

Today's Suggested Schedule—November 2025, Week 2

Bible Story: Jonah • *Jonah 1–3*

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

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)

SLIDE: Theme

OPENER

LEADER: “Hey, everyone! Welcome to Bedrock—where we’re building confidence, block by block. I’m so glad you’re here. We’ve got a ton planned, so make sure you’re ready to jump in and have some fun.

“If you’re new, today’s a perfect day to check us out—we’ve got music and a wild story.

“Our story today is about a guy who ran in the exact opposite direction from what God told him to do. Let’s dive into that true story from the Bible after we worship God and tell Him that we love Him! God loves us so much, and I love telling Him that we love Him back with you!

“This month, we’ve been learning that we’ll face life with more confidence when we live out the truth that God, the strongest, is with us. You are a child of a Father who loves you! The strongest is always with you, so you go through everything with Him. Let’s sing about that truth right now!

Video: “House of the Lord”

“Awesome singing, children of God! Let’s sing one more song together. God is so good, so amazing, so powerful, and He wants to be our friend forever! God gave us the Bible to teach us about who He is and what is true in the world! We try to put a little bit of truth in our heads each month—that’s what our Memory Verse is! This month, our Memory Verse is Isaiah 40:31! I’ll read it out loud, and then we can say it together!

SLIDE: Memory Verse

LEADER: “*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*

“Let’s say it together!

LEADER AND KIDS: “*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

LEADER: “Way to go, you guys! God loves you so much that He wants to give you strength as you go through life! God’s strength is like a power-up that fills your heart, so you can face your life stronger. That’s awesome! We’ll try to put that truth in our hearts all month.

“This week we’re going to look at the story of a God-follower named Jonah who learned that following God and His ways is always best. Let’s go ahead and sit down and hear our true story from the Bible today!”

VIDEO: *So and So Show*

LANDING

LEADER: “The story of Jonah isn’t just a story about running away or about giant fish and ancient cities. It’s about what happens when we let fear, anger, or pride make us forget who God is and what He can do. Jonah knew all about God, but he struggled to believe that God’s ways were really best—especially when they felt impossible or unfair. And honestly, that’s something we all wrestle with. It’s easy to want to do our own thing, to run from what’s hard, or to believe that some people just aren’t worth our effort or God’s love. But God keeps inviting us back. He’s patient, and He’s always ready to give second chances—not just to ‘them,’ but to us too.

“This week, maybe you’ll face something that feels impossible. Maybe it’s a challenge at home, at school, or inside your own heart. Maybe you’ll feel like running the other way or giving up. When that moment comes, remember Jonah. Remember that God’s love is bigger than your biggest mistake, and His power is greater than whatever stands in your way. You can have confidence—not because you have all the answers, but because God is with you and for you. The question we’re left with is the same one Jonah had to face:

SLIDE: *Conversation Starter*

[Conversation Starter] “What keeps people from doing what’s best?”

SLIDE: *Theme Background*

“Let’s chew on that question as we head to our Small Groups. Now, let’s pray together.”

PRAYER

COMMUNICATOR: “God, sometimes it’s easier to run away than to trust You—especially when things feel impossible or when we don’t want to do what’s right. Thank You that You never give up on us, even when we mess up or when we’re afraid. Give us courage to follow You. Help us believe that Your ways are best, so we always follow them. We love You, and we pray these things in Jesus’ name. Amen.”

After prayer, Communicator dismisses kids to Small Group.