



TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

Should've Said No

Too Much of a Good Thing
Proverbs 25:16

PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today. In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

TODAY'S KEY QUESTION

How do you know when to stop?

SMALL GROUP

15
MIN

SOCIAL: Providing time for fun interaction

Just for Fun
Opening Activity

TODAY'S BOTTOM LINE

Know when to stop.

LARGE GROUP

35
MIN

ANNOUNCEMENTS:

- Invite Challenge

- This is a **NEW YEAR** and people are ready to start some new habits
- Our challenge is for you to think of someone you can invite in the month of January to come with you to church

HOST SUPPLIES

- Three volunteers
- Six plastic serving platters
- Lots of smaller, assorted items (books, cups, pencil caddies, loaves of bread, plates, candles, knick-knacks, small picture frames, and so on). Anything that can be held on a platter.
- Table or tables with enough room for assorted items for the game (See "What You Do")

MONTHLY WORSHIP LINEUP:

Week 1 - This Is Living & Way Maker
 Week 2 - There's Nothing That Our God Can't Do & Graves Into Gardens
 Week 3 - The Best Is Yet To Come & Way Maker
 Week 4 - Might Get Loud & Graves Into Gardens
 Week 5 - Real Love & Way Maker

STORY SUPPLIES

- White board
- Dry erase markers
- Prop Box containing:
 - Empty pizza box
 - Empty ice cream container
 - Two video game controllers
 - Five or so textbooks
 - Three pieces of paper with a large B circled on them

SMALL GROUP

25
MIN



PRELUDE **SOCIAL** **STORY** **WORSHIP** **GROUPS** **HOME**

25 MINUTES

10 MINUTES

TODAY'S BIBLE STORY

Should've Said No
Too Much of a Good Thing
Proverbs 25:16

TODAY'S KEY QUESTION

How do you know when to stop?

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 LIFE APP

Self-control—Choosing to do what you should even when you don't want to

BASIC TRUTH

I need to make the wise choice.

LARGE GROUP

ENGAGE KIDS' HEARTS THROUGH A DYNAMIC AND INTERACTIVE BIBLE STORY, WORSHIP, AND PRAYER EXPERIENCE IN A LARGE GROUP SETTING.

AUDIO: PLAY HIGH-ENERGY MUSIC AS STUDENTS ENTER.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP

WORSHIP

Worship Leaders enter

WORSHIP LEADER:

AUDIO: Real Love

AUDIO: Way Maker

Host enters . . .

OPTIONAL VIDEO (MEDIA PACKAGE): COUNTDOWN (30- OR 60-SECOND VERSION)

OPTIONAL VIDEO (MEDIA PACKAGE): THEME

WELCOME

Host has lots of energy as he or she welcomes everyone to [Name of Environment]. Host is relatable and inviting. Host can talk about something that happened culturally throughout the week like a big sports game, movie opening (latest Marvel movie, etc.), a viral video on YouTube, etc. Host tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.

OPENER

HOST: "Hey, friends! Believe it or not, January is almost in the books! As we get going this morning, I have a question for you!"



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PRELUDE

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25 MINUTES

10 MINUTES

"Is anyone out there of the 'Just One More' club? Like when you're swimming and your mom says it's time to go, and you say, 'just one more time off the diving board!' Or when you're with friends and it's time to leave and you're like, 'Just five more minutes!' Or you know you've had three pints of ice cream already, but those Kit-Kats are just sitting on the table, and you're like, 'Just one more?' Anyone like that?"

"Funny enough, we've got a little contest with the same title! It's called, 'Just One More.' I need three volunteers who want to play!"

SLIDE: "JUST ONE MORE"

Choose three volunteers to join you at the front. Optional: if you have enough supplies, feel free to play this with a contestant from each Small Group.

