

# ALLEY Rundown – March 14<sup>th</sup>- 15<sup>th</sup>, 2026

**Bible Story:** Be Humble / Love Your Enemies • *Matthew 5:38-48*

**Conversation Starter:** How can you show kindness to someone who makes you mad?

**Monthly Memory Verse:** *Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves.* • *Philippians 2:3 NIV*

## **PRE-SERVICE VIDEOS: Dude Perfect**

### **SLIDE: Theme**

Hey, everyone! Welcome back to another awesome week of our series called 'Upside Down!' How's everybody doing today?

I'm so pumped you're here because this month, we're learning what it means to live in an upside-down kind of way, the kind of way that looks totally different from what the world expects. And I don't mean hanging upside down from the monkey bars, even though that's fun too. I mean following Jesus by treating people the way He treats us, even when it's hard.

And today ... oh, it's going to get real. We're talking about how to love people even when they're ... let's say ... kind of hard to love. You know, that friend who gets on your nerves, that classmate who's rude, that sibling who, let's be honest, you just really can't handle a lot of the time? Yeah. Those moments.

Well, Jesus actually had something incredible to say about that, and we'll learn what it is soon. First, let's take a look at our Memory Verse for the month! This verse flips the way we usually think. The world tells us to focus on being the best, the smartest, or the most important. But we are instructed as followers of Jesus to be humble and put others first.

### **SLIDE: Memory Verse**

*Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves.* —*Philippians 2:3 (NIV)*

Quick show of hands, who here controls the remote at your house?

There's always that one person who somehow always has it. And they're powerful, right? One click, boom, total control. You can change the channel, skip ads, rewind your favorite part, you could even choose to watch the same movie over and over again.

Boring ad? Click. Funny moment? Rewind. Your sibling is talking way too loud? Volume wayyyy up. Someone asks you to take out the trash? Hopefully you pause and go take out the trash!

Wouldn't it be great if we could do that in real life? Okay, imagine this with me! Someone at school is being rude, click! Mute. You're done. Someone gossips about you, click! Rewind, so you can think of the perfect comeback. Or when your brother eats the last slice of pizza, click! Power off his video game.

It would feel so amazing to have that kind of control, right? But here's the thing ... we don't get a remote in real life. And when things get hard or unfair, we don't get to mute people, rewind moments, or skip the parts we don't like. So what happens then?

Because when someone hurts us or annoys us, we have a decision to make. And that is where today's story really begins.

But before we get into our true story from the Bible today, let me tell you something amazing we're doing this year!

We're going through the key stories of the Bible from cover to cover! We're going to go through God's Big Story in the Bible together so we can learn about God! (*Gesture to slide.*)

#### **SLIDE: God's Big Story**

We're continuing right along in our journey through the Bible. We are at the part of the Bible where Jesus was alive on Earth! Let's listen to something He said.

#### **VIDEO: The So and So Show (14:03)**

So this week, when it feels easier to stay mad or get even, hand the remote to Jesus. Let Him guide your response. When you want to hit rewind and replay what someone said to you, pause instead. When you feel like turning up the volume on your anger, choose to turn it down and listen for His voice. When you're tempted to fast-forward through a hard moment, stop and ask for His patience. Every time you hand Jesus the remote, you're saying, 'I trust You more than my feelings.' That's real strength.

So this week, let's live differently. Let's hand control to Jesus and let His love lead the way. Because the world doesn't change when we fight back, it changes when we love back.

Before we head to small groups, I want to leave you with one last question to think about.

#### **SLIDE: Conversation Starter**

#### **How can you love like Jesus when it's hard?**

Think about it for a second. Maybe there's someone in your life who's tough to get along with, a classmate who gets on your nerves, a friend who hurt your feelings, or maybe even someone in your family. Loving them doesn't mean pretending what they did was okay; it means choosing to respond in a way that looks more like Jesus.

As you head to small group, I want you to really think about that. How can you love like Jesus when it's hard? What would it look like to choose love instead of revenge this week? How could your choice to love actually change the situation, or even change you?

Let's talk to the God who will help you show love, even when it's hard.

God, thank You for showing us what real love looks like. Jesus, You loved people who hurt You, and You forgave when it didn't make sense. That kind of love feels impossible sometimes, but we know You

can help us do it. This week, when it feels easier to stay mad or get even, remind us to hand You the remote. Help us to pause, to listen, and to let Your love lead our hearts. Give us the courage to choose kindness, forgiveness, and grace when it's hard. We want to love like You do. Thank You for loving us first. We love You, and we pray these things in Jesus' name. Amen.

## **OFFERING**

For our offering this year, We are helping a ministry called E3 which helps put in freshwater wells in Malawi. Having a well with clean water right in their village means women and children don't have to travel far away to other villages to get clean water.

Children help carry water too! They have to travel so far that they have to miss school sometimes. And if they used the dirty water that is in their village, they would get very sick. Check out this video someone from our Parkview team took of kids experiencing a brand new well in their village!

### **Missions Video 2**

Help us raise money to provide clean water wells in the communities in Malawi who need them. We want you to go home and ask what YOU can do to raise money for these families in Africa!