

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)

OPENER

HOST: “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.

- Cheer on every attempt, no matter the result!
- *NOTE: For an extra challenge, let the kids suggest their own “impossible” challenges at the end!*
- Gather the group to discuss.

Opening Activity

Made to Play

What You Need:

- ☐ “Can’t Be Done” Activity Page
- ☐ Bowl
- ☐ Timer
- ☐ Plastic spoons
- ☐ Plain paper
- ☐ Pencil
- ☐ Painter’s tape

What You Do:

- Before you begin:
 - Place the “Can’t Be Done” Activity Page cards in the bowl.
 - Use painter’s tape to make a bold “challenge line” across your group area.
- Say with energy: “Welcome to the ‘Can’t Be Done’ Challenge!”
- Explain: “You’ll have the chance to face challenges that seem pretty tough or maybe even impossible! For each one, you get to decide to step up and try it, or hang back.”
- Read a challenge card.
- If a kid wants to try, invite them to step over the line and try. If they’re not feeling it, they can observe.

What You Say:

“Wow! You all are so brave for attempting these challenges! Some of them were pretty tough, right? Sometimes, stuff just feels out of reach, like there’s no way you could do it. Has there ever been a time when you felt like you *couldn’t* do something, or you just didn’t *want* to do what you were asked?”

“In today’s true story from the Bible, we’ll hear about a man named Jonah who may have felt the same way! God asked Jonah to do something that Jonah didn’t want to do! But here’s the thing: God always knows what’s best, even when we don’t understand why He’s asking us to do something. Let’s go discover what happens when we trust God, even when trusting Him feels impossible!”

BIBLE STORY (COMMUNICATOR SCRIPT)

VIDEO: *So & So Show starting at 3:00*

LANDING

COMMUNICATOR: “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. 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.”

Take a Snapshot

Live for God | Application Activity

Made to Imagine

Budget-friendly

What You Need:

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

What You Do:

- 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.
Kids may prefer to just answer without writing...
- 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.

Discussion Questions

Talk about God | Bible Story Review

Made to connect

Budget-friendly

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?

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!”