



Jonah Part Two: Jonah Prays to God

**Lesson Aim: To know God forgives us
when we are sorry.**

THE WORSHIP

Who God is: The God Who Is Faithful

THE WORD

Bible Story: Jonah 2:1-10

What He has done: God heard Jonah's prayer and forgave him.

THE WAY

Whisper Verse: "He will forgive you."

BIBLE MEMORY VERSE

"The Lord is faithful to all His promises and loving toward all He has made." Psalm 145:13b

Unit 8: The Prophets and God's Faithfulness			
	Bible Story	What He Has Done	Lesson Aim
38	Jonah Part One: Jonah Disobeys God, Jonah 1:1-17	God sent a storm when Jonah disobeyed, then He sent a fish to save Jonah from that storm.	To know God watches over and rescues us.
39	Jonah Part Two: Jonah Prays to God, Jonah 2:1-10	God heard Jonah's prayer and forgave him.	To know God forgives us when we are sorry.
40	Jonah Part Three: Jonah Obeys God, Jonah 3:1-10	God gave Jonah a second chance to obey.	To know obeying God involves action.
41	God Chooses Jeremiah, Jeremiah 1:4-9	God chose Jeremiah to speak His messages.	To know God will give us the words we need to tell others about Him.
42	Jeremiah in the Well, Jeremiah 38:5-14, 17, 20	God saved Jeremiah in the well so he could give God's message to the king.	To know it is important to obey God.

TEACHER'S ENCOURAGEMENT

This week, read Micah 7:14-20. Please join us in praying, "Thank You, Lord, for hearing our prayers. Thank You for showing compassion on us and forgiving us. Help the children to accept Your forgiveness and to walk humbly with You. Amen."



THE WORSHIP THE WORD & THE WAY

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Treasure Chest	Stamp or sticker of praying hands
		Whisper Verse	Sign language for "He will forgive you."
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Unit 8 Bible Memory Verse Song: "The Lord Is Faithful" Other Bible Memory Verse Song Suggestions: "It's Praise Time!" "He Is Mighty to Save" "I Am with You" "Blessed Are Those" "I Will Always Obey Your Law" "Here Am I, Send Me" "Be Still and Know" "I Can Do Everything" Additional Hymn Suggestions: "Great Is Thy Faithfulness" Additional Song Collection Suggestions: Sunday School Songs by Songtime Kids America's 25 Favorite Praise & Worship Choruses for Kids by Brentwood Kids
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 8, Lesson 39
THE WORD	Up to 10	Watch the Word: Jonah 2:1-10	Teacher's Bible with bookmark at Jonah 2:1 Visual: Toy fish Optional: Small tent, blue cloth, or tarp
THE WAY	Up to 25	Craft: Jonah in the Fish	Sturdy paper, resealable sandwich or snack bag, fish-shaped crackers (from the Fish in the Belly Snack), glue or tape, crayons or markers
		Game: Into the Fish, Out of the Fish	Spray bottle with water; small tent, blue cloth, or tarp
		Game: God Forgives	None
		Snack: Fish in the Belly Snack	Fish-shaped crackers (served inside the "Jonah in the Fish" crafts)
		Circle of Prayer	None
	Final 5	Final Five	Ponder, Pray & Play: Unit 8, Lesson 39 Color This Story: "Jonah Prays Inside the Big Fish"
GOT TIME?	Up to 10	Say & Do: Jonah 2:1-10	None
	Up to 10	Game: World Toss	Inflatable globe or ball, Unit 8 Bible Memory Verse Song "The Lord Is Faithful," CD player
	Up to 10	Game: Prophet Puppets	Robe, #10 size envelopes, decorating supplies (wiggle eyes, yarn for hair), glue, crayons or markers
	Up to 10	Story Time	Any story about prayer

RESOURCES: Supplemental materials are available at ResourceWell.org.



He will forgive you

THE WELCOME

Welcome each child as they arrive. **Hello _____. I'm glad you are here! Come open the Treasure Chest to find today's treasure.** Child unlocks Treasure Chest to receive a stamp or sticker of praying hands. **Let this stamp (or sticker) of praying hands help you remember Jonah prayed to God. Jonah told God he was sorry, and God forgave him. Today's Whisper Verse is "He will forgive you." Teach the Whisper Verse in spoken language and in sign language below. We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "He will forgive you."

