



Sunday, March 22, 2020 Sunday School JOY TREK At-Home Lesson

"Jonah and the Big Fish" (Week 2)

Scripture: Jonah 1-4

The story of Jonah is a story about a Prophet who went the wrong way. God asked Jonah to go to Nineveh and tell the people they were not doing what was right and heading in the wrong direction. Jonah started in the right direction and then turned around. Instead of listening to God Jonah thought he would run away from Nineveh and not do what God asked him. He ran to the sea where he found a ship that was going to another city. He paid the captain, went in the lower part of the boat and went to sleep. Shortly after the boat left the shore, a very bad storm came up and started tossing the boat around. All the men were very afraid so they started to throw all their packages and bags overboard in hopes that they wouldn't drown. Jonah told them, "The storm is my fault, if you throw me into the sea the storm will stop." Jonah was thrown into the water where a large fish swallowed him up. Jonah was scared and alone so he got on his knees to pray. He prayed for 3 days and 3 nights. Do you think God gave up on Jonah? God loved Jonah and the people of Nineveh. God gave Jonah and the people of Nineveh another chance to go in the right direction and they did.

Family Conversations and Activities Family Conversations:

- I. How long was Jonah in the big fish?
- 2. Think of a time you asked for forgiveness?
 - 3. Where do you like to pray?

Activities for families to do together:

- I. Play a Simon Says but replace with Jonah and see who can follow the right direction the longest
- 2. God continued to love Jonah through good times and bad. Share with your family or write in your journal times you have experienced God's steadfast love, where do you extend unconditional love and to whom.

3. Have the whole family make fish mouth faces (suck in your cheeks and move your lips up & down) Take a picture, email or text your fish faces to Ms. Sam!

Family Prayer:

Dear God, thank you for this time and space to be together during Lent. You heard Jonah's prayers and we thank you for hearing ours. We know that you are with us as we make our way in the world, just like you were with Jonah in the big fish. Today we remember your love always surrounds us! ~ Amen

