

# ALLEY Rundown October 26-27, 2024

**Today's Bible Story:** Too Much (Too Much of a Good Thing) • *Proverbs 25:16*

**Today's Key Question:** Why is it hard to stop?

**Today's Bottom Line:** Know when to stop.

**Monthly Memory Verse:** *God's power has given us everything we need to lead a godly life.*  
2Peter 1:3a (NirV)

**LG SUPPLIES:** 2 medium-size jars, Lots of marbles!

*\*Campus team will need to fill the jars with water and have some paper towels handy*

**PRE-SERVICE VIDEO:** *Dude Perfect*

**SLIDE:** *Theme*

Hey, everybody! Last week of October, then onto November, then Christmas! Has anyone else noticed that stores have already been playing Christmas music for like three weeks now? Feels like it gets earlier and earlier.

"But I digress . . . so, before we dig into our story today, I have a challenge I want to try with a few volunteers. I'm curious to see how this goes. Anyone willing to give it a try?"

*Choose four volunteers and have two of them stand behind each of the two glass containers.*

As you can see, I have two jars here that are partially filled with water. When I say 'GO!' each team will have one minute to put as many marbles as they can in their jar. **But there's a catch**—two in fact. First, I need one of you to count every marble that goes in, while the other adds them to the container one at a time. Second, you CAN'T let the water spill over the edge. Get as close to the top as you possibly can without water spilling over the edge. We'll see who gets the closest to the top with the most marbles added in 60 seconds! Make sense?

*Set up the volunteers with marbles, begin the timer, and play the challenge. Keep the energy up by providing commentary as the water level rises.*

*Have a roll of paper towels handy, just in case.*

*At the end of 60 seconds, assess the levels and declare a winner.*

Super-fun! It was kind of hard to know exactly how many to add and how fast to go, right? But you all did great. Give a hand to our volunteers!

"These are a great visual for our story—we'll definitely need to come back to these a little later!"

In life, there are good things and bad things. Good things are good, and bad things are . . . well . . . bad.

We love good things! And usually when you have good things, you want *more* good things! So, if good things are good, can good things ever possibly be bad?

But here's the question . . . is it possible that there can be *too much* of a good thing? Maybe you've heard that before, that 'too much of a good thing is still too much.' Is it, though?

To answer that question, let's head back to the book of Proverbs. It's a great book for these kinds of questions. Remember, Proverbs is a book in the part of the Bible we call the Old Testament. Proverbs is full of wise sayings, many of which King Solomon shared because of the wisdom God had given him. These proverbs have a lot to say about our lives.

**VIDEO: The So and So Show (13:28)**

Let's talk about these for a moment. Read Proverbs 25:16 (NIRV).

*If you find honey, eat just enough.*

*If you eat too much of it, you will throw up.*

Honey is a good thing, friends. But it *is* possible to have too much. And the results are not pretty.

*Dump a handful of marbles into the container from earlier, spilling the water over the sides.*

It is important for us to know how to have self-control, even with the good things in our lives, so that we know when to stop.

As you go to your groups today, think about this question:

**SLIDE: Key Question**

**Why is it hard to stop?** I want you to talk about some of the good things—maybe some of the examples we discussed or maybe others that came to your mind. Think about why it can be hard to stop sometimes. This will be something you'll talk about with your Small Group. Maybe you can even think through some ways you can remember to stop before it's too late. I bet you'll come up with all sorts of great ideas! Before you head out, let's do one of the best ideas of all: praying to God. Let's pray and ask God to help us have self-control when we most need it!

**SLIDE: Theme Background**

*Lead the group in a prayer related to what they just heard.*

**CHECK THE TIME: There should be 20-25 minutes for small group. If LG is running late, skip the next part.**

**OFFERING:**

**SLIDES: Hope Mobility 1-3**

We are raising money for an organization called Hope Mobility. It was founded by Michael Panther who grew up as a child with a disability in Sudan. Hope Mobility collects and distributes wheelchairs in Africa while teaching families and communities to care for and to include people with disabilities. Our focus will be raising money for wheelchairs for kids. Each pediatric wheelchair costs \$275 and we will see how many wheelchairs we can purchase to help kids in Africa!

**SLIDE: Theme**