(For visual demonstrations, see commtechlab.msu.edu/Sites/aslweb/browser.htm)

Each time we say today's Whisper Verse, let's say it with three hand motions:

"He" (The Lord)	Extend thumb and index finger of right hand to create an "L" shape. Bring the "L" shape diagonal across the chest from the left shoulder to the right hip as a royal sash.
"(will) forgive"	The hands appear to be cleaning themselves to show that whatever was there is no longer there.
"you."	The index finger of the right hand points forward as the arm moves forward from the body at waist level.

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

***Today's Whisper Verse:** "He will forgive you," Acts 8:22. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



The God who is faithful

THE WORSHIP

Teacher Tip: To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play “It’s Praise Time!” as children move to that designated area.



It’s Praise Time—our time to sing praise to the God who is faithful. That means the Lord God keeps all His promises. Sing the Unit 8 Bible Memory Verse Song, “The Lord Is Faithful.”

Last time, we learned Jonah disobeyed God and sailed away on a ship. God sent a storm and Jonah was thrown into the stormy sea. God sent a big fish to save Jonah by swallowing him whole. Jonah was safe inside the fish’s belly. Today, we will see Jonah prayed inside the big fish. When I pray, I like to be still and think about God. Let’s sing God’s words that tell us to do just that! Sing: “Be Still and Know.”

We can pray God will use our offering to help show many people He is faithful. What does faithful mean? (God keeps all His promises.) Play: “Great Is Thy Faithfulness” as background music while collecting the offering.



In today’s story, we will see how God was faithful to hear Jonah’s prayer. Do you think Delbert and Lello know what Jonah did inside the belly of the big fish? (Children respond.) **Let’s see!** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 8, Lesson 39.



Just as He did with Jonah, God promises to forgive us when we are truly sorry. He keeps His promises. That reminds me of today’s Whisper Verse. Let’s try it together. Review the Whisper Verse together: “He will forgive you.” Include sign language.

God was with Jonah and He heard his prayer. God promises to be with us wherever we go, just as He was with Jonah in the belly of the big fish. Let’s sing about God’s promise. Sing: “I Am with You.”



Jonah prayed

THE WORD

Teacher Tip: For a more effective learning environment, teach this lesson from inside the fish's belly. Set up a small tent, or drape a blue cloth or tarp over chairs or tables in your teaching space. Pretend the opening is the fish's mouth and the inside area is the fish's belly.

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher;

Point to eyes.

My mouth quiet as can be,

Place index finger over mouth as quiet sign.

I will listen to hear,

Cup hand around ear.

How God loves you and me.

Hug self, point to others, and then self.

Last time, we heard how Jonah disobeyed God. Today, we will learn how God heard Jonah's prayer and forgave him. Handle the Bible as a special treasure, leaving it open to Jonah 2:1. **As we hear this part of Jonah's story, remember "Lord" is another name for God.**

WATCH THE WORD: JONAH 2:1-10

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, display a toy fish. Other visual options include the craft sample, Color This Story, or any related picture.

- **Jonah disobeyed the Lord.**
- **In a boat, he rowed away.**
- **He was thrown in the stormy sea.**
- **A big fish swallowed him that day.**

- **Jonah prayed inside that fish,**
- **"O Lord, to You I cried.**
- **You heard me from the bottom of the sea,**
- **And then You saved my life."**

- **Jonah prayed to the Lord and said,**
- **"I promise to obey."**
- **That's when the Lord said to the fish,**
- **"Spit him out on the shore right away."**



Where was Jonah when he prayed? (Inside the fish.) **Let's find our answer in the Bible.** Read Jonah 2:1 from the teacher's Bible.

When Jonah was inside the big fish, do you think he was sorry he had not obeyed God? (Yes.) **When you are sorry, do you think the Lord will forgive you?** (Children respond.) **Our Whisper Verse tells us the answer. Let's say it together: "He will forgive you."** Include the sign language or hand motions.



God forgives us

THE WAY

Teacher Tip: Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

CRAFT: JONAH IN THE FISH

Purpose: To remind the children that Jonah prayed to the Lord from inside the fish.

Supplies: Sturdy paper, resealable sandwich or snack bag, fish-shaped crackers (from the "Fish in the Belly" Snack), glue or tape, crayons or markers

Prepare: Draw and cut out the outline of a fish (larger than the bag) from sturdy paper. Cut a rectangular flap in the center of the fish, leaving the top of the flap attached to the fish. On the fish, print: **Jonah Prays to God. Jonah 2:1-10.** Draw and cut out an outline of Jonah praying.

