

CITY SG – October 26-27, 2024

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

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 (NIV)*

Monthly Virtue: Self-control—Choosing to do what's best even when you don't want to

Basic Truth: I need to make the wise choice.

CAMPUS SUPPLY: An assortment of various sets of blocks (or other stacking materials)—like LEGO®, wood blocks, alphabet blocks, etc. **Borrow from EC rooms*

PRE- SERVICE ACTIVITY

What You Need: An assortment of various sets of blocks (or other stacking materials)—like LEGO®, wood blocks, alphabet blocks, etc.

What You Do:

- Greet kids by name as they arrive.
 - Invite any kids who brought an offering to place it in the offering container.
 - As kids arrive, ask: "What has been the best part of your week?"
 - When enough kids have arrived, Instruct them to form teams of three to five.
 - Create sets of 15 blocks (some LEGO®, some wood, etc.) that are equivalent to the number of teams.
 - Invite each team to select a set of blocks (or other stacking materials) and begin building a tower.
 - Encourage teams to build a tower as tall as they can without letting it fall.
 - Remind kids to think before they put another block on top as it might tip over.
 - Allow teams to edit and change the types of blocks they're using.
 - Invite kids to share a strategy for knowing when to stop building their tower.
 - Continue as time and interest allows.
- Say, "Great job, teams! Knowing when to keep building, or when to stop seemed to help you build the tallest tower without letting it fall. If you kept building, the tower could have fallen. Today we're going to see how stopping can actually be a big help to us."

SMALL GROUP TIME

1. Wheel of Winning

Bible Story Activity

What You Need: Bible, 10 plastic cups (*numbers 1-10 on the inside*)

What You Do:

- Divide the group into two teams.
- Pick a team to go first.
- Invite a kid to flip over a cup.
- 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. Who wrote many of the wise sayings in the book of Proverbs? (*King Solomon*)
3. What did God offer Solomon in a dream? (*any gift he wanted*)
4. What did Solomon ask God for? (*wisdom*)
5. What sweet ingredient was mentioned in the verse we heard about today? (*honey*)
6. What does Proverbs 25:16 warn us will happen if we eat too much honey? (*we'll throw up, we'll get sick*)
7. 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.*)
8. What is choosing to do what's best even when you don't want to? (*self-control*)
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. Stop or Stack

Application Activity

What You Need: Jumbo marshmallows (a bag per group), heavy-duty plates (2)

(remind kids **not to eat the marshmallows)**

What You Do:

- Instruct the kids to form pairs.
- Give each team a plate and about 10 or so marshmallows.
- Instruct the kids to work together to stack all their marshmallows as high as possible.
 - Set the rule that kids may not move or touch a marshmallow once they add it to the stack.
- At some point, one marshmallow will become too much, and the towers will fall!
- Once everyone's towers have fallen, stop the game.
- Encourage the teams to gather their supplies into a pile.
- Tell them to start again, but this time encourage kids to **know when to stop** so their towers remain standing.
 - Allow kids to stop adding items when they think it's just enough.
- Put back any marshmallows that can be reused.
- Say, "Sometimes it's hard to stop when we want to keep going! Great things can cause trouble if you don't know when to stop. Not just treats like marshmallows, but video games, sports, or your favorite show. *Anything* can cause trouble if you don't **know when to stop**. The good news is you can ask God for help to practice self-control!"

3. 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.