



WEEK TWO – NOVEMBER 2025 – PRETEEN

Bible Story: *Jonah | Jonah 1-3*

Conversation Starter: *What keeps people from doing what's best?*

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)*

Insight: *Identity Based on God's Image – I am created in the image of God and have unique potential and worth*

Application: *Confidence – Living like you believe God is with you*

Series Overview: God chose a people and promised through them to bless the whole world. And God fulfilled that promise by sending Jesus to rescue and redeem us. When we begin to understand this story and allow it to inform everything in our lives, we can live from a place of quiet confidence, knowing God is always with us and is able to work every single thing we face into a beautiful pattern for our good. This month, we're exploring some larger-than-life characters from God's story who lived during the decline of Israel and Judah and the following exile. These individuals chose to—or failed to—place the full weight of their lives on trust in God. Through stories of Elijah, Jonah, Daniel, Esther, and Nehemiah we see how making choices from a foundation of trust changes everything about the way you live.

8:45 - 9:05 | 10:45 – 11:05 | EARLY ARRIVERS ACTIVITY

Connection Centers

Connect: a time that invites kids to share with others and leaders

What You Need: Activity Bins + Coloring Sheets (find on your shelves in space)

What You Do:

- *PRE-CONNECTION TIME*
 - **Before kids arrive, pray for your group before they arrive. Pray for kids who will visit your group for the first time. Thank God that He never stops pursuing us, not even when we mess up or try to hide. Recall an age-appropriate story about a moment when you felt like avoiding God, but His love pulled you back in. Ask God to remind preteens that His presence doesn't leave when they make a mistake, feel ashamed, or feel like giving up. Pray that your group would know deep in their hearts they are never too far gone for God to reach and He is still calling them by name!**
- *DURING CONNECTION TIME*
 - Greet each child by name and with a high five or fist bump!
 - **Make sure to grab second sticker from the child + place it on your sticker sheet**
 - Invite kids who brought an offering to place it in the offering container.
 - Pull out your activity bins + set aside some coloring sheets for kids to partake in your small group space
 - Ask questions in order to connect with + get to know your few as you partake in activities alongside them...you can use these :
 - *What is one skill or talent that someone taught you this year, and why are you thankful they took the time to teach you?*
 - *Think of a small, helpful thing you do every day that you are thankful you can do. (Like walking to the bus, packing your lunch, or remembering to pray.)*

- *When you are having a tough day, what's the best thing a friend or leader can say to you?*
- *Would you rather be famous for winning a million dollars or for doing something amazing that helps the whole world?*
- *If you had to choose: never use a screen again or never eat your favorite food again? Why?*
- *AFTER CONNECTION TIME*
 - *Use this time to review over how to be successful in small group time as well as Flatirons Kids by using the SG Structure 101 sheet featured on your activity shelf*
 - Go over each rule to create a great small group experience
 - Transition into the Opening Small Group Activity

9:05 - 9:20 | 11:05 – 11:20 | OPENING SMALL GROUP

OPENING ACTIVITY

What You Need: “Can’t Be Done” Activity Page; bowl; spoon; plain paper; pencil; painter’s tape; timer

What You Do:

- Welcome kids by name as they arrive with a high-five, fist bump, or a wave.
- Invite any kids who brought an offering to place it in the offering container.
- Before you begin:
 - Place the “Can’t Be Done” Activity Page cards in the bowl.
 - Use painter’s tape to make a bold “challenge line” across your group area.
- As kids come in, say with energy: “Welcome to the ‘Can’t Be Done’ Challenge!”
- Explain: “You’ll have the chance to face challenges that seem pretty tough or maybe even impossible! For each one, you get to decide to step up and try it, or hang back.”

- Read a challenge card.
- If a kid wants to try, invite them to step over the line and try. If they're not feeling it, they can observe.
- Cheer on every attempt, no matter the result!
 - *NOTE: For an extra challenge, let the kids suggest their own "impossible" challenges at the end!*
- Gather the group to discuss.

Inclusive Pro-Tips:

- If your group isn't comfortable with physical challenges, you can throw in brain teasers or group "impossible" riddles.
 - Count from 1 to 30, but say "bop" instead of any number with a 3 in it (3, 13, 23).