"Here's how it works. Each contestant will hold two platters, one in each hand. We have a vast array of objects, large and small, in front of you on the table. The person who can successfully hold the most objects is the winner! I'll go down the line and put one object on each of the platters. Then, one at a time I'll check in with you. If you think you can hold another object, you'll say, 'Just one more.' I'll add another object on each side. But, if you think you're at your capacity, you can say, 'Time to stop.'"

"The winner is the one who can successfully hold the objects. Let's say [Name of Volunteer] stopped at three things and [Name of other Volunteer] is still going with ten . . . and then says 'just one more.' If on the eleventh object they all fall, [Name of Volunteer] with three objects is the winner!"

"A few rules:

- You can't hold the platters against your body. You can only hold them with your hands.
- If something falls, you're out.
- Even if you have passed someone else number-wise with objects held, if you drop them, you're out at the one who has successfully held the most is the winner."

"Everyone understand? Great! Let's play!"

Play the game. Keep adding objects until one volunteer is remaining, and declare a winner.

COMMUNICATOR: "Fantastic job, let's hear it for our contestants! Some of you knew right when to stop! Now, let's jump into a time of worship to our amazing God!"



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COMMUNICATOR SCRIPT (STORY)

SLIDE: THEME BACKGROUND

INTRODUCTION

COMMUNICATOR: “Hey, everyone! What a month! Let’s do a quick recap. We’ve learned about Jesus being tempted in the desert and learned where to find knowledge when it’s hard to do the right thing. We learned that people without self-control are like cities with broken down walls—and when to recognize when we’re losing control. We learned about David sparing Saul’s life and how David showed restraint and wasn’t controlled by his anger—and we can control ours in the same way if we know what gets us angry! Last week we learned about our words and how ones foolishly spoken can really hurt people more than we know. Wow! That’s a lot . . . but we’re not done yet!”

“Before we get into what we’re talking about this week, let’s make a quick White Board List. Tell me some things you enjoy doing! What are some things or activities that are super fun or at least good for you?”

Make a list on the white board.

“Not bad! I’ll add a few of my own on here, too.”

Write several things that you enjoy doing.

Note: You will use some of these examples in the Truth and Application Sections below. Make sure they include ideas related to technology/video games, eating pizza, and studying/practicing for school, sports, and arts activities.

TENSION

COMMUNICATOR: “Nice! This is a pretty solid list! Now from this list, which are things that are pretty fun, pretty positive, pretty great? But have you ever wondered if any of these things could end up being bad for you?”

“If they’re good things, like this one says ‘swimming,’ and this one says ‘eating pizza,’ can good things be bad for you? Sure, maybe if you combined them into a single activity. But on their own, does something good ever turn into something bad? We love good things, we want more good things, but is there a limit? Can the good things actually become bad things?”

“These are interesting questions to think about. These are questions that need some wisdom. And one place that’s full of wisdom is the Bible. In the Bible, we can discover all sorts of wisdom that can guide us through the big decisions and questions in life. Let’s head there now.”

TRUTH

COMMUNICATOR: “We’re back in the book of Proverbs in the Bible. Remember, a lot of the proverbs in the book of Proverbs—including the one for today—were proverbs spoken by Solomon. He was a King of Israel. We’re told that when God gave him the chance to ask for anything in the world, Solomon asked for wisdom. Now, Solomon didn’t always get it right, but he offered a whole lot we can learn from. Check it out what he writes in Proverbs 25:16.”

Open the Bible to Proverbs 25:16 (NIRV) and read.



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SLIDE: PROVERBS 25:16

"If you find honey, eat just enough. If you eat too much of it, you will throw up."

"Like a lot of the proverbs, this is pretty straightforward, and honestly doesn't leave much to the imagination. Of course, some of you might already know this. If you eat too much, you'll get sick. Which raises the ultimate question. How many Chicken McNuggets are too many? 15? 20? 42?"

"I have an idea. Take a look at the list of things we enjoy doing. Let's see how this might play out for some of the ideas we've written. Since in this case Solomon used honey to make his point, how about we start off with the ones that deal with food. Can I have three volunteers?"

