

Alley Rundown—October 2nd, 2022

Today's Bible Story: Down in a Hole (Joseph Sold by Brothers and Joseph in Jail) • *Genesis 37, 39–40*

Today's Key Question: What helps people get through hard things?

Today's Bottom Line: Hold on because God is with you.

Monthly Memory Verse: *Let us not become tired of doing good. At the right time we will gather a crop if we don't give up.* Galatians 6:9 (NIRV)

CG: Dude Perfect Filler Videos

“Hey, everybody! So great to see you today. This month is all about cliffhanging adventures! If you know anything about adventure, you probably know that they come with a good amount of difficulty. And if we want to complete the adventure, we have to work through that difficulty with grit. Maybe you've heard the word 'grit' before. This month we talk about it like this: refusing to give up when life gets hard.

“When it comes to an idea like grit, sometimes it's helpful to have an example of someone who's really good at it. And there some amazing people who've conquered some serious challenges with grit. So I have a question for you. Does anybody know what an Ironman is? Oh, and I am NOT talking about the superhero . . . (Allow for responses).

“Right. So an Ironman IS a race . . . but not just ANY race but three incredibly hard races all in one. Running, biking, and swimming. You swim, get this, 2.4 miles. If that wasn't enough, then you get out and you bike . . . wait for it . . . 112.21 miles! The race should be over at this point, right? Nope. Because as soon as you set that bike down, it is time to run a full marathon! 26.2 miles! I told you . . . this race is insane!

“Now, has anybody ever heard of James Lawrence? If you have heard of him, maybe you would recognize him better by his nickname—the Iron Cowboy.

SLIDE: James “The Iron Cowboy” Lawrence

“Why do they call him that? Well, because James didn't complete just one Ironman or even two or three. No, he did what was called a 50/50/50. Any guesses on what that stands for? (Allow for guesses)

“Fifty Ironman races . . . in fifty days . . . in fifty states . . . back-to-back-to-back! Can you believe that?! On top of that, back in 2021, while most of the world was sheltering at home during the Coronavirus pandemic, James Lawrence decided to complete 100 full Ironman races in 100 consecutive days. A full Ironman race starts with a 3.8km swim, followed by a 180km bike ride, and if that's not all, the race ends with a full marathon at 42.2km! And he CHOSE to do that in 100 days in a row! That's insane, but between March 1 and June 8, 2021, Lawrence did just that. Talk about some grit!

“How difficult must have that been? How many times must he have wanted to quit? How many days must he have wanted to stay in bed but still decided to get up? But in his autobiography, The Iron Cowboy wrote this, 'I just kept showing up.' Yes he did! What a wild and inspiring story, but what does this have to do with anything we're learning about from the Bible today? Great question.”

“Here are a few things to think about as we continue today. I'm sure The Iron Cowboy faced some SUPER hard moments during those fifty and then one hundred days. While we might never choose to race all of those ironman races, all of us will face some moments when we just feel like giving up. It could be as little as finishing strong at the end of the year before the holiday or something big like a move you have coming up or a parent who's been out of work for a while. We might wonder how we can keep giving our best.

“So how do we find the grit we need when we're exhausted by what we're facing in life? And the truth is, even if we haven't faced some hard times, chances are pretty high that we will. How can we be sure we're ready when the time comes? That's a great question.

Thankfully, we don't have to face anything in our lives on our own, God is with us. We also have some amazing people who faced some incredibly difficult times in the Bible. We can learn from how God showed up in their lives and remember that God will show up for us, too. Let's check out one of those stories now with the help of this week's Episode!"

CG: Lesson Video (Runtime: 17:00)

"As we start wrapping up, let me ask you something. When was God with Joseph? *(Pause for responses.)* Right! God was with Joseph at home. God was with Joseph in the well. And God was with Joseph in Egypt. And even in prison, when it looked like Joseph was all alone, God was with Joseph there, too. Through each moment of Joseph life, God was still working.

"Now, here's something you may not realize—the same is true for you! God is with you, too. God is with you at home, at school, through good times and bad times. And God is always working to help you through whatever you face. But if you're like me, you may have to remind yourself that God is with you. It might not come naturally for us to remind ourselves that God is with us. It may just be easier for us to focus on the fact that we feel alone and we just want to call it quits.

"So the next time you find yourself in a situation where you feel alone and you're not sure there is a way out—like, maybe you're walking into a new school for the first time and you don't know a single person—pray and remember that God is with you. Or maybe you are trying out for a sports team and you are really nervous because you don't know anyone else. Pray and remember: God is with you. AND, if you are a follower of Jesus, you are never truly alone! Jesus sent His Spirit to be with us and strengthen us. Now, that is a pretty amazing promise."

"Today as you go to groups, think about this question:

SLIDE: Key Question

"What helps people get through hard things? Consider the ways in which people try to get through difficult points of life. Do they turn to their friends? Do they pray? Do they listen to music that gets them fired up to keep going? How can remembering that God is with us make a difference for how we get through these difficult moments? If you're not sure how you'd answer those questions, that's ok, too. You'll have a chance to talk more about them with your Small Group Leaders. Before we head out, let's pray and thank God for being with us and helping us show grit!"

Dismiss kids to their small groups after offering and prayer.

OFFERING:

As some of you may already know, we are highlighting some of our Parkview Global Missionaries from the beautiful country of Mexico. Here is a picture of our Missionary Friends Eli and Mandy Garcia!

CG: Eli and Mandy

Parkview has spent many years developing a very important partnership with an organization called Vida Nueva Ministries in Mexico. This group has been working in many of the under-resourced areas to plant churches, start schools, and care for the amazing people of Mexico. Here's a picture of some of the kids at the school down in Mexico.

SLIDE: Kids at School (Image 6620)

So if you brought an offering today, you can bring it up now knowing that it is going to help a lot of people just like you in the great country of Mexico!