

Jonah Runs Away

More Heroes of Old
Lesson 1

Lesson Objectives

- The children will name Jonah as the man who tried to run from God.
- The children will practice being obedient.
- The children will state one way they were obedient the previous week.

Lesson Text

Jonah 1:1-3:2

Scripture Memory Verse

The Lord provided a great fish to swallow Jonah.

Jonah 1:17

Lesson Plan

Greeting and Registration

Preclass Activities: Fish and Obey

Welcome and Singing

Centers:

Bible Story: Jonah and the Big Fish

Life Application: Obeying Every Day

Craft: Big Fish

NOTE: Be sure to allow sufficient time for a snack.





Jonah Runs Away

Fish and Obey

The children will play a game to help them practice obedience.

Materials

For the teacher:

- string or yarn
- 15 metal paper clips
- 2 unsharpened pencils
- 2 small round magnets, preferably with a hole in the middle
- 1 large sheet of blue poster board or a blue bed sheet
- 1 piece of green construction paper
- marker
- scissors
- glue stick

Reproducible Pages:

- Page A, 3 copies for the teacher

Preparation

1. Cut out the fish from the copies of Reproducible Page A.
2. Write a command on the back of each fish. Following are some examples:
 - A. Jump up and down 4 times
 - B. Roar like a lion
 - C. Make a silly face
 - D. Moo like a cow
 - E. Shake a friend's hand
 - F. Make a sound like a pig
3. Attach a paper clip to each fish.
4. Cut two 30" pieces of string.
5. Assemble fishing poles as follows:
 - A. Tie one 12" length of string to the end of each pencil.
 - B. Tie a magnet to the loose end of each string.
6. Create lily pads as follows:
 - A. Cut four 6" circles from green construction paper
 - B. Cut two small triangles on opposite sides of each circle creating "lily pads."
7. Glue the "lily pads" to the blue poster board creating a "pond."

Instructions

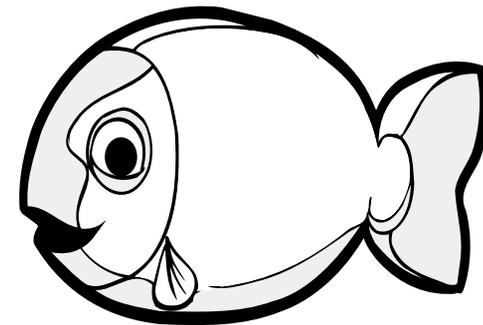
1. Place the pond on the floor and have the children gather around it.
2. Place the fish in the middle of the pond.
3. Demonstrate for the children how to catch a fish and then obey the command that is written on it.
4. Have each of the children take turns catching fish.
5. When a child catches a fish, read the command to her and have her obey what it says to do.

Conclusion

In our story today we are going to learn about a man named Jonah who obeyed God's commands just like we were just obeying commands that were on the fish.

Teacher Tips

Encourage the children about how well they obey the first time they are told during the game.



Jonah Runs Away

Jonah and the Big Fish

The children will learn the story of Jonah and the importance of obedience.

Lesson Text

Jonah 1:1-3:2

Materials

For the teacher:

- 2 chairs
- 1 large blue sheet to drape over a chair
- 1 piece of poster board
- crayons or markers
- scissors
- a robe

Preparation

1. Draw and cut out a large fish from the poster board.
2. Color the fish.
3. Place the sheet on the ground as water and place the two chairs next to it.

Instructions

Choose five volunteers from the children to help you act out the story. Assign roles to the children: One child to pretend to be God, one Jonah and three sailors.

Have your parents ever asked you to pick up your toys, but you didn't want to, you wanted to keep playing? What did you do? Have you ever hidden from your parents so they wouldn't make you clean up? We're going to learn about a man who tried to hide from God. His name was Jonah.

Jonah was told by God to go to a city called Nineveh. God loved the people of Nineveh, but they didn't obey God. They were doing lots of bad things that made God sad. (Jonah 1:2)

God wanted Jonah to go to Nineveh and tell the people to stop doing bad things and to obey God's commands. Instruct the child playing "God" to tell "Jonah" to go to Nineveh. Jonah didn't want to go. He was probably afraid of the people in Nineveh. So, do you know what Jonah did? He ran away! Instruct Jonah to run away from God. He decided to go to another city in the opposite direction from where God wanted him to go.

To get to that city Jonah had to take a boat. After he was on the boat for a while it began raining very, very hard and the sea became very, very wild! (Jonah 1:3-4) Raise and lower the sheet rapidly to look like stormy waters. The sailors said to Jonah, "What did you do? Why is your God making it rain so much? We will all drown! Instruct each sailor to repeat one of the statements after you. Jonah said, It is my fault. God is chasing me. You must throw me into the water and the sea will calm down. Instruct Jonah to repeat this line. (Jonah 1:8-10)

Have Jonah lie on the floor. Then have the sailors roll Jonah onto the blue sheet. When the sailors threw Jonah over the side of the boat, the sea became very quiet and calm. The sailors were amazed at God, and promised God they would obey him. Have the sailors kneel down and pray to God. (Jonah 1:15-16)

Have the big fish swim up to Jonah. Meanwhile, God sent a very big fish in the water to swallow Jonah. Have the fish "swallow" Jonah. Can you imagine being inside a fish? Do you know how long he was in there? Jonah was in the big fish's belly for three days and three nights! (Jonah 17)

While he was inside the fish Jonah started praying to God. He told God how great he is and he thanked God for saving him. (Jonah 2:1-9)

After three days and three nights, God told the fish to spit out Jonah. (Jonah 2:10) Then he again told Jonah to go to Nineveh. (Jonah 3:1-2) Do you think that Jonah obeyed this time? Yes. And Jonah was happy and God was happy.