Ask three volunteers to join you on one side of the room.

Note: Feel free to adapt the following based on the specific answers kids gave you during the introduction.

"Let's pretend that the three of you are at a birthday party for your friend. This friend serves pizza and chips and cake and ice cream with all the toppings. Show us how you might act at this party."

Allow the volunteers to act it out for a few moments.

"Freeze! (Wait for the volunteers to do so) Okay! It's a party, things are happy, things are good, pizza and cake and ice cream—not bad, right? You're having an awesome time with your friends, you're being a bit loud, but hey, who at your age isn't a bit loud sometimes. It IS a party after all!"

Move around the frozen volunteers, pointing close to their faces.

"Look at their faces! Look at the utter joy they are experiencing at this amazing party! (Pause.) But . . . what might happen if the party went on, and instead of eating just enough to enjoy and fill them up, they decided to keep eating. Lots of pizza. Lots of chips. Lots of cake and ice cream. How might they look now? Can you show us how you might feel after eating too much junk food?"

Volunteers will most likely act like they're sick to their stomachs.

"Yeah, they'll start feeling super sick. So here's the thing. Pizza? Good. Cake? Also, good. Ice cream? It's like the best ever. And don't get me started on all of those yummy toppings. But like Solomon noted, too much of a good thing can turn into a bad thing. In this case, all of that food can make you feel sick."

Thank volunteers and have them go back to their seats.

"Let's look at another few things on this list. Let's try anything having to do with a screen. Video games, computer games, TV, movies, and so on. I'll need two volunteers for this one."

Choose two volunteers to join you on the opposite side of the room.



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“Video game time! Why don’t you two sit down right here and pretend like you’re going to finish the entire Super Mario Brothers Deluxe game in one sitting. You’ve set aside Saturday morning, you’ve finished your chores, and now you’re settling in for some video game action!”

Hand the two volunteers the game controllers. Let them pretend to play for a few moments.

“Freeze! (Wait for the volunteers to do so) Okay! You’ve been playing a good hour, you’re a good part of the way through the game, and things are looking good!”

Move around the frozen volunteers, pointing close to their faces.

“Look at their faces! Look at the utter joy they are experiencing! But . . . what happens when they just . . . keep . . . playing? Unfreeze!”

Encourage the volunteers to keep playing. Say this next part while circling the volunteers.

“Two hours. Three hours. You’re hungry, but you can’t pause it. Four hours. Five hours. Now your eyes are starting to cross. You’re getting that look that people get when they haven’t seen the sun in days. Six hours. Seven hours. You start to get itchy, because you’re sweating from playing and you need a shower, but you don’t have time for that! Now you are so wired and your eyes are so bugged out that you don’t even notice that your alarm for the next day is about to ring.”

“And freeze! (Wait for the volunteers to do so) Video games? Super fun. Playing with your friends on a co-op game? Even better! But too much of a good thing can turn into a bad thing. What started out as something fun to do turned into the thing that makes you miserable from sitting around all day looking at a screen!”

Move around the frozen volunteers, pointing close to their faces.

“Look at their faces! Look at the vacant, far-off look of someone who has seen too much. Smell the fresh aroma of not making it to the bathroom. Not a great scene, I tell you what. Thanks, you two, you can head back to your seats.”

“The last one I want to look at might sound strange to you on the surface—but it’s true none the less. Some of the things on this list have to do with studying or practicing. School, music, theater, sports, you have to practice those things in order to get better, correct? And practicing an instrument or studying for school is never a bad thing, right? I’ll need just one volunteer for this.”

Choose one volunteers to join you up front in the middle. Hand the volunteer a textbook.

“Here. Take this textbook. Have a seat and start to study. You’ve got a test tomorrow.”

Give the volunteer a few moments to act this out.

“Now, after a night of studying, [Name of Volunteer] takes the test. Here’s your grade.”

