



(Day 1) Listen and Trust God

Video Lesson Link: https://youtu.be/jO2QsF_nnIU

BIBLE STORY: Jonah 1:1-16, Jonah Runs From God

DISCUSSION QUESTIONS: What did God tell Jonah to do? What happened when Jonah did not listen to God? How can we hear God speak to us?

MEMORY VERSE/ACTIVITY: "Lord, I call out to you with all my heart. Answer me, and I will obey your orders." Psalm 119:145 (NIRV)

LESSON ACTIVITIES:

- **Bible Verse Hand motions:** "Lord, I call out to you" (cup your hands around your mouth like a megaphone), "with all my heart" (place your hands together around your heart). "Answer me" (cup your right hand behind your ear to listen) "and I will obey your orders" (give a salute).
- **Paper Ears:** (Paper plates, crayons/markers, glue/ tape, scissors, pipe cleaners/yarn) Cut paper plates in half so each child will have 2 halves. Have them color in the ears if they choose. Glue or tape the ends of a pipe cleaner/yarn to the back of each half plate at the top. Once dry, kids have a wearable set of Listening Ears. We Should Listen To God.

PRAYER: *Dear God, Speak to us. We want to listen to you and follow you. Amen*

(Day 2) God Hears Us

Video Lesson Link: <https://youtu.be/ABoyVKTPY5c>

BIBLE STORY: Jonah 1:17-2:10, Jonah Inside The Fish

DISCUSSION QUESTIONS: How long did Jonah spend inside the belly of the fish? What did Jonah do inside the fish? Does God hear us when we pray to Him?

LESSON ACTIVITY: Supplies (Blue balloon, black marker, paper Jonah) Cut out of paper the small outline of a man. Place inside the balloon. Inflate the balloon and tie off. OPT.-Draw eyes, mouth, and fins onto the balloon to look like a fish.

DIRECTIONS: Sit in a circle. Say, "When we talk to God, he hears us. He talks back to us through his words and through answered prayers. We can have a back and forth relationship with God. Just like if I bounce a balloon to you and you bounce it back to me." Spend some time tossing the balloon around the circle, trying not to have the balloon hit the ground. After a few minutes, hold the balloon and point out that the balloon looks like a fish. Show your kids the little Jonah inside. Remind them that when Jonah was inside the fish, he cried out to God for help. God heard Jonah and answered him. God Hears Us.



(<http://llmcalling.blogspot.com/2015/01/jonah-moaner-meets-great-whale.html>)

PRAYER: *Dear God, Thank you that you hear us when we speak to you. Amen*

(Day 3) Do It God's Way

Video Lesson Link: <https://youtu.be/OsSTTkwiQrw>

BIBLE STORY: Jonah 3, Jonah Goes To Nineveh

DISCUSSION QUESTIONS: Why did Jonah go to the city of Nineveh? Why did the people of Nineveh turn to God? Why should we do things God's way?

LESSON ACTIVITY:

- **Play a game of Red Light, Green Light:** Discuss how traffic lights tell us when to go and when to stop. If we don't follow the lights and do things the traffic light's way, we could get into a big accident. Remind them that if we don't do things God's way, we can get into big trouble in life. It is always best to do it God's way.
- **Walking Shoes:** Supplies (A variety of adult-sized shoes)
DIRECTIONS: Sit in a circle. Say: "When we follow God, we go where he tells us to go, and we do it God's way." Pass out the different pairs of shoes to each kid. (Do this in several "rounds" if you do not have enough pairs of shoes for each kid.)

Have your kids remove their own shoes, put on the adult shoes and walk around a bit. What does it feel like to walk in these shoes? How hard is it to walk around in shoes that don't fit you? If you were trying to follow someone who was running, would you be able to?

Whatever God wants us to do, he will give us the strength and the ability to do it. We can follow God and not get lost. We can Do It God's Way!

SUMMARY: God gave Jonah a second chance to preach to the people of Nineveh, and this time Jonah was ready to listen and obey. When the people of Nineveh heard Jonah's words, they turned from doing things the wrong way and started doing things God's way.

PRAYER: *Dear God, We want to obey and do things your way. Amen*

(Day 4) God is in Control

Video Lesson Links:

<https://youtu.be/KKcLC-VrdhU>

https://youtu.be/cG_WLYUN_Hw

BIBLE STORY: Jonah 4, Jonah's Anger at God

DISCUSSION QUESTIONS: What did God do when the people of Nineveh asked for forgiveness? How did this make Jonah feel? Should we forgive people when they do something wrong to us?

LESSON ACTIVITY:

- **"Heavy Walking":** Supplies needed (Backpack & cans)
DIRECTIONS: Sit in a circle. Walk around with the backpack on. Say: "All of us are walking through life." Take off the backpack and place several cans inside. "When we sin, we do something wrong, it's like a heavy weight that we have to carry around." Walk around with the backpack. Give your kids the chance to carry the backpack as well. "When we ask God to forgive us, he does. He lifts that weight of sin off of us." Remove the weights from the backpack. "It's much easier to go through life without that weight holding us down." "God tells us that 'we should forgive others, just as we have been forgiven.'"
- **Circle Time:** Sit in a circle. Encourage your kids to get quiet, close their eyes and talk with God about forgiveness. Spend a minute (or two) in silence. Use this little rhyme to help guide their prayer time:
I sinned, I did wrong, I did what I should not.
I cried out to God; he forgave me right there on the spot. Now, if someone sins against me, what should I do?
God says, "You must forgive others, just as I forgave you." Afterward, allow kids to share anything they want to share about the experience. Encourage them to spend time in prayer asking for help in forgiving others.

PRAYER: *Dear God, When we ask for forgiveness, you forgive us. Help us to forgive others. Amen*

(Day 5) Lesson Review/Experiment

Jonah Recap: <https://youtu.be/bCQ83ek02jI>

Fun Balloon Illustration: <https://youtu.be/s935j20d61Q>



Science and the Bible: "Make Waves with Jonah" By *Jeff Land* (Find more info @Kidsministry.lifeway.com)

Here's a fun science experiment that you can use with kids while teaching the story of Jonah.

Before the Activity: Where are some places that you have seen "foamy" water? What Bible story do you think of when I say these words: storm, sea, foam, spit, throw up, and big fish? (Jonah)

Items needed: Plastic soda bottle (16/20 ounce), $\frac{1}{2}$ cup 20-volume hydrogen peroxide, 1 packet of dry yeast, 3 tbsp of warm water, liquid dish soap, food color, small cup, safety goggles, tray or pan

Instructions: Place hydrogen peroxide in the plastic bottle, Add food color and about a tablespoon of dish soap to the bottle and mix. Combine warm water and yeast and mix together for about 30 seconds. Pour the yeast in the bottle and step back.

What happened: This experiment created an exothermic reaction. This means that along with the foam there was also heat. The foam and heat were produced as oxygen bubbles were quickly created as the yeast mixed with the hydrogen and soap.

Bible Story Connection: The book of Jonah, Connection Point: When water crashes around in the waves, it creates a foamy texture. We know that when Jonah was thrown off of the boat there was a great storm, so there were probably some "foamy" waters. Also, another point of connection with this activity is when the big fish spit Jonah up onto dry land. The foam shooting out of the bottle kind of reminds us of spit shooting out.