God is always with us to help us do the right thing. It makes God so happy when we listen and obey him.

Jonah Runs Away

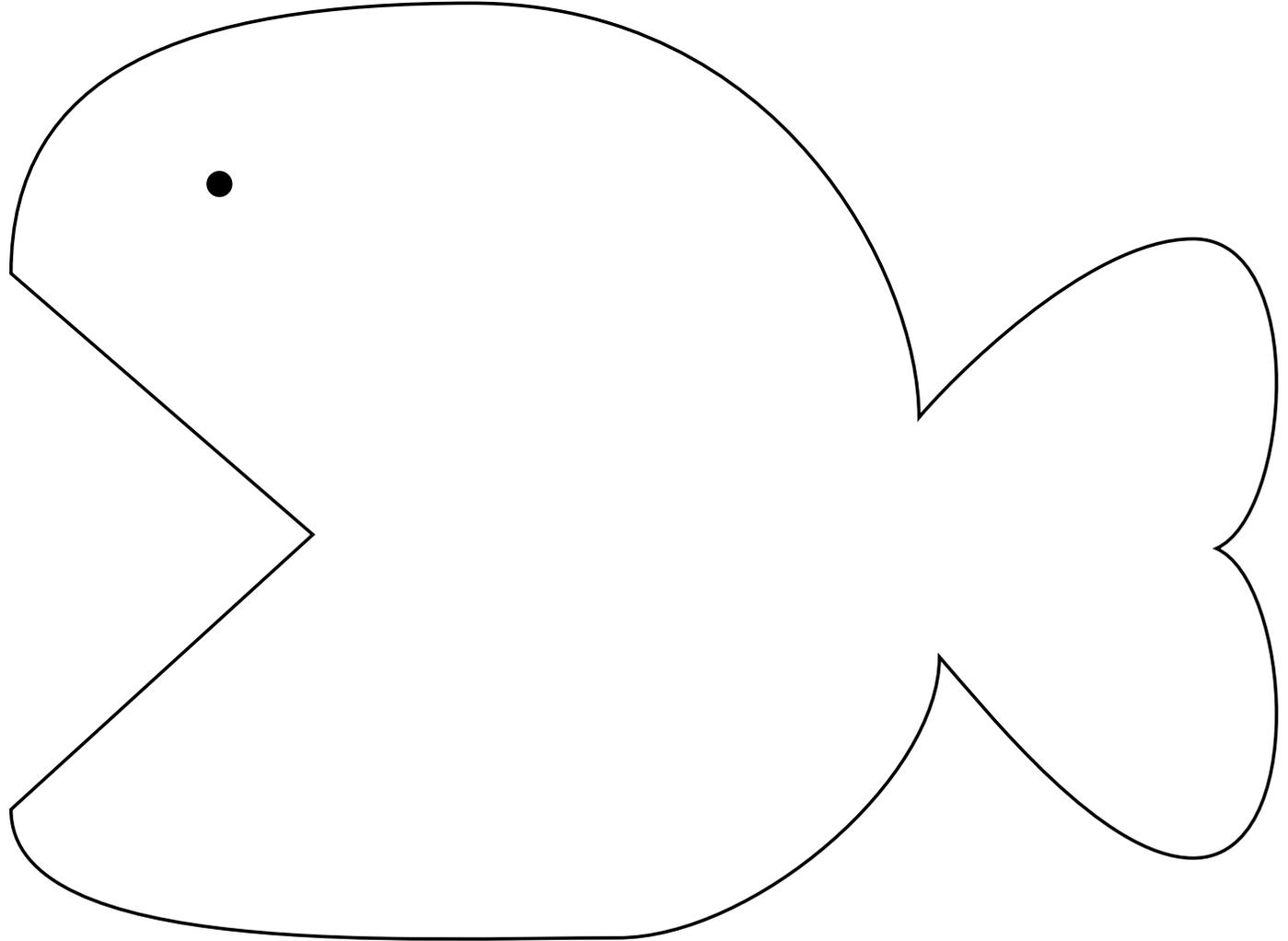
Conclusion

Ask the children the following questions:

- Did Jonah obey God the first time? (no)
- Where did God want Jonah to go? (Nineveh)
- What did Jonah do? (ran away)
- What did God do? (sent a storm and a big fish to swallow Jonah)
- Did that help Jonah to repent and obey? (yes)

Teacher Tips

- Be sure to tell the story with feeling.
- Check your local library to bring in a story of Jonah and the big fish.



Jonah Runs Away

Obeying Every Day

The children will be encouraged as they think of ways that they were obedient during the week.

Scripture Memory Verse

The Lord provided a great fish to swallow Jonah.
Jonah 1:17

Materials

For the teacher:

- marker
- hole punch
- yarn

Reproducible Pages:

- Page B, 1 copy for each child

Preparation

1. Cut out the smiley faces from the copies of Reproducible Page D.
2. Punch a hole in the top of each smiley face.
3. Cut an 18" piece of yarn for each child.
4. Thread a piece of yarn through the hole in each smiley face and tie the ends together to make a necklace.

