



Sunday, March 15, 2020

Sunday School JOY TREK At-Home Lesson

## "Jonah and the Big Fish"

### Scripture: Jonah 1-4

God needed some help. God saw the people of Nineveh living their lives the wrong way, making the wrong choices. God asked Jonah to go to Nineveh and tell them to turn around and live the way God wanted. Jonah started to head in the right direction towards Nineveh but he soon started thinking about how a long walk it would be and turned the wrong way thinking God would never know. He was tired from walking and headed out to sea and paid to get onto a boat where he took a nap. God saw what Jonah had done and sent a strong wind out to the sea. The strong wind tossed the boat and the sailors became afraid. Jonah woke from his nap and realized he had made a mistake. He told the sailors to throw him over board and they did. The sea became calm. Jonah decided to swim to land when a large fish swallowed him up! Jonah was now in the belly of the dark and smelly fish. He got on his knees and prayed to God, "Help me God! I am so sorry for what I have done!" He prayed for 3 days and 3 nights. Finally, the fish spit out Jonah onto the beach. Jonah went right to Nineveh and told the people what God had said and they believed him. They changed the way they were living. God was now happy the people of Nineveh were living as God wanted.

### Family Conversations and Activities

#### Family Conversations:

1. What do you think it would be like to travel in a big fish?
2. What difficult things have you been asked to do?
3. How does God help us through difficult things?

#### Activities for families to do together:

1. Play a game of go fish as a family and remember Jonah
2. Have goldfish as a snack and remember how important it is to not leave anyone out
3. Jonah was in the Mediterranean Sea ~ research what large fish may have lived in the sea during Jonah's time

### Family Prayer

Dear God, thank you for sticking with us even though we sometimes misunderstand and resist your direction. Please help us to be more understanding and accepting of things we simply don't understand. Help us to trust you. Thank you for loving us, we love you. ~ Amen