



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.

BIBLE MEMORY VERSE

"The Lord is faithful to all His promises." 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; 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 accept Your forgiveness and walk humbly with You. Amen."

TEACHER'S TIP

Forgiveness. We can help young children understand the concept of forgiveness by talking to them about situations where they were forgiven or they had to forgive someone else. Ask questions like,

- Can you think of a time when a friend did something that made you sad? Did you forgive your friend?
- Have you done something that made someone else sad? Did you tell that person you were sorry? Did that person forgive you?
- Does God forgive you when you do wrong things?



THE WORSHIP THE WORD & THE WAY

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Welcome	Treasure chest, stamp or sticker of praying hands
		Coloring Center: Jonah Prays	Coloring pages of Jonah in the big fish, crayons
		Play-Dough Center: Hands in Prayer	Play-dough, cookie cutters, play-dough tools
		Block Center: Forgiveness	Bubbles, bubble wand
		Activity Center: Inside the Fish	Toy fishing playset
	Up to 5	Prepare for Worship	None
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Praise music, optional: musical instruments Unit 8 Bible Memory Verse Song: "The Lord Is Faithful" Other Bible Memory Verse Song Suggestions: "Be Still and Know" "Blessed Are Those" "He Is Mighty to Save" "Here Am I" "I Am with You" "I Can Do Everything" "I Will Always Obey Your Law" "Praise Time: Love the Lord Your God"
		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 Visuals: Picture of the Bible story, basket with several toys
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 or blue sheet
		Game: God Forgives	None
		Snack: Fish in the Belly Snack	Fish-shaped crackers (served inside the "Jonah in the Fish" crafts)
	Final 5	Final Five	Ponder, Pray & Play: Unit 8, Lesson 39
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"
	Up to 10	Game: Memory Verse Echo	None
	Up to 10	Story Time	Any story about prayer

RESOURCES: Supplemental materials are available at ResourceWell.org.



The God who is faithful

THE WELCOME

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 the 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.**

Teacher's Note: These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

COLORING CENTER: JONAH PRAYS

SUPPLIES

Coloring pages of Jonah in the big fish, crayons

DO

Children color the picture while talking about today's story.

TALK ABOUT

Our picture today is of Jonah in the belly of a big fish. Do you remember that story? (Children respond.) Allow the children to tell the story. Ask them some of the following questions:

- **Why was Jonah on the boat in the storm?** (He was running away from God. He didn't want to go to Nineveh.)
- **Who sent the big fish to save Jonah from the stormy sea?** (God.)
- **What did Jonah do when he was in the belly of the big fish?** (He prayed.)
- **Did God forgive him?** (Yes.)

PLAY-DOUGH CENTER: HANDS IN PRAYER

SUPPLIES

Play-dough, cookie cutters, play-dough tools

DO

Children play with the play-dough while talking about prayer. Encourage children to roll out the play-dough and press their hands into it.

TALK ABOUT

Show the children how to roll out the play-dough and press a hand into the play-dough to make an imprint. Show them how they can make a different imprint using an open hand or a closed hand. **Sometimes when people pray, they put their hands together.** Demonstrate by putting your palms together. **Sometimes, they clasp their hands.** Clasp your hands. **And, sometimes people lift their hands high.** Lift your hands high. **No matter what we do with our hands, God always hears our prayers. What do you do with your hands when you pray?** (Children respond.) **What do you like to pray about?** (Children respond.)

THE WELCOME *continued...*

BUBBLE CENTER: FORGIVENESS

SUPPLIES

Bubbles, bubble wand

DO

Teacher or helper blows bubbles for the children while discussing forgiveness.

TALK ABOUT

Have you ever done something you knew was wrong? (Children respond.) **Were you sorry?** (Children respond.) **God promises to always forgive us when we are sorry. All we have to do is pray and ask Him to forgive us. To forgive means to forget the wrong things we have done. Just like these bubbles, the wrong things we have done just disappear.** Blow bubbles for the children to chase.

Optional: Have the children shout "God forgives" each time they pop a bubble.