Instructions

1. *Our lesson is about Jonah running away from God. Did Jonah make God happy when he ran away from him? (No.) Jonah made God happy by obeying him. Look at this smiley face. This is a happy face. That's just how God feels when we obey. What is something that you did this week that was obedient and made God happy.*
2. Have each child talk about things he did this week to make God smile. Ideas are: obeyed the first time, cleaned my room, was nice to my sister, helped set the table.
3. Write what each child says on the back of a smiley face and give it to the child to wear.

Scripture Memory Activity

Recite the memory verse twice with the group.

Choose different children to stand and recite the verse. To choose who will stand use the colors that they are wearing. For example: *Anyone who is wearing blue stand up.*

Conclusion

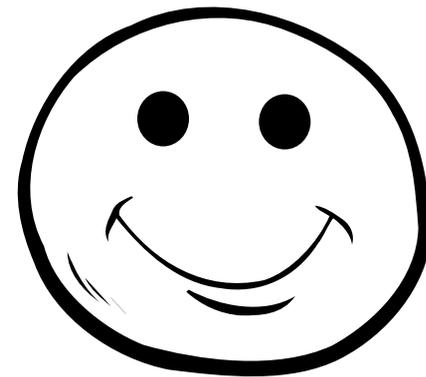
Encourage the children to share the story of Jonah with their family and friends. *Everyone needs to learn how to be obedient to God. When we're obedient it makes God happy.*

Encourage them to also share about their smiley faces and how their obedience made God happy that week.

Say a prayer with the children thanking God for the Bible and the great stories that teach us how to be happy.

Teacher Tips

- Copy the smiley faces onto colored paper.
- Younger children will do better if you ask them what they did "today" to make God smile. A week is too long for them to remember.



Jonah Runs Away

Life

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The LORD provided a great
fish to swallow Jonah.

Jonah 1:17



Jonah Runs Away

Big Fish

The children will enjoy making fish to remind them of Jonah and the big fish.

Materials

For each child:

- 1 wiggle eye
- crayons or markers
- glue stick

For the teacher:

- stapler
- tape
- scissors
- construction paper
- yarn
- hole punch
- white glue

Reproducible Pages:

- Page C, 1 copy for the teacher
- Page D, 1 copy for each child

Preparation

1. Cut out the big fish stencil from the copy of Reproducible Page C.
2. Cut out the pictures of Jonah from the copies of Reproducible Page D.
3. Cut a 2" x 4" rectangle from construction paper for each child.
4. Prepare the yarn for each child as follows:
 - A. Cut a 15" piece of yarn.
 - B. Place a piece of tape on one of the ends of each piece of yarn.
5. Prepare the fish for each child as detailed below:
 - A. Trace and cut out two fish from construction paper for each child.
 - B. Staple the taped end of the yarn to the tail of one of the fish, as shown in Figure A. Make sure the yarn moves freely back and forth under the staple.
 - C. Measure 3½" from the other end of the yarn, and then tape the yarn to the rectangle. See Figure B.
 - D. On the other fish, draw a black dot marking where the wiggle eye will be placed later.

6. Make a model of the craft following the instructions.

Instructions

1. Introduce the activity as follows. *Today we are learning about a man named Jonah. Jonah ran away from God and did not do what God asked him to do. God had to send a big fish to swallow Jonah so that he would think about God and change.* Show the children the model of the craft and how it works.
2. Have the children add Jonah to the fish as follows:
 - A. Give each child a fish with the yarn and a picture of Jonah.
 - B. Have each child glue the Jonah picture to the middle of the rectangle. See Figure C.
3. Have the children finish making the fish as follows:
 - A. Place white glue sparingly around the edges of the fish, leaving the area around the mouth and at the tail open. See Figure D.
 - B. Give the children the fish with the eye mark. Have the children glue that fish on top of the other fish so that the eye mark is facing them. See Figure E.
4. Have the children decorate their fish as follows:
 - A. Give each child a wiggle eye to glue over the eye of the fish.
 - B. Give each child crayons to color Jonah and the fish.

Conclusion

After the glue dries, pull the tape to see the fish swallow Jonah. Pull the other end of the yarn to see the fish spit out Jonah.

Have any children who have already heard the Bible story retell it to the group using their crafts.

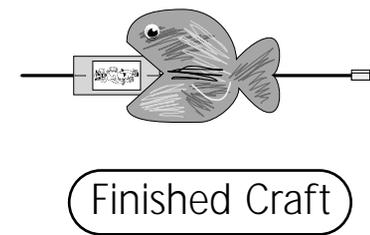
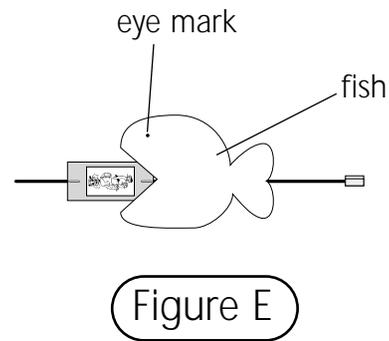
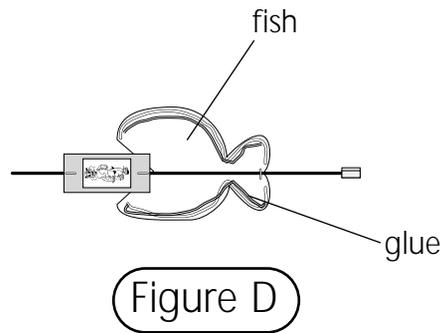
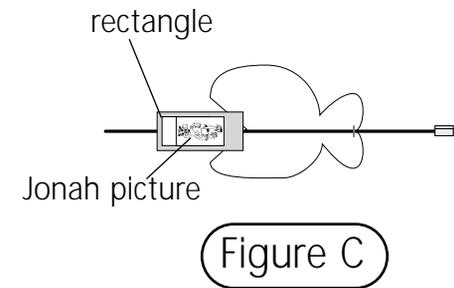
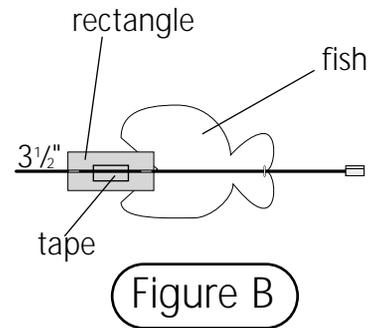
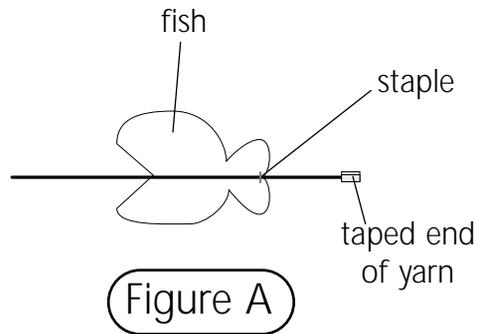
Teacher Tips