Hand the volunteer a paper with a B on it.



“Not bad! It was a hard test, and you did well on it! But, what if [Name of Volunteer] wasn’t satisfied with a B? What if the only thing that mattered to [Name of Volunteer] was getting an A? (to the volunteer) Get back to studying this time, even harder!”

Give the volunteer another textbook and a few moments to act this out.

“Hmm. [Name of Volunteer] is looking a bit stressed. They heard that their friend got an A, and didn’t even really study. They stay up late studying for the next test, and are getting a little tired. They take the next test, and here’s your grade!”

Hand the volunteer a paper with a B on it.

“Not bad! A “B” is great! It was a hard test, and you did well on it! But, what if [Name of Volunteer] wasn’t satisfied with another B? What if the only thing that mattered to [Name of Volunteer] was getting an A? What if they started to feel like a failure, even though she wasn’t failing at all? (to the volunteer) Get back to studying this time, even harder!”

Give the volunteer another few textbooks, stacking them up around her, and give her a few moments to act this out.

“Now they’re super stressed. There’s only one way to get their semester grade up to an A, and that’s to get a perfect 100% on the final. Their friend is cruising with a solid A—and doesn’t even need to take the final! But [Name of Volunteer] feels like they have to keep up. They have to get a perfect score! After taking the final, she gets her grade.”

Hand the volunteer a paper with a B on it.

“Not bad! It was a hard test, and you did well on it! But that’s not the way they see it anymore. They didn’t get a perfect score. They’re totally stressed out. They missed out on spending time friends or having fun doing other activities because they thought they had to study so much. Can you give me a stressed-out, cranky, leave-me-alone face?”

Give a moment for the volunteer to do this.

“Yep. I know that look. Thanks, you can head back to your seat.”

“When you add worry and anxiety to the mix, when you start comparing yourself to others, when your brain goes into overdrive and you think you have to do way more than you can just to keep up, it’s not a good thing. Listen, we’re not saying ‘don’t study,’ not even close. However, when you put too much stress on grades, too much time and thought and emotion obsessing on one thing, it’s not good. In fact, it’s not healthy. You need breaks. You need fun! You need friends. You need social interaction. You need blank space in your life to fill with things that will help you enjoy the life God has given you.”

APPLICATION

COMMUNICATOR: “When we came up with our list of things we love to do, they all seemed good. And honestly, they ARE GOOD! But anything, even the good things, can turn bad if they get out of control. Too much of a good thing isn’t a good thing anymore. Let’s take another look at Proverbs 25:16.”



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25 MINUTES

Open the Bible and ready from Proverbs 25:16.

“If you find honey, eat just enough. If you eat too much of it, you will throw up.”

“Good things are great, but you have to know when to stop.”

Go back to the white board list.

“Video games, sweets, sports, food, and all of the other things on this list, too. If you find yourself thinking about that something all the time or allowing that good thing to stress you out, that might be a clue that you need to press STOP. A good idea is to ask someone you trust to help you see what that might be for you.”

LANDING

COMMUNICATOR: “As you head to Small Groups, think about this question:”

SLIDE: KEY QUESTION

“How do you know when to stop?” What are the signs that maybe the good thing you’ve been experiencing has become not such a good thing anymore? Thankfully, when you choose to follow Jesus, the Holy Spirit will help you! He can give you some encouragement to slow down, take a break, or stop. If you’re not sure what you think about all of this or how you can know for yourself when to stop, that’s okay. Your Small Group Leader will help you try and figure it out. Before you head out to Small Group, let’s pray. Let’s ask God to help us recognize when things are going too far, too long, and we can’t see or know when to stop. Let’s also ask God to send people into our lives to help us figure that out, too! Let’s pray.

Communicator leads group in a prayer related to what they just heard. After prayer, Communicator dismisses kids to Small Group.

AUDIO: PLAY HIGH-ENERGY MUSIC AS THE KIDS EXIT.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP