







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.

PP Ages 4-5 U8L39

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