ACTIVITY CENTER: INSIDE THE FISH

SUPPLIES

Toy fishing playset

DO

Children take turns catching fish with the playset.

TALK ABOUT

While children are waiting their turn, talk with them about Jonah and the big fish. **In our story today, God sends a big fish to save Jonah by swallowing him whole. Jonah was safe inside the belly of the big fish. What do you think it was like inside that fish?** (Children respond.) **What do you think was inside the fish with Jonah?** (Children respond.) **What do you think it smelled like?** (Children respond.)

PREPARE FOR WORSHIP

It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away. Praise children as they help clean.

Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!

BIBLE MEMORY VERSE SIGN LANGUAGE

(For visual demonstrations, see www.signingsavvy.com)

"The Lord	(Lord) Make "L" shape with right index finger and thumb. Move "L" from left shoulder to right hip as a royal sash.
is faithful to	(faithful) Move the right index finger from the right side of the forehead downward. Change both hands to an "f" hand (thumb and pointer finger touching, other three fingers extended) and tap the right hand on top of the left hand twice.
all His promises."	(promises) Move the right index finger from the mouth. Open the same hand, face it forward, and place it on top of the left fist.
Psalms 145:13b	Hold hands open, as if holding a Bible.

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



The God who is faithful

THE WORSHIP

Supplies: Praise music, optional: musical instruments

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 "Praise Time: Love the Lord Your God" as children move to that designated area.



It's Praise Time—our time to sing praise to the God who is faithful. That means He keeps all His promises. Let's talk to Him in prayer. Have the children bow their heads and close their eyes. **Dear God, thank You for being faithful to us. We love You. Amen.**



Last time we were together, we learned Jonah disobeyed God and sailed away on a ship. God sent a storm and Jonah was thrown into the stormy sea. Then, God sent a big fish to save Jonah by swallowing him whole. Jonah was safe inside the fish's belly. God is mighty to save. Sing: "He Is Mighty to Save."

Today, we will see Jonah prayed inside the big fish. When I pray, I like to be still and think about God. While we give our offering, let's sing God's words that tell us to do just that! Sing: "Be Still and Know" while collecting the offering.



In today's story, we will see how God was faithful to hear Jonah's prayer. Let's see if Delbert and Lello know what Jonah did inside the belly of the big fish. Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 8, Lesson 39.



I am so happy to know God keeps His promises. Let's say our Bible Memory Verse together. Remember, "Lord" is one of God's special names. Practice the Bible Memory Verse a few times with the motions.

"The Lord	(Lord) Make "L" shape with right index finger and thumb. Move "L" from left shoulder to right hip as a royal sash.
is faithful to	(faithful) Move the right index finger from the right side of the forehead downward. Change both hands to an "f" hand (thumb and pointer finger touching, other three fingers extended) and tap the right hand on top of the left hand twice.
all His promises."	(promises) Move the right index finger from the mouth. Open the same hand, face it forward, and place it on top of the left fist.
Psalm 145:13b	Hold hands open, as if holding a Bible.



The Lord promises to be with us wherever we go, just as He was with Jonah in the belly of the big fish. The Lord is faithful to all His promises. Sing the Unit 8 Bible Memory Verse Song, "The Lord Is Faithful."



Jonah prayed

THE WORD

Supplies: Teacher's Bible with bookmark at Jonah 2:1, picture of the Bible story, basket with several toys

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.

Let's reach deep in our pockets and pull out our listening ears. Reach in your pocket and cup your hands behind your ears as if listening.

When I was your age, I didn't like putting away my toys. Sometimes, when my mom told me it was time to clean up, I would hide them under the table instead of putting them in my room, like she asked. But, my Mom always found them. She could have been angry with me for not doing what I was told, but she knew I was sorry and she forgave me. To forgive means to forget the wrong someone has done.

Have you ever been forgiven for something wrong you have done? (Children respond.) **When we do things that are wrong in God's eyes, we can ask Him to forgive us and He will! Jonah learned that lesson. Let's find out what happened.** Handle the Bible as a special treasure, leaving it open to Jonah 2:1.