You may want to get some help with the preparation of this craft.



CRAFT

Jonah Runs Away





Pre class



Jonah Runs Away

More Heroes of Old

Lesson 1

Lesson Objectives

- The children will name Jonah as the man who tried to run from God.
- The children will practice being obedient.
- The children will state one way they were obedient the previous week.

Lesson Text

Jonah 1:1-3:2

Scripture Memory Verse

The Lord provided a great fish to swallow Jonah.

Jonah 1:17

Obedience is Fun

The children will play a familiar game to help them see that obedience can be fun.

Materials

None

Preparation

Determine the different movements that the children will do. For example:

- turn around
- hop on one foot
- touch their nose

Instructions

1. *In the Bible story we heard about Jonah who had a hard time obeying God. But when Jonah finally did obey God he had much more fun and everybody was happy.*
2. Have the children stand together facing you.

Lesson Plan

Greeting and Registration

Preclass Activities: Obedience is Fun

Welcome and Singing

Centers:

Game: Fish and Obey

Craft: Fish Puzzle

Life Application: Obeying Every Day

NOTE: Be sure to allow sufficient time for a snack.

3. Explain to the children that they should listen for you to say "Jesus says." Whatever "Jesus says" they should do. But if they don't hear you say "Jesus says," before you give them the instructions, then they should stand still. Otherwise they will have to sit down.
4. Practice once with the children. Say to them: *Jesus says to touch your nose.* Let them touch their noses. *Jesus says to stop.* Let them stop. *Touch your nose.* Wait to see if someone moves. *Jesus didn't say to touch your nose that time. Be sure to listen for me to say the words "Jesus says" before you do something.*
5. Any child that follows a command that Jesus didn't say, sits down while the game continues.
6. Continue the game mixing "Jesus says" with things that he doesn't say.

7. When there is only one child left, begin the game again.

Conclusion

We can always trust that if Jesus says to do something, it is the right thing to do. How do we know what Jesus says to do? Jesus tells us to obey and love people. We learn how Jesus wants us to live from the Bible.

Teacher Tips

- At the beginning of the game explain to the children that they will get to play the game a few times so they will not be too disappointed if they have to sit down.
- Four and five year olds sometimes have a difficult time playing winning and losing games so be sure to ask them to sit down nicely and not to say, "you loose."



Fish and Obey

The children will play a game to help them practice obedience.

Materials

For the teacher:

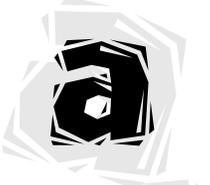
- yarn
- 15 metal paper clips
- 2 unsharpened pencils
- 2 small round magnets, preferably with a hole in the middle
- 1 large sheet of blue poster board or a blue bed sheet
- 1 piece of green construction paper
- marker
- scissors
- glue stick

Reproducible Pages:

- Page A, 3 copies for the teacher

Preparation

1. Cut out the fish from the copies of Reproducible Page A.
2. Write a command on the back of each fish. Following are some examples:
 - A. Jump up and down 4 times
 - B. Roar like a lion
 - C. Make a silly face
 - D. Moo like a cow
 - E. Shake a friend's hand
 - F. Make a sound like a pig
3. Attach 1 paper clip to each fish.
4. Cut two 30" pieces of string.
5. Assemble fishing poles as follows:
 - A. Tie one 12" length of string to the end of each pencil.
 - B. Tie a magnet to the loose end of each string.
6. Create lily pads as follows:
 - A. Cut four 6" circles from green construction paper.
 - B. Cut two small triangles on opposite sides of each circle creating "lily pads."
7. Glue the "lily pads" to the blue poster board creating a "pond."



Instructions

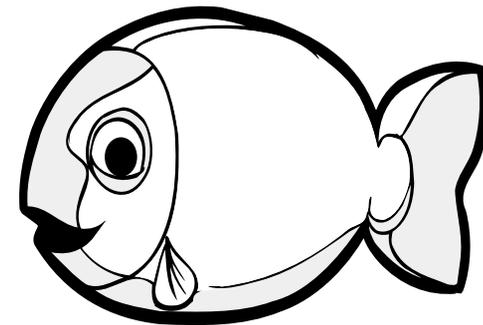
1. Place the pond on the floor and have the children gather around it.
2. Place the fish in the middle of the pond.
3. Demonstrate for the children how to catch a fish and then obey the command that is written on it.
4. Have each of the children take turns catching fish.
5. When a child catches a fish, read the command to her and have her obey what it says to do.

