

## Today's Suggested Schedule—November 2025, Week 5

**Today's Bible Story:** Nehemiah • *Nehemiah 1–4, 6:1-15*

**Conversation Starter:** What do you need help with?

**Today's Bottom Line:** God can help you do big things.

**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

- Sticky notes
- Pencils

#### Bible Story Review: Bible Story Extension and Discussion Questions

- Floor tape
- Cones and other obstacle course items

#### Memory Verse Activity: Verses to Take with You

- Bibles
- Markers

#### Prayer Activity: Make It Personal with Prayer

*Pray for your group before they arrive. Pray for kids who will visit your group for the first time. Recall an age-appropriate story about a time God helped you finish something you started, even when it was hard. Maybe you wanted to give up, but pushed through because you knew God was with you. Ask God to help preteens grow in perseverance and faith in Jesus. Pray they'll understand that the work God has for them matters. Ask God to help the kids learn how to go through all of life with Him so they will do all things together with Him!*

## 1. Take a Snapshot

### What You Need:

- Sticky notes
- Pencils

### What You Do:

- Gather the kids together in a circle.
- Give every kid at least two sticky notes and a pencil.
- Say, “Nehemiah noticed God’s people were feeling hopeless. He was confident in the assignment God gave him!”
- Ask: “What things in our world feel broken?”
  - *Kids might say bullying, people without food, lying, loneliness, or the pressure to be perfect.*
- Invite the kids to write or draw one idea per sticky note.
- Ask: “How might God use you to help rebuild what’s broken?”
  - *Kids might say starting a kindness club, helping a neighbor, or praying for someone.*
- Collect the sticky notes and set them aside for the Prayer Activity.

### Talk Together

- Explain: “Nehemiah heard of something that was broken and didn’t just ignore it. He trusted God and did something BIG! He inspired others to help too.”
- Ask: What’s something you want to help rebuild in our world?
  - Give the kids some examples of big things God might ask them to do, like work with their family to have a garage sale to raise money for a cause.
- Encourage the kids to think about the things they’re passionate about. It’s likely that God has placed that thing on their heart to help others!
- Explain that the job in front of you might seem big—so was building a wall for Nehemiah. But Nehemiah asked God for everything he needed every step of the way, and God helped him. You can do the same thing! God loves to help you with the big thing that’s on your heart!

## 2. Bible Story Extension

### What You Need:

- Floor tape
- Prepared index cards with obstacles written on them
- Cones and other obstacle course items

### What You Do:

- Set up a simple obstacle course in your group area.
- Use floor tape to mark a start and finish line for the course.
- Lay the index cards in various places in the course.
- Explain that in the obstacle course, there are cards with challenges Nehemiah faced.
- Instruct the kids to line up behind the start line. Let them race through the course one at a time.
- As kids move through, encourage each kid to pause at one of the index cards and read the obstacle card aloud.
- When the kid reads an obstacle from an index card, pause and ask the questions that correspond to that specific obstacle.
- Encourage the kids who complete the course later to choose an index card that has not been chosen, or hasn't been chosen as often.
- Let kids share and encourage each other to "finish the course."

### Questions for Each Obstacle:

- Fear:
  - "What did Nehemiah do when he was afraid?" (*He prayed and kept going. For example, he asked the king for what he needed, even though he was scared.*)
  - "What could you pray if you are facing something big and you are afraid?"
- Enemies:
  - "How did Nehemiah respond when enemies were threatening to attack him?" (*He asked God for help and stationed people to get ready to fight.*)
  - "What can you pray when someone is making fun of you?"
- Exhaustion:
  - "How did Nehemiah respond when he was tired?" (*He kept going because he knew the work he was doing was good.*)
  - "What can you pray to God when you're tired of doing good?"
- Discouragement:
  - "How did Nehemiah respond when his enemies tried to convince him to give up?" (*He asked God to make him strong to finish the work.*)
  - "How do you encourage others when they want to quit?"

### Inclusive Pro Tips:

- For an option with less movement, use the cards as discussion points (answer the questions that correspond to them) instead of the obstacle course.

### 3. Discussion Questions

#### What You Need:

- No supplies needed

#### What You Do:

- What do you need help with?
- Nehemiah went to God for everything he needed. What can you do to remind yourself that you can ask God for everything?
- How does knowing God goes with you through everything give you more confidence?
- What can you do to remind yourself that God is always with you?
- Who did Nehemiah go to for help first—God or people? Why do you think that matters?
- Nehemiah didn't rebuild the wall alone. He needed help. God helped him through people. Who are the people God has put in your life to help you with big things?

#### ***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
- “Origami Eagle Steps” Activity Page
- Origami paper
- Markers
- Pre-made origami eagle

##### ***Inclusive supplies:***

- *Several pre-made origami eagles*

##### What You Do:

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

***Finding verses with 4<sup>th</sup>-5<sup>th</sup> 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.

##### **Create Together**

- Give every kid an “Origami Eagle” Activity Page and a pair of scissors.
- Encourage the kids to cut out the square on the “Origami Eagle” Activity Page.
- Display the pre-made origami eagle so the kids can see the final product!
- Walk through the steps together using the “Origami Eagle Steps” Activity Page.
- Once everyone is done, let them write “Isaiah 40:31” with a marker on their origami eagle wherever they’d like.

