

# ALLEY SG – November 8<sup>th</sup>- 9<sup>th</sup>, 2025

**Today's Bible Story:** Jonah • *Jonah 1–3*

**Conversation Starter:** What keeps people from doing 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)*

## 1. Take a Snapshot

*Application Activity*

**What You Need:** Index cards (4 per kid), Pens

### What You Do:

- Gather the kids together in a circle.
- 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 an index card to record their answer.
- 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.

## 2. Verses to Take with You

*Memory Verse Review*

**What You Need:** Bibles, "Mine the Verse" Activity Page (nirv, one per kid), Pencils, markers

### What You Do:

- Give every kid a Bible.
- Invite them to find Isaiah 40:31.

- Repeat the verse together.
- Give every kid a “Mine the Verse” Activity Page and a pencil or pen.
- Set out markers to share.
- Say, “Today we’re going to ‘mine’ through Isaiah 40:31 to understand what it means for us! We will read the verse together and follow the prompts on the page.”
- Invite the kids to use the coloring supplies and pencils to complete the page as you talk about each one together.
- Ask: Who do you think “those” and “they” refer to in Isaiah 40:31? Use the points below to spark conversation about what it means to follow Jesus.
  - *“Those” or “They” in this verse refer to anyone who chooses to trust in the Lord! That includes people who were living in Isaiah’s time, and it includes us today!*
  - *Jesus is the ultimate way we can trust God, because He died and rose again for our sins, making a way for us to be in relationship with God forever!*
  - *When we follow Jesus, He gives us strength daily through the Holy Spirit.*
- Ask: “How do you think trusting in Jesus can help you keep going, even when things are tough?”

### 3. Discussion Questions

- 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?

### 4. Bible Story Extension

#### *Bible Story Review*

**What You Need:** Index cards a bunch, Pencils, Floor tape, Timer

#### **What You Do:**

- Divide the kids into two teams.
- Use the floor tape to mark a start line for each team on one side of your group area.
- Mark a ‘build zone’ on the other side.
- Give each team a stack of index cards and several pencils.
- Explain how to play:
  - Say, “When I say ‘Go!’, your team will brainstorm people or sources you listen to or take advice from. Write one person or thing per index card, like ‘teacher’ or even ‘myself.’”
  - “After writing a card, one kid from your team can run to the ‘build zone’ and add that card to start a flat structure, in any design!”

- The teams will keep writing and running until the time is up (3 to 5 minutes).
- Once the time is up, have each team show off their structure and read their cards aloud without disturbing the structure.
- Ask: "Which of these voices do you think really knows you best?"
  - *NOTE: Affirm that parents and trusted adults love us and know us, and that's great!*
- Explain: "We all listen to many voices every day (friends, teachers, parents, the internet, and even ourselves). Only one voice ALWAYS knows what's best, and it's God!"
- Say, "Even Jonah knew all about God, and still chose to listen to his own ideas instead of following God's way at first. Jonah didn't want to show kindness to the Ninevites, and God wanted to."

## 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*)"
- "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!"

**PARENT PICK UP POINT:** As adults arrive to pick up, encourage the kids to say what they learned about Jonah today!