Conclusion

This reminds me of the Bible story about a man named Jonah. He learned the hard way to obey God's commands. It makes God happy when we obey.

Teacher Tips

Talk to the children about how well they obey the first time they are told during the game.





Jonah Runs Away

Fish Puzzle

The children will create puzzles to remind them of Jonah and the big fish.

Materials

For each child:

- markers or crayons
- 1 plastic sandwich bag
- 1 wiggle eye
- glue stick
- scissors

For the teacher:

- scissors
- poster board
- black marker
- white glue

Reproducible Pages:

- Page E, 1 copy for the teacher

Preparation

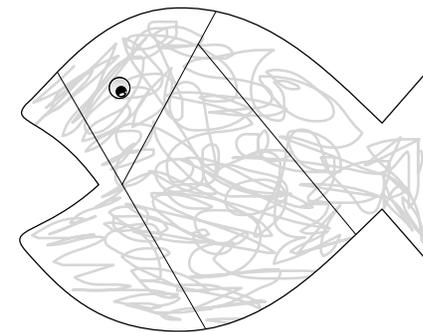
1. Cut out the fish stencil from the copy of Reproducible Page E.
2. Trace and cut out a fish shape for each child from poster board.
3. Write on the back of each fish: "The Lord provided a great fish to swallow Jonah. Jonah 1:17"
4. Make a model of the fish following the instructions.

Instructions

1. Show the children the finished craft. Put the fish puzzle together and ask them who was swallowed by a big fish. *That's right, Jonah was swallowed by a big fish. God protected Jonah even when he was disobedient, but being inside the fish helped him to change.*
2. Give each child a fish to color.
3. Give each child one wiggle eye to glue onto their fish.
4. Write each child's name on the back of their fish.
5. Have each child cut their fish into four pieces along the lines.
6. Have the children take apart their fish puzzles and put them back together.
7. When the children are finished playing with their puzzles, give them each a plastic bag to hold their puzzle pieces.

Teacher Tips

- Younger children may need help cutting their fish puzzle into pieces.
- Have the children trade fish puzzles and put together their friend's puzzle.



