

Today's Suggested Schedule—November 2025, Week 1

Bible Story: Elijah and the Prophets of Baal • 1 Kings 18:16-45

Conversion Starter: What seems impossible to you?

Bottom Line: God can do the impossible.

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: “Hey, everyone! Welcome to Bedrock, where we’re building confidence in God that lasts—block by block. I’m so glad you’re here, because today we’re tackling one of life’s biggest questions: What do you do when something feels absolutely impossible?”

“But first, let’s warm up our brains and imaginations with a game that’s ... well, pretty much impossible! It’s called Would You Rather: Impossible Edition. I’m going to call out some wild choices—each one totally silly and totally impossible—and you’ll have to decide which you’d pick, even if both options sound crazy.

“When I call out both options, I’ll point to a side that corresponds with that option. You move to the side of the room that matches your answer! Ready? Let’s get started!

One at a time, read each of the following ten scenarios aloud, direct the kids to the corresponding sides of your Large Group space (point to a side for each option), and react to their responses.

Would You Rather Scenarios

1. Would you rather ... try to eat a mountain-sized ice cream sundae in one day OR drink a swimming pool full of lemonade in one hour?

2. Would you rather ... build a house out of spaghetti noodles OR out of marshmallows?

3. Would you rather ... have to hop to school every day for a year OR only be able to walk

backwards for a month?

4. Would you rather ... have shoes made of jelly OR gloves made of pizza?

5. Would you rather ... try to read a 10,000-page book in one night while bouncing on a trampoline OR write a 1,000-word essay while bouncing on a trampoline?

6. Would you rather ... live in a treehouse 100 stories high OR a basement 50 stories underground?

7. Would you rather ... only be able to eat food that’s blue OR only wear clothes that are yellow for a year?

8. Would you rather ... try to swim across a giant pool of JELL-O® OR roll down a hill made of popcorn?

9. Would you rather ... balance a stack of 50 books on your head for a day OR wear a hat made of live chickens for a whole afternoon?

10. Would you rather ... try to brush your teeth using spaghetti noodles for a week OR have to comb your hair with a fork forever?

React to wild answers, and ask a few kids to explain their choices.

“You all are hilarious—and honestly, I think some of you would actually try these impossible things! But whether you’d pick the jelly shoes or the chicken hat, every choice we just saw is basically impossible. That’s what makes them

funny. But in real life, sometimes things can feel just as impossible—even if they aren't quite this weird.

"So, what do we do when we come up against something that really feels impossible? That's what we're diving into today.

SLIDE: Memory Verse

WORSHIP 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!

WORSHIP 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*

BIBLE STORY

Video: So & So starting at 3:31

LANDING

"Elijah's story shows us something about confidence that's hard to learn any other way: true confidence isn't built when everything's easy. It's built over time, often through hard things. Elijah learned to trust God partially through years and years of seeing Him provide food every single faithful day in some hard drought years. Over and over as Elijah saw God provide, Elijah learned he could be confident in Him.

"Confidence in God is built every time you stand at the edge of something tough and decide to trust God anyway. That's what Elijah did.

"Elijah wasn't a superhero. The very next part of Elijah's story, he threw a huge temper tantrum with God!

"Elijah got tired. He felt alone. He asked hard questions and wondered if God would show up. But he kept taking the next step—sometimes shaky, sometimes bold—because he'd learned that God's character never changed, even when life did.

"You might not be facing a showdown on a mountain or waiting for fire from heaven. But I know you've got your own impossible lines—maybe it's a problem at home, a friendship that feels broken, an anxiety that doesn't seem to go away, or just the daily pressure to be 'enough.' Sometimes, the scariest thing is just being honest about what you're facing. You don't have to fake it with God. He can handle your worries, your doubts, even your disappointment.

"So here's the question:

SLIDE: Conversation Starter

[Conversation Starter] "What seems impossible to you?"

"Seriously. Don't rush past it. This week, I challenge you—talk to God about that one thing. Write it down. Tell someone you trust. And then ask God to help you, even if the answer or breakthrough doesn't come right away. He is there and will go through it with you. Let's pray."

PRAYER

COMMUNICATOR: "God, thank You that You are always good and we can trust You, even if life is hard. Help us to trust You with what feels impossible. Give us courage to take the next step, knowing You're with us every moment. We love You, God, and we pray these things in Your name. Amen."

Take a Snapshot

Live for God | Application Activity

Made to Imagine

What You Need:

- ☐ No supplies needed

What You Do:

Imagine Together:

- Say, “I am going to share several scenarios. For each scenario, I’ll also share two possible responses you could have to each scenario. You need to talk about what trusting God might look like in each scenario, and then pick what one you would do.
- One at a time, call out the “What’s My Move?” scenarios and point to the side of the room that corresponds with each response.
- Give the groups a moment to think, talk, and travel to the side of their choice together.

“What’s My Move?” Scenarios

- I feel scared about trying something new.
 - *Pray and wait on God OR try it even if I still feel afraid.*
- When I know someone who’s hurting.
 - *Send them a message OR go talk to them and let them know I care.*
- When I don’t understand what God is doing.
 - *Ask questions and look for answers in the Bible OR trust that I may not know right now and that’s okay.*
- When you want to share your faith.
 - *Invite someone to church OR be a good friend and let them see how much Jesus loves them by the way you treat them.*
- When life feels too hard or too big ...
 - *Tell a trusted adult or friend what you’re going through OR take*

some quiet time to talk it out with God.

- A friend did something that hurt you.
 - *Choose to forgive right away, OR take time to pray and ask God for help forgiving.*

Talk Together:

NOTE: Point out that all of those answers could’ve been the right move. Encourage the kids to listen to God, pray, and act boldly in confidence trusting that He goes with them in everything!

- Why didn’t Elijah back down when everything else around him was hopeless?
- How does it help to know the Holy Spirit is in you if you’ve chosen to follow Jesus?
- Say: “God can do the impossible! Sometimes, you still might not know what to do next. And although your next choice may not be clear, there is one thing that is clear: following God and His ways is always the right move. Elijah didn’t know how things would turn out, but he just followed God, and God showed up. That is all God asks of you too!”

Bible Story Extension

Talk about God | Bible Story Review

Made to Move

What You Need:

- ☐ Bibles
- ☐ “Confidence Cards” Activity Page
- ☐ Floor tape
- ☐ Plain paper
- ☐ Pencils

What You Do:

- On the table, scatter the “Confidence Cards.”

Move Together:

- Say: “you will take turns to grab a card from the table. When you get a card,

- read it out loud and work together to complete what it says.”
- Encourage each group to discuss the questions and follow the prompts to either:
 - Write or draw their response on paper.
 - Act it out.
 - Once the group finishes that card’s challenge, the next teammate can go!
 - Continue until every kid gets a chance to grab a Confidence Card.
 - Gather the kids and review possible answers to each challenge.
 - ***[Make It Personal] (Tell the kids about an age-appropriate time you chose to trust God during a tough season. Did you move to a new city? Maybe choosing to trust God didn’t make you feel better right away, but it made you feel stronger—because you knew God was with you!)***

Discussion Questions

Talk about God | Bible Story Review
Made to Connect

What You Need:

- ☐ No supplies needed

What You Do:

- What’s the difference between confidence in God and confidence in yourself? Can you think of a time when you needed both?
- God burned up the soaked offering and the stones. Why do you think He wanted to put on such a show?
- How will it make you more confident if you trust that God is with you in everything you face?
- How can you help yourself remember that God is the strongest and He goes with you everywhere?

Close in Prayer