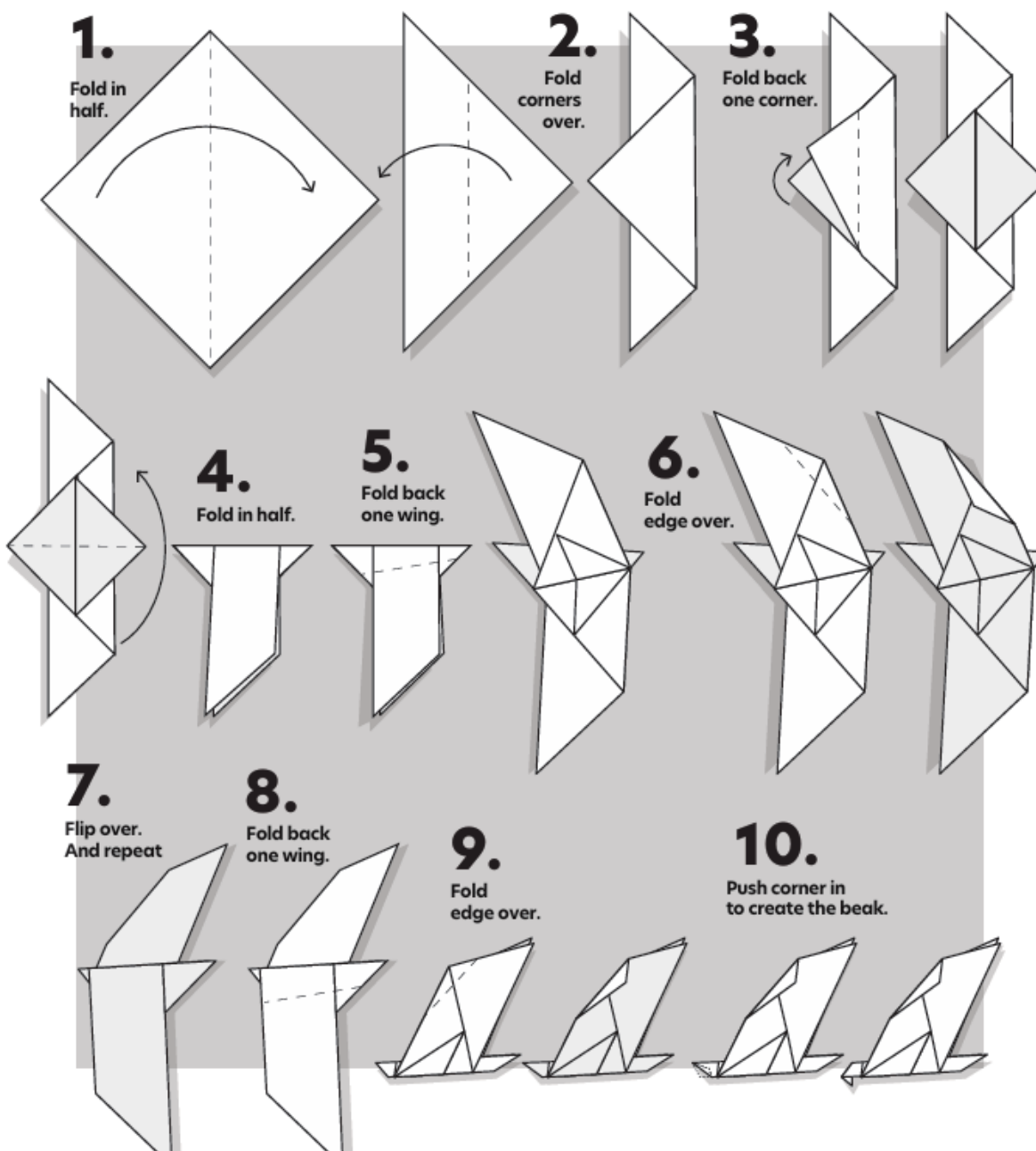
##### **Talk Together**

- Encourage the kids to set the eagle somewhere at home where they can be reminded that as they keep putting their trust and hope in God, He will give them the strength to do big things!

**Inclusive Pro Tips:**

- Make several origami eagles to give to kids who might struggle to put the art piece together.

## LET'S MAKE AN EAGLE!



## **5. Make It Personal with Prayer**

### **What You Need:**

- Sticky notes from Take a Snapshot (Application Activity)

### **What You Do:**

- Instruct the kids to join you in a seated circle.
- Set the sticky notes from earlier in the center of the circle.
- Invite the kids to silently pick one note that stands out to them (not their own).
- Direct the kids to read it and hold it as the group prays together.
- Close in prayer together, thanking God for seeing every need, every big thing, and every broken thing! Thank God for giving the kids strength to do big things this week and always!