Finished Craft



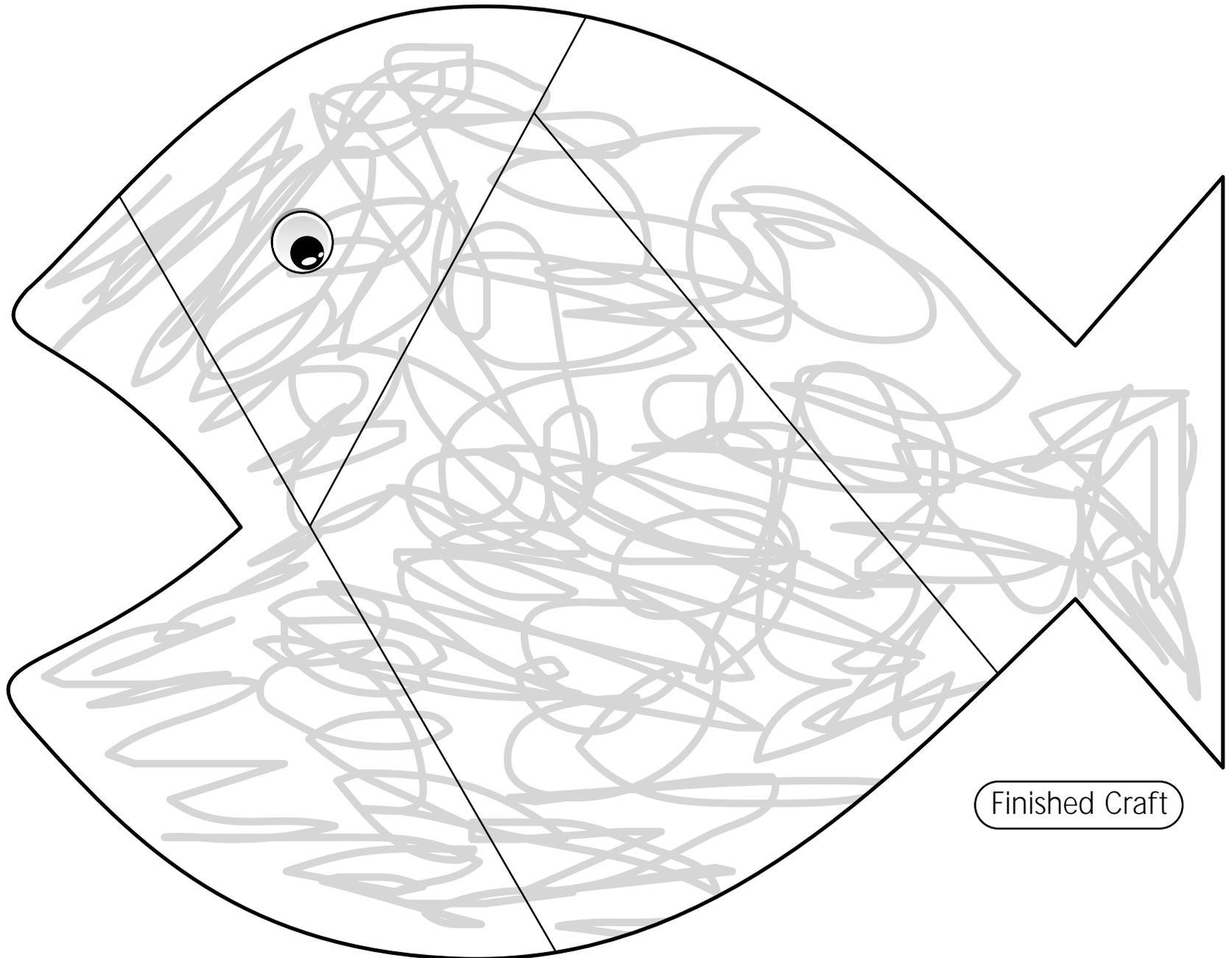
supplement

CRAFT

Jonah Runs Away

More Heroes of Old

Lesson 1



Finished Craft



Jonah Runs Away

Obeying Every Day

The children will be encouraged as they think of ways that they were obedient during the week.

Scripture Memory Verse

The Lord provided a great fish to swallow Jonah.
Jonah 1:17

Materials

For the teacher:

- marker
- hole punch
- yarn

Reproducible Pages:

- Page B, 1 copy for each child

Preparation

1. Cut out the smiley faces from the copies of Reproducible Page B.
2. Punch a hole in the top of each smiley face.
3. Cut an 18" piece of yarn for each child.
4. Thread a piece of yarn through the hole in each smiley face and tie the ends together to make a necklace.

Instructions

1. *Our lesson is about Jonah running away from God. Did Jonah make God happy when he ran away from him? (No.) Jonah made God happy by obeying him. Look at this smiley face. This is a happy face. That's just how God feels when we obey. What is something that you did this week that was obedient and made God happy.*
2. Have each child talk about things he did this week to make God smile. Ideas are: obeyed the first time, cleaned my room, was nice to my sister, helped set the table.
3. Write what each child says on a smiley face and give it to the child to wear.

Scripture Memory Activity

Recite the memory verse twice with the group. Choose different children to stand and recite the verse. To choose who will stand use the colors that they are wearing. For example: *Anyone who is wearing blue stand up.*

Conclusion

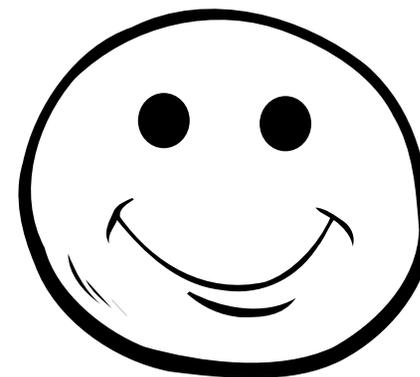
Encourage the children to share the story of Jonah with their family and friends. *Everyone needs to learn how to be obedient to God. When we're obedient it makes God happy.*

Encourage them to also share about their smiley faces and how their obedience made God happy that week.

Say a prayer with the children thanking God for the Bible and the great stories that teach us how to be happy.

Teacher Tips

- Copy the smiley faces onto colored paper.
- Younger children will do better if you ask them what they did "today" to make God smile. A week is too long for them to remember.



The LORD provided a great
fish to swallow Jonah.

Jonah 1:17



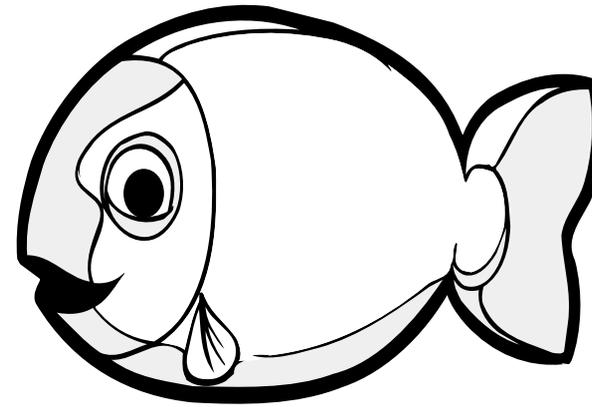
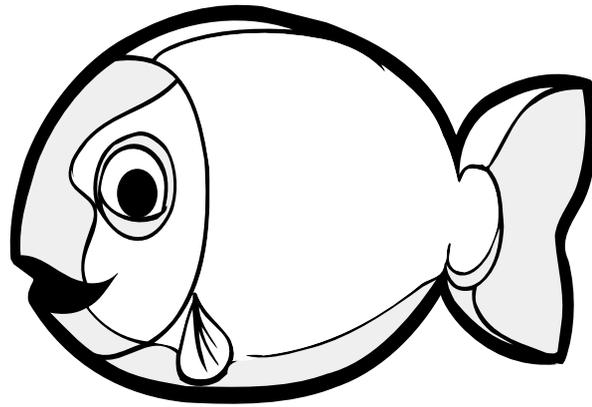
Core/Preclass and Supplement/Game