WATCH THE WORD: JONAH 2:1-10

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story from a children's Bible, the coloring page, or other source.

- **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.) **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?** (Yes!)



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 an outline of Jonah praying. 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**

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. Use the “Jonah in the Fish” craft for Snack Time.

Craft Discussion:

- **God watched over Jonah in the stormy sea. What did God send to save Jonah from the storm?** (A big fish.)
- **Do you think Jonah was scared when he realized he was in the belly of a fish?** (Children respond.)
- **What did Jonah do inside the big fish?** (Pray.)
- **Do you think Jonah was sorry for disobeying God?** (Yes.)
- **What did God tell the fish to do next?** (To spit Jonah onto the shore.)

Teacher Tip: Do not put away the crafts as they are needed for snack time.
Be sure to write their names on their crafts.

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 or blue sheet

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.**

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 for our craft.

Directions:

1. Serve the drinks.
2. **Let’s sing the “Blessing Song.”** Sing to the tune of “Frere Jacques” or another 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. Pray. Lead discussion below while children enjoy their snack.
 - **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.)**



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

BIBLE MEMORY VERSE

Gather children in a circle sitting or standing and practice the words and motions.

- | | |
|---------------------------|---|
| “The Lord | (Lord) Make “L” shape with right index finger and thumb. Move “L” from left shoulder to right hip as a royal sash. |
| is faithful to | (faithful) Move the right index finger from the right side of the forehead downward. Change both hands to an “f” hand (thumb and pointer finger touching, other three fingers extended) and tap the right hand on top of the left hand twice. |
| all His promises.” | (promises) Move the right index finger from the mouth. Open the same hand, face it forward, and place it on top of the left fist. |
| Psalm 145:13b | Hold hands open, as if holding a Bible. |

PRAY

Let’s pray together. Say a closing prayer with the children.

PLAY

Allow children to play with selected toys or centers or choose a book to read to them.

DISMISSAL

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3’s.



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 leads the children in doing the hand motions.

- **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." 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"

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. Encourage the children to sing as they play.
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, name of child."**
4. Lead all the children in saying the Bible Memory Verse, **"The Lord is faithful to all His promises."**
5. Repeat steps 2-4 until each child has had at least one turn saying "God loves you" or for as long as time allows.

GOT TIME? *continued...*

GAME: MEMORY VERSE ECHO

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

Supplies: None

God chooses people like Jonah and Jeremiah to be God's messengers. Our Bible Memory Verse is a message from God telling people that He keeps His promises. We can be God's messengers and share our Bible Memory Verse with others. Let's practice with each other.

Directions:

1. Have the children stand in a circle.
2. Divide your class into two groups: the loud echo and the whisper echo.
3. Have them all crouch down until it is their turn to echo the verse.
4. Say the verse. Have the loud group stand and echo your words and then the whisper group.
5. Repeat a few times.
6. If you have time, reassign which group does which kind of echo and play again.
7. Optional: Add some variety to the echo. Do it faster each time or slower or have the children jump up and down, clap, or spin in a circle when it is their turn to echo.



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! Jonah was inside the big fish for three days and three nights (Jonah 2:1-10). 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: "God, we are sorry when we disobey You. Thank You for forgiving us. Amen."

PLAY! Cover some chairs or a table with a sheet or blanket to make a fish's belly. Pretend you are Jonah and the fish has swallowed you. Crawl inside and pray. Ask God to forgive you for the times when you have disobeyed. Finally, pretend the fish is spitting you out. Thank God for hearing your prayers.

BIBLE MEMORY VERSE

"The Lord

is faithful to

all His promises."

Psalms 145:13b

(Lord) Make "L" shape with right index finger and thumb. Move "L" from left shoulder to right hip as a royal sash.

(faithful) Move the right index finger from the right side of the forehead downward. Change both hands to an "f" hand (thumb and pointer finger touching, other three fingers extended) and tap the right hand on top of the left hand twice.

(promises) Move the right index finger from the mouth. Open the same hand, face it forward, and place it on top of the left fist.

Hold hands open, as if holding a Bible.