Directions:

1. Color the fish.
2. Tape the fish to the resealable bag.
3. Color Jonah.
4. Lift the flap and tape Jonah on the part of the bag that is showing inside the flap.
5. Fill the fish's belly (the bag) with fish-shaped crackers.
6. Have Snack Time using your "Jonah in the Fish" crafts!

Craft Discussion:

- **God watched over Jonah in the stormy sea. What did God send to save Jonah from the storm?** (A big fish.)
- **What did Jonah do inside the big fish?** (Pray.)
- **What do you like to pray about?** (Children respond.)
- **Do you think Jonah was sorry for disobeying God?** (Yes.)
- **When we are sorry for disobeying God, He forgives us. That's like our Whisper Verse! Let's say it with our motions right now!** Say the Whisper Verse together with the hand motions: "He will forgive you."
- **What did God tell the fish to do next?** (To spit Jonah onto the shore.)

THE WAY *continued...*

GAME: INTO THE FISH, OUT OF THE FISH

Purpose: To remember the story, children will act out Jonah's encounter with the big fish.

Supplies: Spray bottle with water; small tent, blue cloth, or tarp

Prepare: Set up a small tent or drape a blue cloth or tarp over chairs or tables in your teaching space. Pretend the opening is the fish's mouth and the inside area is the fish's belly.

Let's pretend we are with Jonah inside the belly of the fish!

Directions:

1. Children sit near the fish. You may choose to have them sit in the shape of a boat.
2. **Oh no! Jonah disobeyed God. He ran away and now he is sinking in the stormy waves!**
3. Lightly spray a mist from the spray bottle over the children as they rock back and forth, as if they are being rocked by the waves.
4. **God sent the big fish to save Jonah from the storm!**
5. Children duck into the fish's belly through the mouth opening.
6. **Jonah prayed. He promised to obey God.**
7. Children kneel and fold their hands in a prayer position.
8. **God told the fish to spit Jonah out onto the shore!**
9. Children come out of the fish.
10. **God forgave Jonah and gave him a brand new start. Let's say our Whisper Verse together: "He will forgive you."** Include sign language.

GAME: GOD FORGIVES

Purpose: Children will ask for God's forgiveness just as Jonah did.

Supplies: None

Jonah had three days and three nights in the fish's belly to think about how he had disobeyed God. To disobey God is to do wrong in God's eyes. God forgave Jonah and He will forgive you, too!

Directions:

1. Children stand in a circle.
2. Teacher stands in the middle of the circle.
3. Children hold hands and walk in a circle while chanting,
God forgave Jonah, Jonah, Jonah.
God forgave Jonah and He will forgive teacher inserts a child's name.
4. Whoever the teacher names, stands with her in the middle of the circle.
5. Repeat steps 3-4 with the child who was last chosen calling the next name.
6. Play until all the children have been called by name.

THE WAY *continued...*

SNACK: FISH IN THE BELLY SNACK

Purpose: Children will understand they can pray for forgiveness and God will forgive them.

Snack Suggestion: Fish-shaped crackers (served inside the "Jonah in the Fish" crafts)

Let's eat our fish-shaped crackers from the bellies of the big fish we made in our "Jonah in the Fish" crafts!

Directions:

1. Serve the snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.
God our Father, God our Father. Once again, once again.
Thank You for our blessings. Thank You for our blessings. Amen. Amen.
3. Lead discussion below while children enjoy their snack.
 - **Who remembers our Whisper Verse?** Choose a child to demonstrate the motions to the Whisper Verse: "He will forgive you."
 - **Jonah disobeyed God. He prayed and asked God to forgive him when he was in the big fish. By telling the fish to spit Jonah onto the dry land, God was showing He forgave Jonah.**
 - **If you have disobeyed God, should you pray as Jonah did?** (Yes.)
 - **If you are truly sorry, what should you tell God?** (I'm sorry.)
 - **When you say, "I'm sorry," will God forgive you?** (Yes.)



CIRCLE OF PRAYER

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (say each name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

COMPLETED CRAFT: Take home your "Jonah in the Fish" craft. Tell someone Jonah prayed from inside the big fish, and God told the fish to spit Jonah out.

PONDER, PRAY & PLAY: Distribute Ponder, Pray & Play cards, if available. **Show this card to your family. Talk about how God will forgive you when you are truly sorry.**

COLOR THIS STORY: "Jonah Prays Inside the Big Fish." Discuss the Bible story and play the Unit 8 Bible Memory Verse Song, "The Lord Is Faithful," as the children color.



If time remains, choose from the connected activities below.

GOT TIME?