3 copies for the teacher

Read-Observe-Write

Page

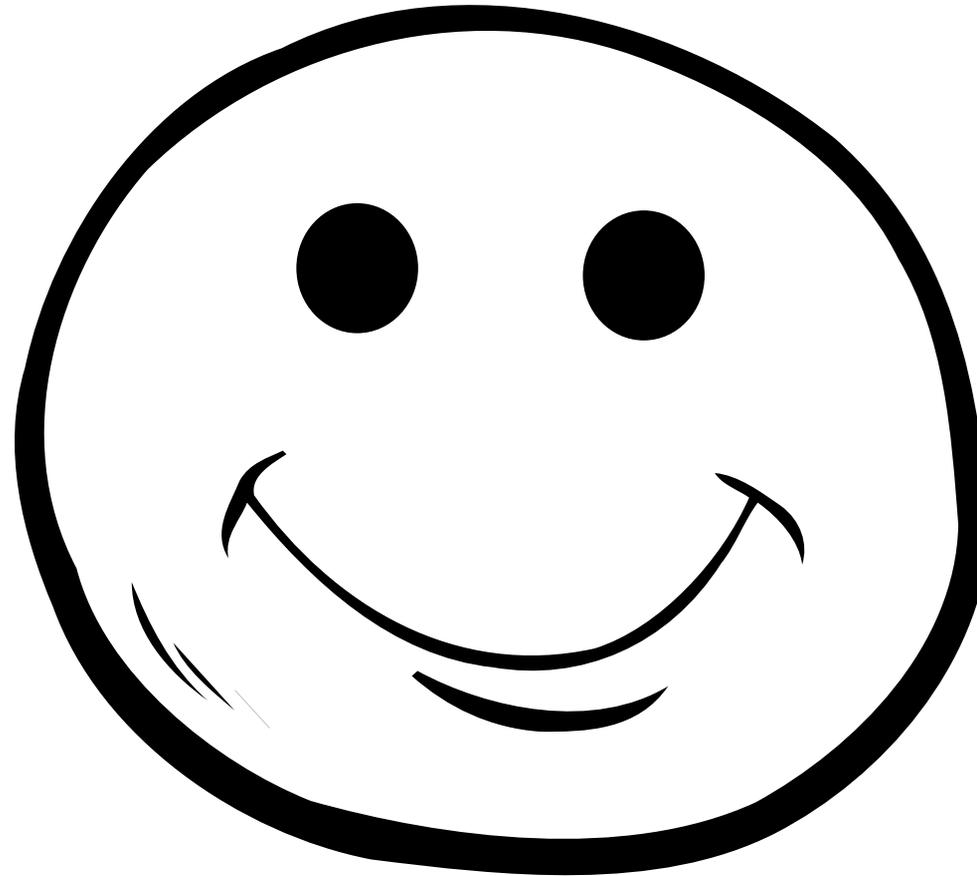
A



fish



Core and Supplement/Life Application
1 copy for each child



smiley face

READ-OR-TO-READ

Page

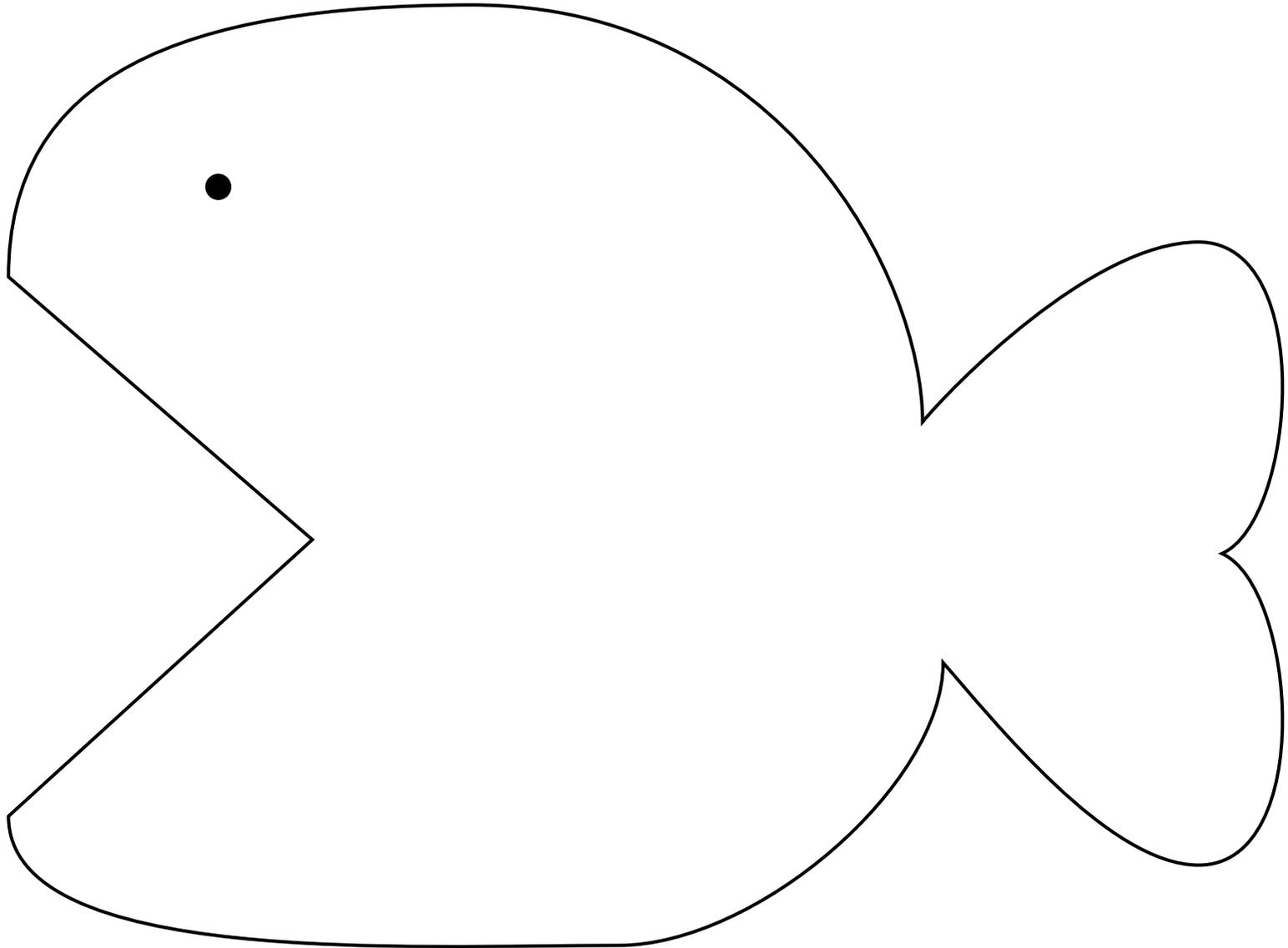
B



4 and 5 Year Olds

Core/Craft
1 copy for the teacher

