

Today's Suggested Schedule—November 2025, Week 2

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

Conversation Starter: What keeps people from doing what's best?

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:

Application Activity: Take a Snapshot

- Index cards
- Pencils
- *Optional: coloring supplies*

Bible Story Review: Bible Story Extension and Discussion Questions

- Index cards
- Pencils
- Floor tape
- Timer

Memory Verse Activity: Verses to Take with You

- Bibles
- Pencils
- Coloring supplies

Prayer Activity: Make It Personal with Prayer

- Index cards
- Pencils

Pray for your group before they arrive. Pray for kids who will visit your group for the first time. Thank God that He never stops pursuing us, not even when we mess up or try to hide. Recall an age-appropriate story about a moment when you felt like avoiding God, but His love pulled you back in. Ask God to remind preteens that His presence doesn't leave when they make a mistake, feel ashamed, or feel like giving up. Pray that your group would know deep in their hearts they are never too far gone for God to reach and He is still calling them by name!

1. Take a Snapshot

What You Need:

- Index cards
- Pencils
- *Optional: coloring supplies*

What You Do:

- Gather the kids together in a circle.
- Give each kid four index cards.
- Say, "We're going to imagine moments in life when we have a choice to make. Sometimes it's easy to do what's right, and other times it's harder to follow God's best. Let's talk about it together!"
- Read a scenario from the list below one at a time.
- After each scenario, ask:
 - "What might keep someone from doing what's best here?"
 - "What would it look like to trust God instead?"
 - "Why is God's way better in this scenario?"
- Give the kids a moment to write a quick word or draw a tiny picture on a sticky note or index card to record their answer.
- *Optional: Allow the kids to use coloring supplies for their pictures.*
- Invite a few kids to share and set their index cards in the center of the circle.

Scenarios:

- You know you should apologize to a friend after hurting their feelings, but you're embarrassed or angry.
- You sense God wants you to invite a friend to church, but you're scared they'll say no.
- The Holy Spirit helps you see that you need to be honest about a bad choice you made at school or at home, even though it might get you in trouble.
- You're at a friend's house and they're watching something on YouTube that you've never seen before. You sense God telling you to speak up and walk away.

Inclusive Pro-tips:

- If the kids aren't comfortable sharing out loud, let them place their index cards in the center of the circle.

2. Bible Story Extension

What You Need:

- Index cards
- Pencils
- Floor tape
- Timer

What You Do:

- Divide the kids into two teams.
- Use the floor tape to mark a start line for each team on one side of your group area.
- Mark a 'build zone' on the other side.
- Give each team a stack of index cards and several pencils.

Move Together

- Explain how to play:
 - Say, "When I say 'Go!', your team will brainstorm people or sources you listen to or take advice from. Write one person or thing per index card, like 'teacher' or even 'myself.'"
 - "After writing a card, one kid from your team can run to the 'build zone' and add that card to start a flat structure, in any design!"
 - The teams will keep writing and running until the time is up (3 to 5 minutes).
- Once the time is up, have each team show off their structure and read their cards aloud without disturbing the structure.
- *NOTE: If "God" is missing from their structure, don't worry! You'll talk about it in the next section.*

Talk Together

- Ask: "Which of these voices do you think really knows you best?"
 - *NOTE: Affirm that parents and trusted adults love us and know us, and that's great!*
- Explain: "We all listen to many voices every day (friends, teachers, parents, the internet, and even ourselves). Only one voice ALWAYS knows what's best, and it's God!"
- Say, "Even Jonah knew all about God, and still chose to listen to his own ideas instead of following God's way at first. Jonah didn't want to show kindness to the Ninevites, and God wanted to."
- *NOTE: If the kids didn't write "God," invite them to write "God" on an index card and stick it at the very top of their structure.*
- Say: "God is good, His ways are good, and He is always working for good! When you're honest, people can trust you. When you're kind, people see that God values them. When you forgive someone who has hurt you, you help get out the poison from your heart. Truthfulness, kindness, and forgiveness are all God's ways, and they build good things! You can trust God and obey Him because He always knows what's best! Good is all He ever knows to do!"
- **[Make It Personal] (Share about a time you had to decide whose advice to follow, and what happened when you chose God's way. Why was God's way better?)**

Inclusive Pro-tips:

- For a version with less movement, encourage the teams to write and create a design with their index cards seated at a table or on the floor.

