

MY JONAH JOURNAL





WEEK 1

BIG BIBLE POINT:

THE BOOK OF JONAH IS A LITTLE
BOOK WITH A BIG MESSAGE.

This week we were introduced to Jonah! On this page, write down 5 facts you know about Jonah. If you missed the first lesson, check out the YouTube video on the bottom of the page or read Jonah 1 in your Bible to discover some facts.

1.

2.

3.

4.

5.

WATCH

"God's Story - Jonah" by Crossroad Kids



ASK

What is one thing you're excited to learn about Jonah?



WEEK 2

BIG BIBLE POINT:

THE BEST DIRECTION IS ALWAYS
GOD'S DIRECTION.

This week, we read Jonah 1:1-10. In these verses, God asked Jonah to go to Nineveh to share a message. Jonah ran in the opposite direction. He ended up boarding a ship and getting caught in a storm sent by God.

Even if God's plan for us seems hard, God's direction is always the BEST one!

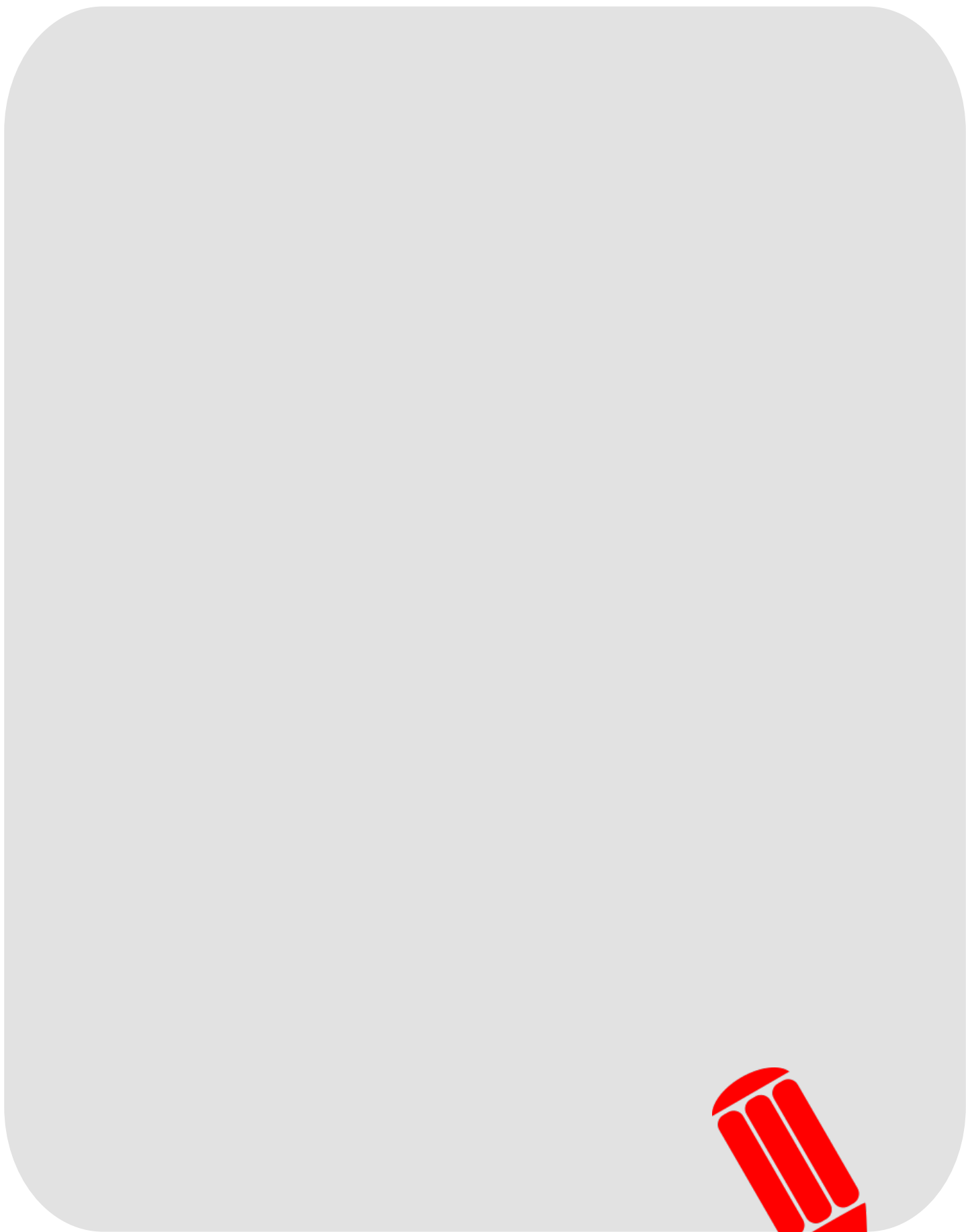
Read these verses and on the next page, write down a few sentences or draw a picture to show what you think they tell us about following God's way!

