

ALLEY SG – 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.*
2 Peter 1:3a (NIRV)

1. Bible Story Extension

Bible Story Activity

What You Need: Bible, 10 plastic cups with numbers 1-10 inside

What You Do:

- Divide the group into two teams. Place all cups on the table upside down, any order.
- Pick a team to go first.
- Invite a kid to flip over a cup, like they are playing Flippy Cup.
- Once they get the cup to flip over, read the Bible Story Review Question from below that corresponds with the number that is written on the inside of the cup.
- Instruct the first team to talk about the question and come up with an answer.
 - If the team answers correctly, award that team the points revealed under the cup.
 - If the team answers incorrectly, invite the other team to try to answer the question for those points.
- Continue until all questions have been asked and answered.
- Celebrate the team with the most points as the winners.
- Read Proverbs 25:16 from the Bible.

Review questions:

1. What book of the Bible is our story found in today? (*Proverbs*)
2. What sweet ingredient was mentioned in the verse we heard about today? (*honey*)
3. Have you ever eaten so much of something you felt sick? (*If so, what was it?*)
4. What does Proverbs 25:16 warn us will happen if we eat too much honey? (*we'll throw up, we'll get sick*)
5. Is the wisdom found in Proverbs 25:16 only about food? (*No—any good thing can get out of control and cause trouble if you don't know when to stop.*)
6. What is choosing to do what's best even when you don't want to? (*self-control*)
7. Why do you think it's hard to stop? (*You might be afraid you are never going to get that feeling again, you just want more, you might think you won't get that opportunity again*)
8. When you believe in Jesus, who lives inside of you that can help you know when to stop? (*The Holy Spirit*)
9. What is another good thing in our lives that could easily get out of control? (*answers will vary, like: screen time, games, candy, practicing sports without resting, etc.*)
10. What can you do when you are having a hard time demonstrating self-control with something? (*answers will vary, like: set a timer, ask God for help, etc.*)

2. Take a Snapshot

Application Activity

What You Need: Sticky notes (one per kid), pens, large craft sticks (one per kid), marshmallows (bag per bin), permanent markers, plate (one per group)

Remind the kids NOT to eat the marshmallows

What You Do:

- Give each kid a sticky note and pen.
- Ask kids to think of times when they may feel like overindulging (when they need self-control to know when to stop).
 - If needed, prompt with examples like chips, candy, screen time, sleeping, sports without rest, spending money, etc.
- Prompt kids to write one idea on a sticky note and hand it to you when done.
- Give each kid a craft stick.
- Tell kids to place one end of their craft stick in their mouth and hold it with their teeth.
- Set out the marshmallows on a plate
- Explain that each time you read one of the ideas from a sticky note, the kids will place a marshmallow onto the end of their craft stick.
 - The goal is to see how many they can stack before it falls.
- After reading through each idea, ask kids to carefully remove their craft stick.
- Remind kids that everyone struggles with knowing when to stop, especially when it comes to our favorite things.
 - When we follow Jesus, God sends the Holy Spirit to help us make the wise choice.
- Set out the permanent markers.
- Tell kids to use the markers to make a warning sign on their craft sticks to take home.
 - Encourage creativity but, if needed, prompt kids with ideas like a stop sign, “know when to stop,” something that is specific to them, etc.
- Encourage kids to place their warning signs in an area where they will be reminded to use self-control.

3. Discussion Questions

- Why is it hard to stop?
- How do you recognize when you need to stop doing something?
- Who can you depend on to help you stop?
- At what point do good things become bad for you?
- Is it too much when you’re spending a lot of time on something creative or productive?

4. Memory Verse Roll

Memory Verse Activity

What You Need: a soft ball

- Guide kids to sit in a circle.
- Invite a volunteer to recite the monthly memory verse, then say it a few times together. *God's power has given us everything we need to lead a godly life. 2 Peter 1:3a*
- Give one kid the ball.
- Lead kids to say the verse word by word (with help as needed) as they pass the ball to the person next to them. Play a few times, getting faster each time.
- Try it again, but instead of passing the ball, roll the ball to someone across the circle saying one word of the verse at a time.
- Play as time allows, encouraging kids to say the verse faster each round.

AT THE 5- MINUTE CALL:

PRAY

- Ask, "Does anyone have any prayer requests or things they want to thank God for from this week? (*Let the kids share their prayer requests and praises*)"
- Take some time to pray for these things as a group, then finish with the prayer below...

"God, we are so thankful for all of the amazing things You give us to enjoy. Help us this week in the areas where we could have more self-control. Help us to trust You, and to **[Bottom Line]** **know when to stop** before it's too much. We love You, and we pray these things in Jesus' name. Amen."

- If there is still time, pass out the Discussion Guides to the kids and begin to read through them together. Remind them they can do the activity at home and bring it back next week for a prize.

PARENT PICK UP POINT: As adults arrive to pick up, encourage share one area where they're going to challenge themselves to have more self-control this week.