3. Discussion Questions

What You Need:

- No supplies needed

What You Do:

- Why do you think Jonah ran from God's instructions?
- What are some ways you've seen following God's ways grow goodness in your life or in the world?
- God is always, always working for good in your life. How can you remember that when you don't want to do something He wants you to do?
- Jonah didn't get it right the first time, and God gave him a second chance. What does that teach you about who God is?
- Do you think it means more to God if you obey Him out of love or if you just obey Him?

Inclusive Pro-tips:

- Be sensitive to kids who may need extra time to process their thoughts and respond. Be patient and create a safe space where everyone has a chance to share when they're ready.
- Frequently check for understanding during discussion by asking questions like, "Can someone share in their own words what we're talking about?"

4. Verses to Take with You

What You Need:

- Bibles
- “Mine the Verse” Activity Page
- Pencils
- Coloring supplies

What You Do:

- Give every kid a Bible.
- Invite them to find Isaiah 40:31 using the Bible Navigation Tips.

Finding verses with 4th-5th graders: Ask kids to tell you if the book of the Bible they’re looking for is in the Old Testament or New Testament. If it’s in the Old, instruct kids to flip slowly, starting at the front of the Bible and heading toward the back, until they find the book they’re looking for. If it’s in the New, instruct kids to start flipping from the back, going forward to find the book they’re looking for. Once they find the book, explain that the big numbers on the page are the chapter numbers. First, have them find the chapter they’re looking for. Then explain that the small numbers are verse numbers. Tell kids to find the verse within the chapter they’ve already found.

- Ask if there are any words that are unfamiliar to them in the verse.
- Repeat the verse together.

Connect Together

- Divide the kids into pairs. (It’s okay if there’s a group of three!)
- Give every kid a “Mine the Verse” Activity Page.
- Make pencils and coloring supplies available for the groups to share.
- Say, “Today we’re going to ‘mine’ through Isaiah 40:31 to understand what it means for us! Your group will read the verse together and follow the prompts on the page.”
- Invite the kids to use the coloring supplies and pencils to complete the page.

