish. ART: WRONG WAY SIGN W/ ARROW (CORRECT)

Jonah immediately obeyed and flew on a magic carpet to Nineveh. ART: MAGIC CARPET

Jonah stayed home and prayed instead. ART: HOUSE

4. When the storm hit and the sailors threw Jonah overboard, what did God send?

God sent a giant fish to swallow Jonah and give him another chance. ART: GIANT FISH (CORRECT)

God sent a basket to carry Jonah safely to shore. ART: FLOATING BASKET IN THE OCEAN

God sent birds to rescue Jonah and fly him to shore. ART: BIRDS

5. After three days, God made the fish swim to shore, spit out Jonah on dry land, and God spoke to Jonah again! What did Jonah do?

Jonah finally chose to obey God and go the right way, to Nineveh! ART: ROAD SIGN (CORRECT)

Jonah built a campfire and stayed by the sea that the fish spit him out on. ART: CAMPFIRE NEAR THE SEA

Jonah went to a different city to take a break first. ART: WAVING HAND

6. What did the people do when they heard Jonah's message?

The people of Nineveh turned from their wrong choices, and God showed them mercy! ART: PRAYER HANDS (CORRECT)

The people of Nineveh ignored Jonah and continued doing wrong. ART: "X"

The king of Nineveh threw Jonah into prison. ART: PRISON GATES/WALLS

7. How does Jonah's story help us understand more about God?

God is kind, patient, and full of mercy, even when we make wrong choices. God always forgives when we ask. ART: HEART (CORRECT)

God only loves people who always make the right choices. ART: Thinking emoji

God only speaks through people who never mess up. ART: Soap

2. Application Activity- God Our Compass*

What You Need:

- Compasses
- “Confidence Prompts” Activity Page
- Device for Playing Worship Music

What You Do:

- Give each kid a compass.
- Teach them how to find North, South, East, and West in your group area.

Explore Together:

- Explain how to play:
 - Say, “Each direction in the room represents a different choice. Like Jonah, we sometimes follow other things or our feelings, but we want to grow in confidence by following God’s way! God’s ways are best because **God knows what’s best.**”
- Play upbeat worship music and invite the kids to dance around as they hear the music.
- At random, stop the music and call out “Freeze!”
- Read a scenario from the “Confidence Prompts” Activity Page and discuss it.
 - Ask: “Would this be tough for you to do?”
- Tell the kids to move in the direction you share for that prompt.
- Once the kids have moved in the direction of the prompt, start the music again.
- Stop the music randomly, direct the kids to “freeze!,” call out the next scenario from the “Confidence Prompts” Activity Page, and discuss it.
- Continue in the same manner until you’ve read all of the “Confidence Prompts” on the Activity Page.
- After the game: **[Make It Personal] (Share an age-appropriate time you had to trust God’s way instead of your own. Did you apologize to a friend even when you didn’t want to? Were you honest when it was hard? How was God’s way better than what you wanted to do?)**

What You Say:

“Do you remember what Jonah did when God told him to go to Nineveh? He went in the *complete opposite direction*! God gave Jonah a very clear direction, and Jonah didn’t want to go. He ran away on a boat, tried to hide, and ended up in the belly of a big fish! But even then, God gave Jonah another chance. That’s how patient and loving God is.

“Today, we pretended to travel with our compasses to wherever God was leading us. Not running away, but choosing to have confidence in God’s way!

“Remember, God’s way is always best. It’s always best to be honest because you show you’re a trustworthy person. It’s always best to be kind because God loves and values everyone, and they’ll feel that love and value when you are kind. It’s always best to forgive others, because unforgiveness does bad stuff to your heart.

“And when we live out God’s ways, we’re doing something even more amazing—we are being like Him! God is kind! God is truthful! God is loving! And God is fair. When we follow God’s ways, not only does our life go better, and the world around us is better, but the people in our lives see Jesus!

"You don't have to get it right every time. But remember, you don't have to do it alone. When you choose to follow Jesus, His very Spirit moves inside of you to help you follow His ways. Pause and ask God to help you follow His ways and do what's right! Remember, **God knows what's best!**"

Inclusive Pro Tips:

- For a version with less movement, invite the kids to point to the direction seated in a chair or on the floor.
- God tells you to forgive someone who hurt your feelings. **Go west!**
- You feel God nudging you to help a classmate, but you're nervous. **Go north!**
- You know God wants you to be honest, but you might get in trouble. **Go east!**
- You feel like God is telling you to be kind to someone who isn't kind to you. **Go east!**
- You want to share something you love with someone who has less. **Go north!**
- God wants you to say sorry first, even though the other person started it. **Go south!**
- You're in a situation where you could lie to protect yourself from getting in trouble, but you remember God wants us to be honest. **Go north!**
- You sense God wants you to stand up for someone, but you don't want to stand out. **Go east!**
- You feel like giving up, but you remember that God wants you to keep going. **Go north!**
- You feel like hiding your faith, but you remember that God wants you to be bold and tell people He loves them. **Go south!**
- You feel like you're not good enough, but you remember that God made you on purpose and for a purpose. **Go west!**
- You want to copy what someone else is doing to fit in, but God made you unique for a reason. **Go east!**