More Heroes of Old
Page
C

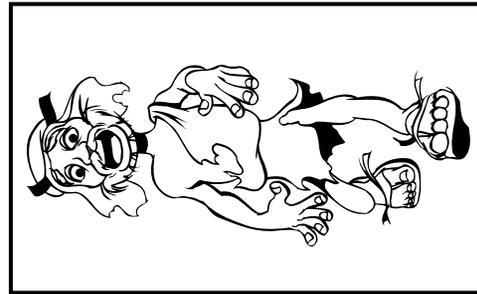


big fish stencil



Core/Craft
1 copy for each child

More Heroes of Old
Page
D

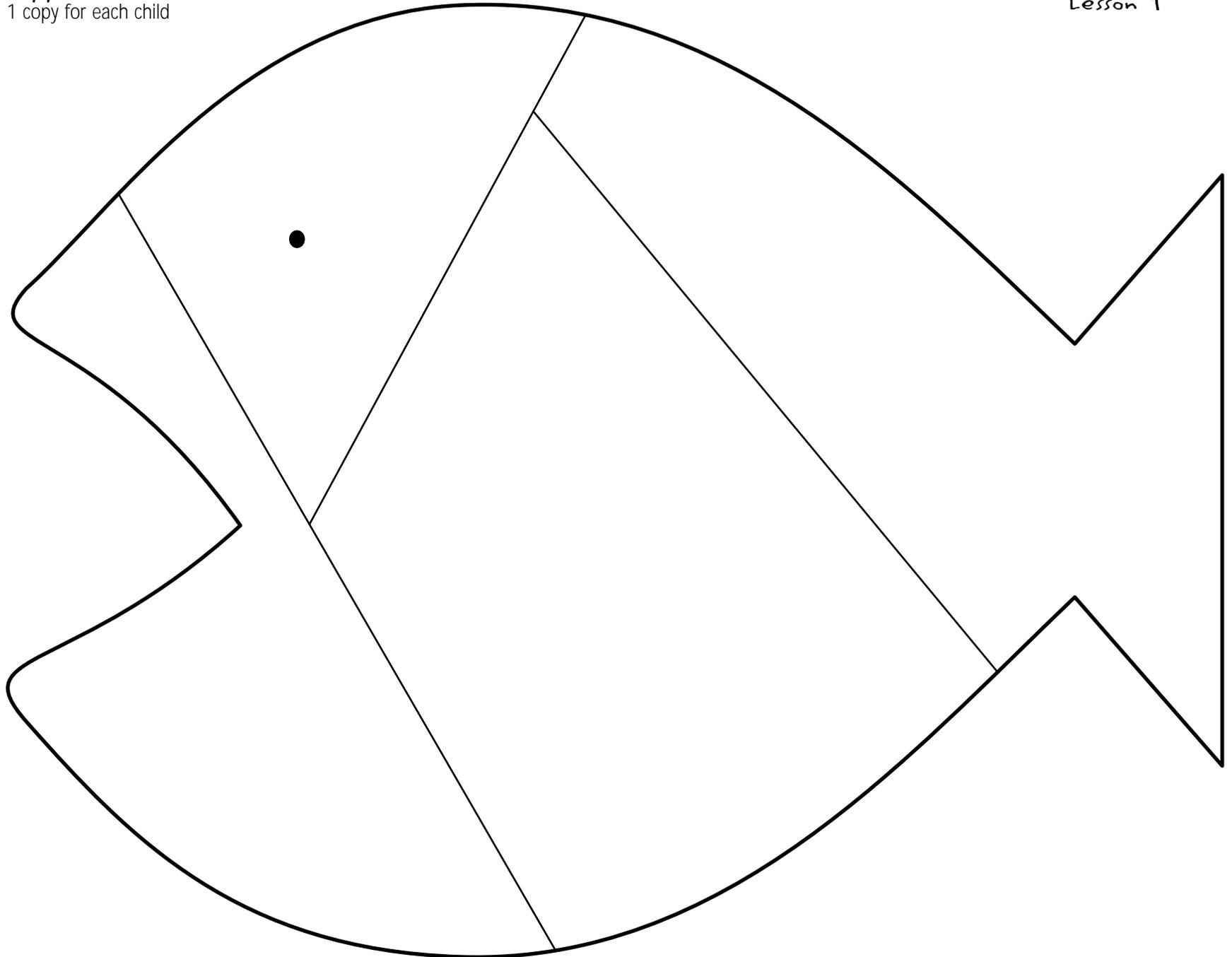


Jonah picture



Supplement/Craft

1 copy for each child



More Heroes of Old

Page

1



4 and 5 Year Olds