What You Say:

"Wow! You all are so brave for attempting these challenges! Some of them were pretty tough, right? Sometimes, stuff just feels out of reach, like there's no way you could do it. Has there ever been a time when you felt like you *couldn't* do something, or you just didn't *want* to do what you were asked?"

"In today's true story from the Bible, we'll hear about a man named Jonah who may have felt the same way! God asked Jonah to do something that Jonah didn't want to do! But here's the thing: God always knows what's best, even when we don't understand why He's asking us to do something. Let's go discover what happens when we trust God, even when trusting Him feels impossible!"

9:20 - 9:50 | 11:20 – 11:50 | LARGE GROUP

During Week 2, we'll meet a prophet known for his lack of confidence. God told Jonah to go preach to Israel's enemies. But Jonah didn't trust God to take care of him—so he hopped onboard a ship heading in the opposite direction. A storm blew

up, and Jonah ended up in the belly of a giant fish. Jonah cried out to God and was spit up on dry land. But when he reluctantly traveled to Ninevah and the people actually repented, Jonah just about choked on sour grapes, unable to handle God's mercy to his enemies.

9:50 – 10:10 | 11:50 – 12:10 | SMALL GROUP

TAKE A SNAPSHOT

[Live for God | Application Activity]

What You Need: Index cards; pencils; coloring supplies

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 a sticky note or index card to record their answer.
 - *Optional: Allow the kids to use coloring supplies for their pictures.*
- 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.

Inclusive Pro-Tips:

- If the kids aren't comfortable sharing out loud, let them place their index cards in the center of the circle.

VERSES TO TAKE WITH YOU

[Hear From God | Memory Verse Activity]

What You Need: Bibles; "Mine the Verse" Activity Page; Pencils; Coloring supplies

What You Do:.

- Give each kid a Bible.
- Invite them to look up Isaiah 40:31 using the Bible Navigation Tips below.
 - ***Finding verses with 4th-5th graders:** Ask kids to tell you if the book of the Bible they're looking for is in the Old Testament or New Testament. If it's in the Old, instruct kids to flip slowly, starting at the front of the Bible and heading toward the back, until they find the book they're looking for. If it's in the New, instruct kids to start flipping from the back, going forward to find the book they're looking for. Once they find the book, explain that the big numbers on the page are the chapter numbers. First, have them find the chapter they're*

*looking for. Then explain that the small numbers are verse numbers.
Tell kids to find the verse within the chapter they've already found.*

- Ask if there are any words that are unfamiliar to them in the verse.
- Repeat the verse together.
- Divide the kids into pairs. (It's okay if there's a group of three!)
- Give every kid a "Mine the Verse" Activity Page.
- Make pencils and coloring supplies available for the groups to share.
- Say, "Today we're going to 'mine' through Isaiah 40:31 to understand what it means for us! Your group 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.
- Gather the kids together and review the "Mine the Verse" Activity Page.
- 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?"

Inclusive Pro-Tips:

- Let the kids doodle or create symbols for each phrase if you have visual learners in your group.
- Read the questions aloud and walk through the activity page as a group if that works better for your few.

PRAYER TIME

[Pray to God | Prayer Activity]

What You Need: Index cards; writing utensils

What You Do:

- Invite the kids to find their own quiet spot in your group area (encourage them to spread out, away from friends and distractions).
- Encourage the kids to close their eyes or look down to help focus.
- Explain that prayer is a conversation they can have with God at anytime, anywhere, about anything!
- Say, “As you pray, ask God: ‘Are there places in my life where I’m not really trusting that You know what’s best?’”
- Share some examples as the Holy Spirit speaks to every kid.
 - *Is there a fight you keep having with your sibling, and do you care more about winning than making things right?*
 - *Are you afraid to stick up for someone in your class even though you know it’s what God wants you to do?*
 - *Are you playing a game or watching something you know you probably shouldn’t?*
 - *Do you sometimes say mean things before stopping to ask God to help you use words that point others to Him?*
- After two minutes of reflection, encourage the kids to use an index card and a pencil to write or draw about their prayer time.
- Close in prayer. Thank God for always knowing what’s best and for helping them trust Him more!