



CONFIDENCE | WEEK 2 | NOVEMBER 9, 2025 | ELEMENTARY

JONAH

Key Application: Confidence – Living like you believe God is with you.

Bible Story: Jonah • *Jonah 1–3*

Key Question: What keeps people from doing what's best?

Basic Truth: I am loved by God no matter what so I can be confident that God knows who I am.

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 (NIV)*

LEADER BIBLE STUDY

People build their lives on all kinds of stories: Acing every test. Being the funny kid. Keeping the peace. Doing enough good things. But every single one of those foundations, alone, will crumble. The only safe story on which to build is the true story of a God who created us and loves us so much that when we turned away, God continued to pursue us.

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.

Pre-Service Check List

- HUDDLE AS TEAM → You're in this together! Pray together and talk about the activities for the day.
- PLAY MUSIC
- PUT OUT TOYS → A welcoming environment is important! We want it to be obvious from the moment kids walk in that they belong HERE!
- PUT ASIDE DISTRACTIONS
- ENGAGE WITH KIDS

Morning Flow

Doors
Open
9:15/11:00

Large Group
Starts
9:35/11:20

Small Group
Starts
10:05/11:50

LARGE GROUP

COUNTDOWN AND WELCOME (3 Minutes)

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

LGL: “Welcome everyone! I’m so glad you are able to come hang out with us in KidCity today. My name is [INSERT NAME]. We are going to have a lot of fun today, but before we do let’s go over these announcements/KidCity Expectations.

(SLIDE: 5th SUNDAY FUNDAY) “Most months of the year only have 4 Sundays in them, but every so often a month has FIVE SUNDAYS in it – which is awesome! So every 5th Sunday we declare it ‘5th Sunday Funday’! Guess what, THIS month has 5 Sundays in it. You don’t want to miss it, we’ve got some fun things planned.

(SLIDE: KIDCITY EXPECTATIONS) “Now, let’s quickly go over our KidCity Expectations (rules) so we can make sure that we make the most of our time today: *(Don’t dwell on these too long, but make sure you review them briefly so we can set everyone up for success.)*

1. Be Kind
2. Be Safe
3. Have Fun

LARGE GROUP GAME (5 Min)

HOW MANY SQUISHMALLOWS TALL?

(Whiteboard, Dry Erase markers)

Welcome to Bedrock, where we’re building confidence in God that lasts—block by block. Speaking of confidence, let’s define it.

(SLIDE: KEY APPLICATION) **Confidence – Living like you believe God is with you.**

God chose a family 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 influence 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.

Let’s check out our memory verse for the month.

(SLIDE: 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)**

Take a minute to explain that ‘Isaiah’ is a book in the Old Testament, and that the first number means ‘chapter’ and the second one means ‘verse’. ‘NIRV’ is what translation the Bible is in. The Bible wasn’t originally written in English! There are different translations.

I'm so glad you're here, because today we're tackling one of life's biggest questions: What do you do when something feels absolutely impossible? Glad you asked! We are going to play a game all about impossible choices.

(SLIDES: HOW MANY SQUISHMALLOWS TALL)

HOW TO PLAY:

- **SPLIT INTO SMALLER GROUPS:** Groups don't have to be even. Give each group something to write on and with.
- **EXPLAIN:** Show first slide. Kids will guess how many squishmallows stacked on top of each other to be the same height as what is in the picture. Take a couple of guesses before revealing the answer on the second slide. This game is for fun, but if you want to give points to whoever is the closest – go ahead!

"That was so fun! Now everyone stand up and let's worship God!"

WORSHIP (6-7 Minutes)

(VIDEO: ALIVE, FOR YOUR GLORY)

BIBLE STORY (12 Minutes)

(No Supplies)

I want to start with a big question—a real one, not just for today, but for life! Think about it: Why is it so hard to actually do what you know is right?

"Sometimes it's fear—we don't do what's right because we're afraid of what people will think, or afraid it'll cost us something.

"Sometimes it's just ... not wanting to give up being comfortable. Maybe we don't trust that doing what's best will actually work out. And sometimes, honestly? We don't want to. We want to do our own thing.

"Hold that thought, because today's story is about a guy who literally ran in the exact opposite direction from what God asked. His name was Jonah. Maybe you've heard the story, but today, let's look at it like it's brand new.

"Let's see what we can learn about God—the One who does the impossible—even when we're not at our best.

(VIDEO: BIBLE STORY 6 MIN)

The story of Jonah isn't just a story about running away or about giant fish and ancient cities. It's about what happens when we let fear, anger, or pride make us forget who God is and what He can do. Jonah knew all about God, but he struggled to believe that God's ways were really best—especially when they felt impossible or unfair. And honestly, that's something we all wrestle with.

It's easy to want to do our own thing, to run from what's hard, or to believe that some people just aren't worth our effort or God's love. But God keeps inviting us back. He's patient, and He's always ready to give second chances—not just to 'them,' but to us too.

"This week, maybe you'll face something that feels impossible. Maybe it's a challenge at home, at school, or inside your own heart. Maybe you'll feel like running the other way or giving up. When that moment comes, remember Jonah. Remember that God's love is bigger than your biggest mistake, and His power is greater than whatever stands in your way. You can have confidence—not because you have all the answers, but because God is with you and for you. Let's say our Basic Truth together:

(SLIDE: BASIC TRUTH) I am loved by God no matter what so I can be confident that God knows who I am.