3. Memory Verse Activity- Memory at Sea

What You Need:

- Bibles marked at Isaiah 40:31
- “Memory at Sea” Activity Page
- Plastic cups
- Blue plastic tablecloth
- Floor tape
- *Optional: Timer*
- *Optional: plastic fish*

What You Do:

- Lay the blue tablecloth flat on a table or the floor.
- Place each “Memory at Sea” Activity Page card in a cup. Place each cup upside down, on the tablecloth.
- Place several empty cups upside down on the tablecloth.
 - *Optional: Hide a few fish under random cups for added ocean fun!*
- Mark a starting line with floor tape a few feet away from the tablecloth.

Move Together:

- Divide the kids into two teams.
- Give each team a Bible marked at Isaiah 40:31.
- Before you begin the game, instruct the kids to read the verse together several times.
- Pick a team to go first.
- Instruct that team to stand behind the starting line.
- Explain how to play:
 - At your signal, one kid from the team runs to the “ocean,” lifts a cup, and returns it to their team.
 - If a cup has a verse card, they keep the verse card. (The can leave the Swedish Fish® there too!) If it’s empty, they leave it and try again next turn.
 - Once all the cards with the pieces of the verse are collected, instruct the team that went to work together to assemble the verse in the correct order.
- Reset the cards and cups (and the Swedish Fish®) randomly, and repeat with the second team.
- *Optional: Set a timer and let the groups race to see who gets the best time!*
- *Optional: Collect the Swedish Fish® that were used during the game and dispose of them. Hand out an individual package of Swedish Fish® for kids to take home!*

Talk Together:

- What does Isaiah 40:31 tell us about God?
 - *Possible answers: God gives us new strength! When we trust God, He lifts us up like an eagle and He helps us run and not get tired.*
- What do you know about eagles?
 - *Possible answers: Eagles fly over 100 miles a day without flapping their wings. Eagles can fly above storms!*
- Why do you think God compares trusting Him to flying like an eagle?
 - *Possible answers: God’s strength helps us to have confidence no matter what’s going on around us!*

- How do you think God gives us strength today?
 - Possible answers: *Through the Holy Spirit, through people who help us, through prayer, and through God's Word.*

What You Say:

"Our verse comes from the book of Isaiah. God's people were feeling tired, confused, and unsure of what would happen next. But God gave them (and us!) a BIG promise: *when we trust Him, He gives us new strength.*

*But those who trust in the LORD
will receive new strength.*

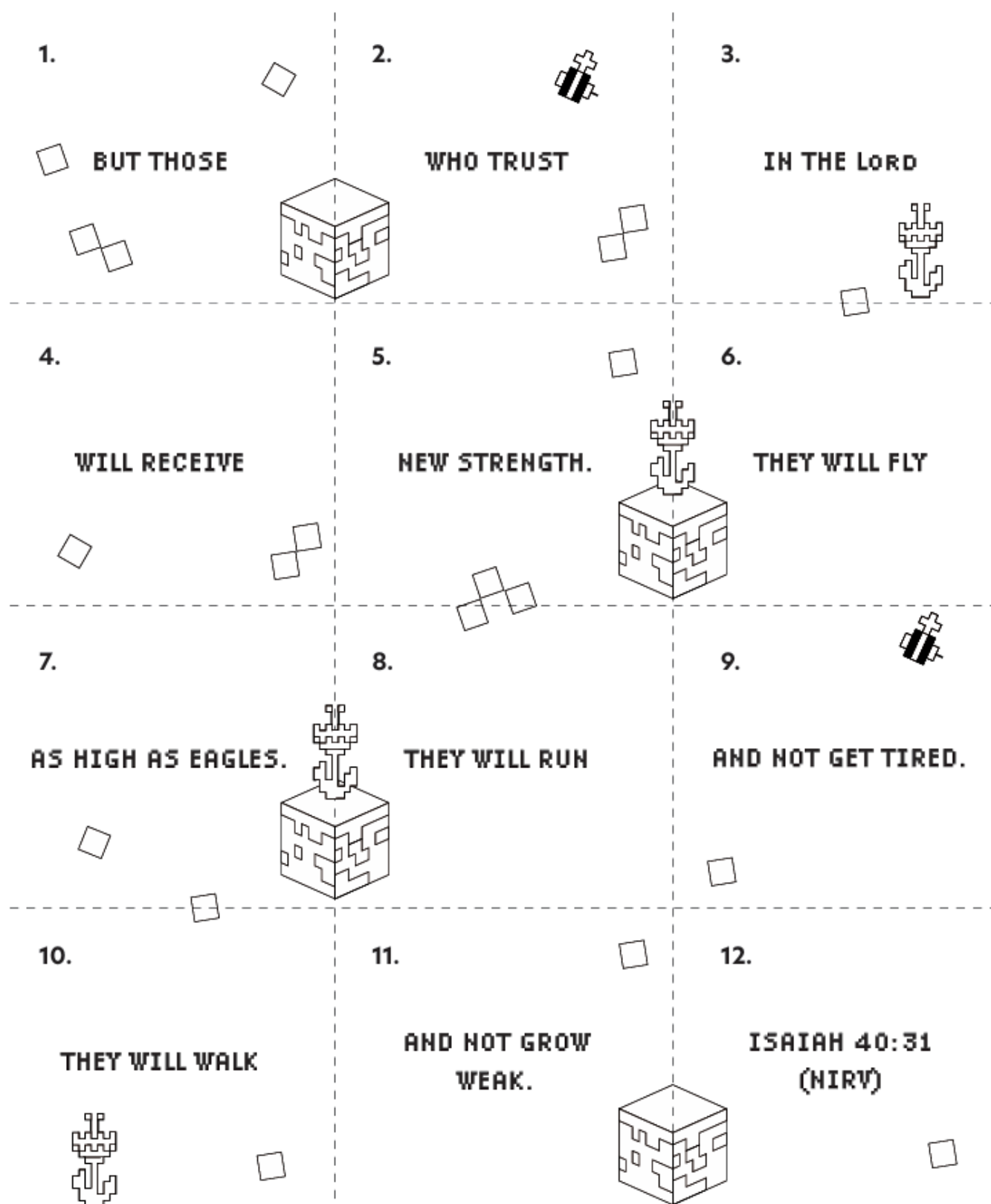
They will fly as high as eagles. —Isaiah 40:31a

"Did you know eagles can fly over 100 miles in one day without flapping their wings? They soar super-high in the sky by catching wind currents and letting the wind do the work! They go way above storms instead of flying through them! How incredible is that?

"God wants to lift us up and give us confidence, no matter what we face. Jonah had a hard time trusting that God knew best. In fact, he ran in the exact opposite direction that God told him to go! Pray and ask God to give you confidence through the Holy Spirit to always follow His way. Isaiah 40:31 reminds us to TRUST God no matter what. **God knows what's best**, and He'll help you soar just like an eagle!"

Inclusive Pro Tips:

- For a seated option with less movement:
 - Set up the activity on a table.
 - Let the kids take turns selecting a cup and assembling the verse from their seats.



4. Pray and Dismiss

What You Need:

- Markers or pencils
- Large bowl or basket
- Index cards
- Bible marked at John 14:6

What To Do:

- Gather the kids together in a circle.
- Give each kid:
 - One index card
 - A marker or pencil
- Place the large bowl or basket in the center of the circle.

Reflect Together:

- Say, *“Jonah had a tough time trusting that God knew best. Sometimes we do too, but God invites us to trust Him anyway! God promises to give us strength even when it’s hard.”*
- Invite kids to write or draw one thing that’s been hard to trust God with lately.
 - Maybe they are feeling anxious about schoolwork or a decision they have to make. Or maybe they’re struggling to feel confident around their friends.
- Take a moment to discuss what it means to make a decision to follow Jesus! If you need help with what to say, ask your ministry leader or use the talking points below.

“Did you know the biggest way we can trust God is by choosing to follow Jesus? (Read John 14:6 from the Bible.) Jesus came to make a way for us to be close friends with God, FOREVER! We don’t have to earn it, we just have to believe that God’s Son, Jesus, gave His life for us! If you’ve never made the decision to follow Jesus and you want to, you can write that on your card too. If you do, I’d love to talk with you and help you know what that means.”

- Once everyone is finished, direct the kids to fold their paper once and drop it in the bowl.
- As they drop it in the bowl, encourage them to say, “God, I trust You. You know what’s best!”
- Close in prayer.

Prayer:

“God, we are so thankful that You know what’s best even when we don’t understand. Help each of us to trust You and follow Your ways no matter what. Thank You for sending Jesus so we can be close to You forever! Fill us with confidence through the Holy Spirit so that we can soar like eagles this week! We love You so much, God, and we pray these things in Jesus’ name. Amen!”

*[As adults arrive to pick up, invite them to show their grown-ups their compasses and encourage them to share no matter where He leads us, or what He asks us to do, **God’s way is the best way!**]*