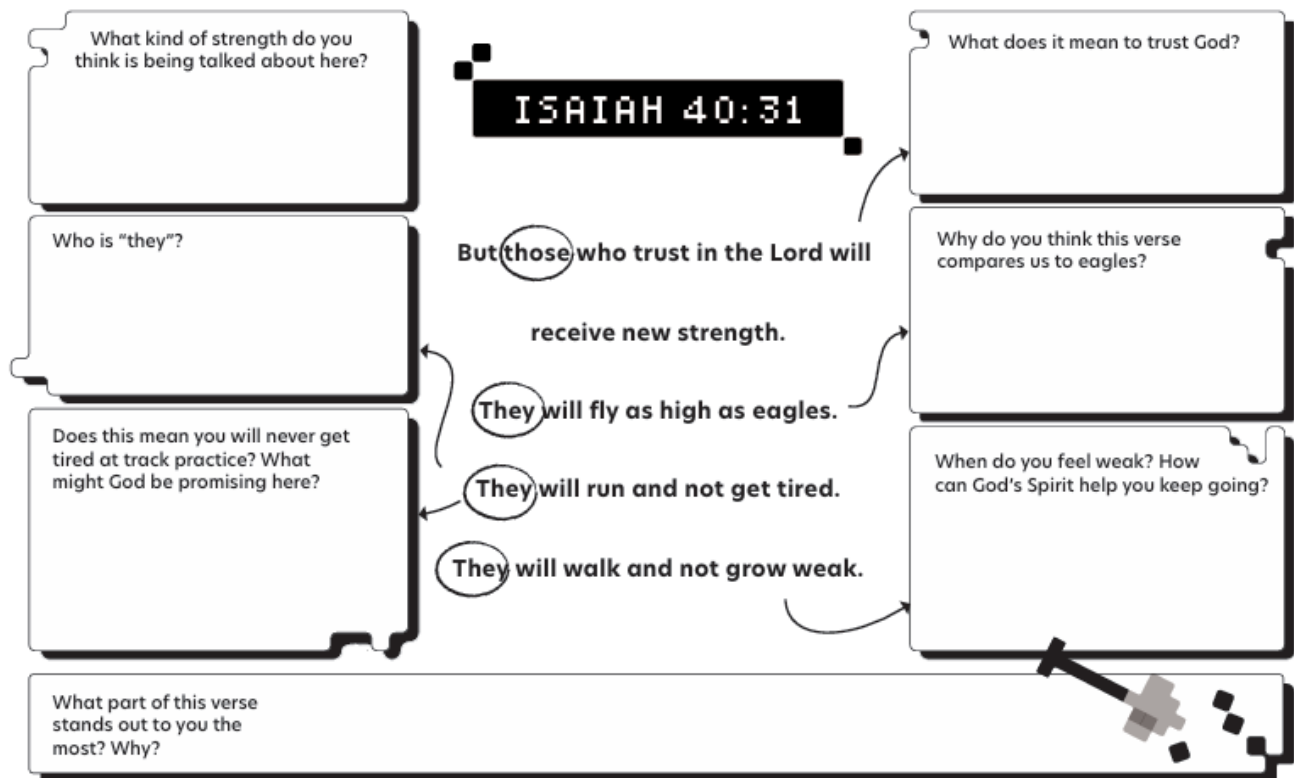
Talk Together

- Gather the kids together and review the “Mine the Verse” Activity Page.
- Ask: Who do you think “those” and “they” refer to in Isaiah 40:31? Use the points below to spark conversation about what it means to follow Jesus.
 - “Those” or “They” in this verse refer to anyone who chooses to trust in the Lord! That includes people who were living in Isaiah’s time, and it includes us today!
 - Jesus is the ultimate way we can trust God, because He died and rose again for our sins, making a way for us to be in relationship with God forever!
 - When we follow Jesus, He gives us strength daily through the Holy Spirit.
- Ask: “How do you think trusting in Jesus can help you keep going, even when things are tough?”

Inclusive Pro-tips:

- Let the kids doodle or create symbols for each phrase if you have visual learners in your group.
- Read the questions aloud and walk through the activity page as a group if that works better for your few.

NOTE: Look for opportunities to have conversations about what it means to make a decision to follow Jesus! (If you need help with what to say, ask your ministry leader.)



5. Make It Personal with Prayer

What You Need:

- Index cards
- Pencils

What You Do:

- Invite the kids to find their own quiet spot in your group area (encourage them to spread out, away from friends and distractions).
- Encourage the kids to close their eyes or look down to help focus.
- Explain that prayer is a conversation they can have with God at anytime, anywhere, about anything!
- Say, "As you pray, ask God: 'Are there places in my life where I'm not really trusting that You know what's best?'"
- Share some examples as the Holy Spirit speaks to every kid.
 - *Is there a fight you keep having with your sibling, and do you care more about winning than making things right?*
 - *Are you afraid to stick up for someone in your class even though you know it's what God wants you to do?*
 - *Are you playing a game or watching something you know you probably shouldn't?*
 - *Do you sometimes say mean things before stopping to ask God to help you use words that point others to Him?*
- After two minutes of reflection, encourage the kids to use an index card and a pencil to write or draw about their prayer time.
- Close in prayer. Thank God for always knowing what's best and for helping them trust Him more!