

Alley Rundown - January 26-27, 2019

Bible Story: Too Much (Too Much of a Good Thing) • Proverbs 25:16

Bottom Line: Know when to stop.

Key Question: How do you know when to stop?

Memory Verse: “His divine power has given us everything we need for a godly life...”
(2 Peter 1:3, NIV)

“Hey, there! So good to be with you again this week. I’ve had such a blast with you this month! We’ve covered a lot of areas of self-control, but we’re not done yet! Before we get started, though, think about this: have you ever heard the phrase, ‘You can have too much of a good thing’? What do you think that means?” (*allow responses*)

“Let’s take carrots, for example. Now how many of you think carrots are a healthy snack? (*Pause for responses*) Absolutely. They are a very healthy vegetable. But is it possible to eat too many carrots? Well, carrots are high in beta-carotene, which is a natural pigment that gives them their orange color. Eating too many carrots can actually lead to a condition called ‘Carotenemia,’ which causes your skin to turn orange. You end up looking like this!”

CG: Oompa Loompa

“Okay, maybe not quite like that, but here is a real image.”

CG: Carotenemia example

“Now, I know what you’re thinking: ‘Finally, a reason not to eat my vegetables!’”

“We have a lot of good things. We’re surrounded by good things. Good things are more than good, right? They’re great! So if they’re so good, is it really possible to have too much of a good thing? That’s a great question, actually. A question like that needs a really great answer. And we find a ton of those in the Bible. Let’s take a look at this week’s video...”

CG: Lesson Video (Runtime: 15:14)

“Let’s go to the Proverbs one last time for the month. Remember, Proverbs is a book in the Old Testament of the Bible that is full of wise sayings that King Solomon and others learned because of the wisdom God gave them. Proverbs has a lot to say about some of the best ways we can live our lives.”

“Let’s check out Proverbs 25:16. Just wait to you hear this one! (**Proverbs 25:16 NIV**) ‘If you find honey, eat just enough. If you eat too much of it, you will throw up.’”

“Seriously though . . . that is IN the Bible. You learn something new every day!”

“So what’s the deal with honey? Well, in the ancient world of the Bible, you have to remember that they didn’t have sugary candy, sugar-frosted breakfast cereal, gummy bears, etc. That was, to them, their candy. Too much candy can make you sick, and too much of what we want all the time can make us proud and ungrateful.”

“Before we spend some time in worship and head to Small Groups, I want us to think about our Key Question this week:

CG: Key Question Slide

“**How do you know when to stop?** Think about all of the good things you brainstormed or maybe even some other ideas you have thought about. When you get to Small Group, talk about how to know when you have reached that point where you have too much of a good thing. I promise; it’ll be worth figuring out. And remember, you don’t have to do this alone. Like we’ve been saying all month long, Jesus sent us the Holy Spirit to help us with self-control. Always be sure to pray and ask God for help with all of this. God can’t wait to help you! Let’s take some time right now to worship God with our offering and attention.”

OFFERING TIME:

Homer Glen: Victor

New Lenox: Daniel

Orland Park: Michael and Valerie

CG: Picture of Child

CG: Kenyan Flag

“Offering Time is important here in the Alley, because it gives you all an opportunity to worship God by giving your money generously. Here at *(your campus)*, we give our offering to help support *(your campus child)* in Kenya. Our offering goes to show kindness to them by buying clothes, and food, and other materials they may need. We have a picture of the Kenyan Flag where *(campus child)* lives! If you brought an offering today, you may place it in our Alley Offering Bin *(point children to location of bin)*

CG: Alley Offering Bin JPEG

...when the video plays. If not, that’s ok too. You can bring an offering next week. The Bible tells us this about bringing our offerings to Him...”

CG: Offering Verse JPEG (Acts 20:35)

(Invite students to place their offerings in bin)

CG: Worship Experience Video (Runtime: 5:00)

Supplies Needed: Note Cards, Pens, “Prayer Request” and “Praise Report” Bags

NOTE: This week, students will fill out prayer requests (“Please Jesus”) and praise reports (“Thank You Jesus”)