

# Bedrock - Building confidence in God block by block

**DAY 1**

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at [parentcue.org/app](https://parentcue.org/app).

Even if you already saw it at church, feel free to check it out again!

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After watching So&So, write one thing that:

1. You liked:
- 
2. You learned:
- 
3. You'd like to know:
- 

Have you ever done that? Ignored what you knew was right because it didn't seem fair or easy? Jonah learned that even if you try to run from God, He's not done with you. And that He's not done with His plan. God knows what's best, even when it's hard to see.

**Write below about a time you wanted to avoid doing something hard. What happened?**

**DAY 2**

**Read Jonah 1:1-3**

Jonah was a prophet, which means he spoke for God. God told Jonah to go to Nineveh, God had a big message for the people of Nineveh to turn from their ways and come to the Lord. Here's the thing: the people of Nineveh...were just very bad people. Jonah didn't want to be anywhere near them! When God told Jonah to go to Nineveh, Jonah ran the other way, literally! Why?

Well, for many reasons, but one is that Jonah didn't fully understand that God's plan is always best. Jonah let fear and frustration take the lead instead of obedience.

**DAY 3**

**Read Jonah 1:4-17**

Jonah didn't just ignore God; he did the exact opposite. Instead of heading toward Nineveh, Jonah jumped on a boat going the other way. And then...a huge storm came and Jonah was asleep! The sailors panicked. Jonah finally admitted the storm was his fault. He was running from God, and it wasn't working. Instead of making more excuses or hiding again, Jonah took responsibility.

Sometimes we do things we know are wrong, like disobeying a parent, saying something mean, or watching something we shouldn't. Those choices can create a storm of consequences. But here's the awesome part: even when we mess up, God doesn't give up. Jonah got thrown overboard, but God sent a giant fish to rescue him.

That probably wasn't the ideal place to be, but it gave Jonah time to think about the choices he made.

**Talk with someone at home about a time they made a mistake and how they moved forward with God's help.**

## THIS MONTH'S MEMORY VERSE:

"But 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

**Read Jonah 2:1-10; 3:1-4**

Like Jonah, you can hit the “restart” button and make a new choice to listen, trust, and obey. Maybe you’ve been ignoring what you know is right, or maybe you’ve made a mistake you wish you could undo.

Good news: it's never too late to start fresh with God. He's always ready to help you do what's best, because He knows what's best, even when you're unsure or scared. So, take a moment and pray. Ask God to help you reset. Remember, He's never surprised by your mistakes. He's always ready to forgive, guide, and give you the courage you need to step into a fresh start.

**Read Jonah 3:5–4:11**

Jonah saw how the people of Nineveh responded to the message God wanted them to hear. The people of Nineveh actually listened to God and changed their ways! But instead of being happy, Jonah got mad. He didn't think they deserved God's mercy.

Sometimes we feel like we know who deserves kindness and who doesn't. But God sees the whole picture. He always knows what's best, and He wants us to trust Him, even when we don't understand.

**Circle True or False below: God's love is only for people who always make good choices. (Hint: Check Jonah's story)**

TRUE      FALSE

Today, pray and ask God to help you trust Him! You can pray something like this. “Dear God, thank You for loving everyone, even when we mess up. Help me trust You and obey, even when it’s hard or I don’t understand. I love you so much. Amen.”

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

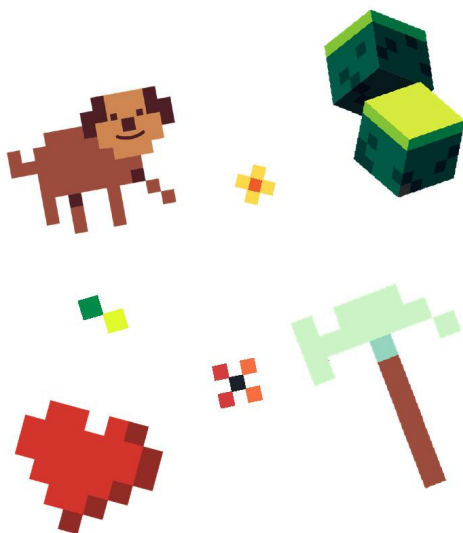
## What keeps people from doing what's best?

## BONUS VERSE:

“For I knew that You are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster.”

Jonah 4:2b ESV

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## This Week's Bible Story Video



### Talk About the Bible Story

Open the Bible together and read Jonah 1-3 or watch the video together on the Parent Cue app.

### Engagement Questions

- Why do you think it was hard for Jonah to trust that God's plan was the best?
- What's a situation you might face where choosing God's best might feel challenging, even though you know it's right?
- God truly knows what is best for you, how can that truth help you when you feel worried or unsure about what to do next?

### Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.

Scan the QR code to get started



### Prayer

"Dear God, We trust You. You have the best plans. This week we choose to walk in your good plans. As you continue to guide us, we will obey You. We love You so much, and we pray these things in Jesus' name. Amen."



Weekly Parent Cues



# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, share with them a time when you saw them make a decision that honored God.



## Meal Time

At a meal this week, have everyone at the table answer this question: "What keeps people from doing what's best?"



## Drive Time

While on the go, ask your kid: "Who are some people you know who seem to make good choices?"



## Bed Time

Pray for each other: "God, we trust You to know what is best for us and others. May we not only trust You with our words, but with our actions."

**More Ways to  
Engage with  
Your Kid**

**Faith &  
Character  
Activities**



**Worship Song  
of the Month**



**Download the  
Parent Cue app**

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**PARENT CUE**

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