SAY & DO: JONAH 2:1-10

Purpose: This pantomime version of the Bible Story helps children remember the story details.

Supplies: None

Directions: With each phrase, the teacher says the phrase and acts it out with hand motions; then repeats the same phrase and motions with the children.

- **Jonah disobeyed the Lord.** (Shake head in disapproval.)
- **In a boat, he rowed away.** (Pretend to row a boat.)
- **He was thrown in the stormy sea.** (Wave arms as wind and waves.)
- **A big fish swallowed him that day.** (Spread arms wide.)

- **Jonah prayed inside that fish,** (Fold hands in prayer.)
- **"O Lord, to You I cried.** (Point to heaven.)
- **You heard me from the bottom of the sea,** (Cup hands around ears, as if listening.)
- **And then You saved my life."** (Point to heaven.)

- **Jonah prayed to the Lord and said,** (Fold hands in prayer.)
- **"I promise to obey."** (Raise right hand, as if taking an oath.)
- **That's when the Lord said to the fish,** (Cup hands around mouth, as if speaking.)
- **"Spit him out on the shore right away."** (Point to the opposite side of the play area.)



BIBLE MEMORY VERSE ACTIVITIES

"The Lord is faithful to all His promises
and loving toward all He has made." Psalm 145:13b

GAME: WORLD TOSS

Purpose: To help children memorize and review the Unit 8 Bible Memory Verse.

Supplies: Inflatable globe or ball, Unit 8 Bible Memory Verse Song "The Lord Is Faithful," CD player

God is faithful. That means He keeps all His promises. Will God ever forget to keep His promises? (No.) **God made everyone in the world.** Hold up the globe. **Do you think God loves everyone in the world?** (Yes.) **God loves everyone, including you!**

Directions:

1. Children stand (or sit) in a circle. Give the ball to one of the children.
2. When the teacher starts playing the song, children toss (or roll) the ball to one another.
3. Periodically stop the song. When the song stops, the child holding the ball gives the ball to another child in the circle and says, **"God loves you."**
4. Repeat steps 2-3 for as long as time allows.

GOT TIME? *continued...*

GAME: PROPHET PUPPETS

Purpose: Children learn the meaning of the Unit 8 Bible Memory Verse.

Supplies: Robe, #10 size envelopes, decorating supplies (wiggle eyes, yarn for hair), glue, crayons or markers

Prepare: For each child, seal an envelope. Cut a slit from side to side in the middle of the flap side of the envelope. Fold the envelope along the cut line to create two pockets.

God chooses people like Jonah and Jeremiah to be God's messengers. They are called prophets. Our Bible Memory Verse is a message from God. Let's make prophet puppets, so they can tell others this message from God.

Directions:

1. Show children how to place their thumb in the bottom pocket and their other four fingers in the top pocket. Show children how to make the puppet's mouth open and close.
2. Children add faces and decorate their "Prophet Puppets." Suggest they name their puppets after one of the prophets you have studied such as Elijah, Elisha, Jonah, or Jeremiah.
3. Choose one child each round to wear the robe and pretend to be his or her favorite prophet. Have that child help you lead the verse.
4. Say the Unit 8 Bible Memory Verse, a few words at a time. Have children use their puppets as they repeat the words after you.
5. Have children write their names on their puppets. Collect the puppets at the end of teaching time, so they can be reused during all Unit 8 lessons (Lessons 38-42).



STORY TIME

Gather the children and read a favorite story. This can be a Bible story, a chapter from *The Adventures of Delbert & Lello*, or a story about prayer.

PONDER, PRAY & PLAY

Unit 8, Lesson 39: Jonah Part Two: Jonah Prays to God

PONDER! Read Jonah 2:1-10 with your family. Talk about how Jonah disobeyed God. He was inside the big fish for three days and three nights and he thought about what he had done wrong. What did Jonah do inside the big fish? What did God tell the fish to do next?

PRAY! Pray this prayer each day this week: "Lord, we are sorry when we disobey You. Thank You for forgiving us. Amen."

PLAY! "Into the Fish, Out of the Fish!" Cover some chairs or a table with a big sheet or blanket to make the fish's belly. Take turns pretending you are Jonah and the fish is swallowing you. Crawl into the belly and pray. You can thank God for hearing Jonah's prayer. You can ask God to forgive you for the times when you have disobeyed. Finally, pretend the fish is spitting you out onto the shore.

Unit 8 Bible Memory Verse:

"The Lord is faithful to all His promises and loving toward all He has made." Psalm 145:13b