The question we're left with is the same one Jonah had to face:

(SLIDE: KEY QUESTION) 'What keeps people from doing what is best?

Have kids turn and talk to their shoulder partner for 60 seconds. Your KQ slide on Playlister will keep track of time for you. While kids are talking, walk around and listen in to what they are saying and give prompts if needed. Don't try to resolve anything, kids will have a further discussion within their small group time.

"Ok friends, come back together in 3, 2, 1....

"I heard some great thoughts floating around. You are going to have more of a chance to talk about this in small group time, but for now let's pray.

God, sometimes it's easier to run away than to trust You—especially when things feel impossible or when we don't want to do what's right. Thank You that You never give up on us, even when we mess up or when we're afraid. Give us courage to follow You. Help us believe that Your ways are best, so we always follow them. We love You, and we pray these things in Jesus' name. Amen.

DISMISS TO SMALL GROUPS



SMALL GROUP

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Consider praying before you start small group to set the tone. It is just as important as the activities.

TALK ABOUT IT (K-5th)

Not every answer will be exactly right, but the goal is to guide the kids into good conversation and gently redirect them toward deeper, more biblical answers.

Key Question: What keeps people from doing what is best?

(Answers will vary; fear, comfort, short-term thinking [what's best for me NOW?], peer-pressure, sin nature, trust in God [Do I really believe that God's way is better than my way, even when it's harder?].)

LOOK IT UP (K-5th)

Grab Bibles, look up, and read the following passage.

Look Up: Isaiah 41:30

Say: "Isaiah was a prophet (which means he was a messenger from God). He shared God's words. This is a message Isaiah shared with God's people when the people were feeling a little weak and tired—maybe even a little hopeless! God's people had been through a lot, and Isaiah reminded them that they didn't have to try to be strong on their own. Read the verse together."

PRACTICE IT (K-5th)

("Compass" Activity Page and "Confidence Prompts" – 1 per group)

What You Do:

- Place the compass on the floor in the middle of your small group.
- Point out North, South, East, and West in your group area.

Explore Together:

- Like Jonah, we sometimes follow other things or our feelings, but we want to grow in confidence by following God's way! God's ways are best because **God knows what's best.**
- Read a scenario from the "Confidence Prompts" Activity Page
- Tell the kids to move in the direction you share for that prompt.

- Continue in the same manner until you've read all of the "Confidence Prompts" on the Activity Page.
- Ask: "Which of those scenarios would be tough for you to do?"
- **4th/ 5th Grade Discussion Questions**
 - 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?

What You Say:

"Do you remember what Jonah did when God told him to go to Nineveh? He went in the *complete opposite direction*! God gave Jonah a very clear direction, and Jonah didn't want to go. He ran away on a boat, tried to hide, and ended up in the belly of a big fish! But even then, God gave Jonah another chance. That's how patient and loving God is.

"Remember, God's way is always best. It's always best to be honest because you show you're a trustworthy person. It's always best to be kind because God loves and values everyone, and they'll feel that love and value when you are kind. It's always best to forgive others, because unforgiveness does bad stuff to your heart.

"And when we live out God's ways, we're doing something even more amazing—we are being like Him! God is kind! God is truthful! God is loving! And God is fair. When we follow God's ways, not only does our life go better, and the world around us is better, but the people in our lives see Jesus!

"You don't have to get it right every time. But remember, you don't have to do it alone. When you choose to follow Jesus, His very Spirit moves inside of you to help you follow His ways. Pause and ask God to help you follow His ways and do what's right! Remember, **God knows what's best!**"

GET STRONGER (K-5th)

(Bibles, Books of the Bible Lists – 2 sets per SG, Beach ball- 1 per group, prizes)

For the month of November, we will be focusing on kids review or learning the Books of the Bible. September, we focused on the Old Testament. October, we focused on the New Testament, and November we are reviewing both. Encourage kids to memorize the books by giving prizes to those who do. Kids can do it every week if they want! (without help, of course)

What To Say:

"This is the Bible. (Open to the Table of Contents) This is the Old Testament – it tells the story of how the world was broken by sin, but because of God's great love for us He promised to send a Savior. This is the New Testament. It tells us the good news of the promised Savior – Jesus! Jesus died on the cross and came back to life – defeating sin and death. Because of Him, we can have a right relationship with God again."



What You Do

- Pass out Bibles – 3 to 4 kids per Bible.
- Open to the Table of Contents.
- Point out the list of Old and New Testament.
- Share with kids that this month we are going to work on memorizing all of the Books of the Bible.
 - *There will be a prize for everyone who learns all of the books.*
- Set out the lists of the Books of the Bible for easier reference.
- Review all of the books of the Bible by looking at the table of contents.
- Have kids sit in a circle.
- Pass the ball around the circle saying one book of the Bible with each pass.
- **K/1 - call and repeat.** Pass the ball around the circle and the leader says the first book and the kids repeat and continue around the circle all the way to the end.
- Change it up by tossing it to someone in the circle and they have to try and say which book comes next.

PRAYER

What You Say:

“Dear God, we are so grateful that You are always good and we can trust You and follow Your ways no matter what! Sometimes it’s hard to do what’s right. Sometimes we want to run away from things we don’t like or don’t understand. Help us to trust that You are good, and You know what’s best. Help us to stop and pray when we feel afraid or unsure. Help us to trust You and obey. We love You, and we pray these things in Jesus’ name. Amen!”