

## Today's Suggested Schedule—November 2025, Week 2

**Bible Story:** Jonah • *Jonah 1–3*

**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)*

### OPENER

**HOST:** "What's up, Bedrock Builders?"

Welcome back to another awesome week! I hope you brought your 'A' game and your best building skills because today we're diving into one of the wildest stories in the Bible. And trust me, this one is next-level!

*Hold up a beanbag from one of the stations and wave it in the air.*

"Quick question, who's ever played a game where you thought, 'No way. This is impossible!' Maybe you faced a giant boss in a video game, or tried to beat a crazy level that felt totally out of reach. Well, today's Bible Story is kind of like that. God asked someone to do something that seemed ... impossible! But here's the good news: God can do the impossible.

*Gesture to the giant pixel fish printouts ("Boss Mob") taped to the floor.*

"So, to get us thinking about the impossible, it's time for the 'Whale Toss Challenge!' But this isn't just any fish, this is our Bedrock Boss Mob! I've got several of him to defeat, so we can all defeat him together!

"Here's how it works: You'll each get to toss a beanbag and try to land it right on top of the boss mob's mouth. But hold up! There's a twist. Each round, I'll add a crazy 'Power Up' challenge that changes the way you toss.

*Stand behind a tape line at a station, toss the beanbag in a silly way and miss, making a dramatic "fail" sound.*

"Some of these tosses might seem IMPOSSIBLE. But you never know, sometimes what feels impossible is totally possible when you don't give up. And that's a big part of what we'll see in the story today.

*Invite the first round of kids to stand behind the tape line(s) and start the game, narrating with video game sound effects (pew! zap! level up!) and cheering on each toss.*

*After a few tosses, share one of the following power-up challenges and encourage everyone to try to defeat the "Boss Mob" despite the new challenge. Encourage everyone to try their best, win or lose.*

*Instruct the volunteers to retrieve the beanbags from the "Boss Mob" and return them to the kids.*

### Power-Up Challenges

1. Throw the beanbags while hopping on one foot.
2. Throw the beanbags with your non-dominant hand (the hand you don't write with).
3. Spin before you toss each beanbag.

"You all did a great job! In today's Bible Story, you'll see that even when someone runs from what God asks, God is always ready to help, and to do what seems impossible! But now, let's return to our seats and keep that energy, because it's time to worship God!"

## WORSHIP

“But let’s spend some time worshipping God through music! 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!

**AUDIO:** “Yes I Am” / track 1 from Everything to Me

**Optional Video:** “Yes I Am” Dance Moves or Live Lyrics Video

## BIBLE STORY

**VIDEO:**

### WHAT’S OUR PART IN THE STORY?

**HOST:** “So, Bedrock Builders, what does all of this mean for us? We might not be asked to walk into a huge city like Nineveh, or get swallowed by a giant fish (whew!), but every day we have moments when we can choose to follow God and His ways. Jonah could choose to deliver God’s message to Nineveh, and we face choices to follow His ways too.

“And we may not understand God’s reasons for His ways, and we may not agree, but God’s ways are always good because He is good. And we should always follow them—His ways are best!

“Maybe a kid at school took something from you. They’ve said they’re sorry and are asking for forgiveness. God would be kind, and His ways are best! Or maybe a teammate does something that annoys you. God would be kind and His ways are best! Maybe your little sibling broke something you worked really hard on. God would be kind and His ways are best!

“Sometimes it’s hard to be kind and loving like Jesus in these situations, but you don’t have to do it in your own strength! When you choose to follow Jesus, the Holy Spirit, God’s very Spirit,

comes to live inside of you! And He will give you the strength and the courage to follow God’s ways, even if you don’t want to! So ask Him for help!

“And also know this: you don’t have to get it perfectly. God didn’t give up on Jonah, and God didn’t give up on the Ninevites either. He’s got grace and mercy and forgiveness in buckets, so just keep doing your best, with His help, to follow His ways.

“So next time you feel scared, or you want to run away from what’s best, or it feels like you’re facing an impossible situation, pause and take a deep breath. Ask God for help. Say, ‘God, please fill me up with Your courage and love. Help me do what’s right, even if it’s hard.’ And then take that step, knowing God is with you, cheering you on, helping you throughout every step. Let’s pray together.

## PRAYER

**STORYTELLER or HOST:** “God, thank You for never giving up on us. Thank You for loving us, even when we run away or mess up. Give us the courage to follow Your ways even when it’s hard or we think we know better. Help us to believe that Your ways are best so we follow them and You all of our days. We love You, God, and we pray these things in Jesus’ name. Amen.”

## God Our Compass\*

### Live for God | Application Activity Made to Explore

#### 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!**"

## Memory at Sea

### Hear from God | Memory Verse Activity Made to Move

Find and read the verse from the Bible.

#### 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.*

*(Read, from the NIV:*

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

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

*(Read, from the NIV:*

*But those who hope in the LORD  
will renew their strength.*

*They will soar on wings like 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!"

## Pray and Dismiss

### Pray to God | Prayer Activity

#### 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!"