**Trust in ~~the~~ LORD
with all your heart,
And lean not on your
own understanding.
In all your ways
submit to Him, and
He will make your
paths straight.**



"I Will Follow" by Summit
Kids

Proverbs 3:5-6





WEEK 3

BIG BIBLE POINT:

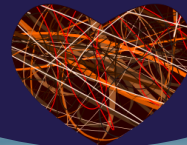
Just like Jonah, Jesus made a sacrifice!

This week we read Jonah 1:11-16. In this part of Jonah's story, he is thrown overboard! When the storm came, Jonah knew God was trying to get his attention. Instead of letting everyone suffer, he sacrificed himself.

Just like Jonah, Jesus made a sacrifice for us thousands of years later! His sacrifice wasn't just to save us from a storm but to save us from sin. What an amazing gift!

How do these verses make you feel? What do they tell you about Jesus?

**"Jesus died in our place to take away our sins. And Jesus is the way all people can have their sins taken away too."
(1 John 2:2, ICB)**



WATCH



"Jesus Dies for Us" -
JellyTelly 5 Minute Family
Devotional





WEEK 4

BIG BIBLE POINT:

God showed Jonah a WHALE lot of grace!

This week we read just one verse - Jonah 1:17. It says: "Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish for three days and three nights."

God could have let Jonah drown in the ocean but instead he sent a big fish to rescue Him! That's a WHALE lot of grace! God shows us grace too - He is always there to rescue us!



Finish the drawing of the whale (include Jonah!), and then write how you would feel being in a whale's belly.

WATCH



"In the Belly of a Whale" - Newsboys

Break out your dance moves!



WEEK 5

BIG BIBLE POINT:

We can talk to God no matter
where we are!

Jonah 2 is Jonah's prayer to God in the belly of a fish. Check out Jonah's prayer. HIGHLIGHT sentences you like, CIRCLE words you don't understand and UNDERLINE the most important sentence.

1 From inside the fish Jonah prayed to the Lord his God. 2 He said:

"In my distress I called to the Lord,
and he answered me.

From deep in the realm of the dead I called
for help, and you listened to my cry.

3 You hurled me into the depths, into the very
heart of the seas, and the currents swirled
about me; all your waves and breakers swept
over me.

4 I said, 'I have been banished
from your sight; yet I will look again toward
your holy temple.'

5 The engulfing waters threatened me, the
deep surrounded me; seaweed was wrapped
around my head.

6 To the roots of the mountains I sank down;
the earth beneath barred me in forever.
But you, Lord my God, brought my life up from
the pit.

7 "When my life was ebbing away, I
remembered you, Lord,
and my prayer rose to you, to your holy temple.

8 "Those who cling to worthless idols turn away
from God's love for them.

9 But I, with shouts of grateful praise, will
sacrifice to you.

What I have vowed I will make good. I will say,
'Salvation comes from the Lord.'

WATCH

Bible Theater -
Jonah & The Whale





WEEK 6

BIG BIBLE POINT:

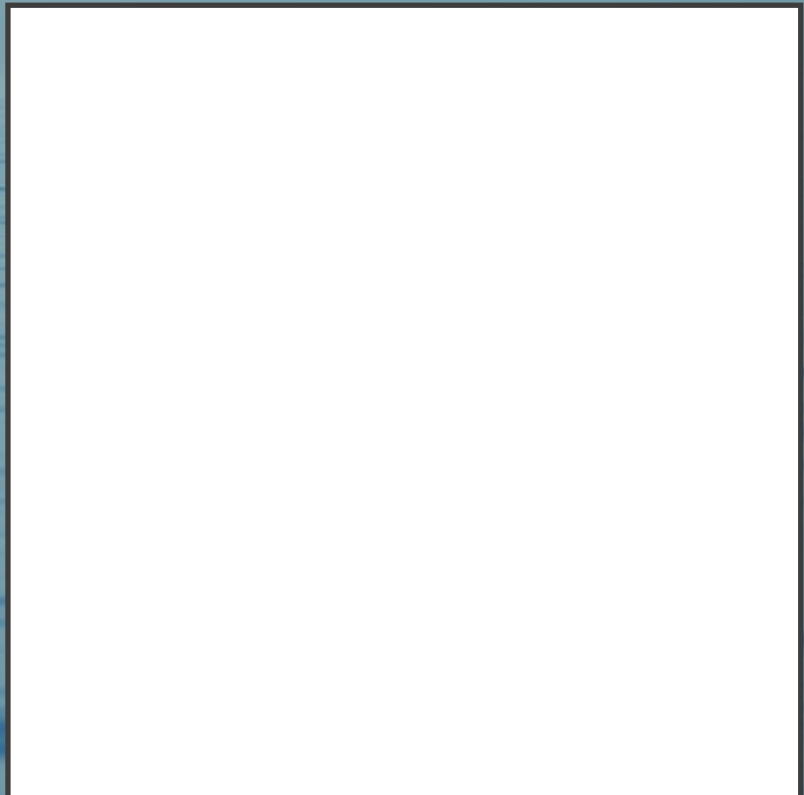
God gives us second chances!

After Jonah is spit out of the whale, we see in chapter 3 that God gives JONAH and the people of NINEVEH a second chance. Jonah gets a second chance to preach and the people get a second chance to turn away from their sins. God loves giving second chances!

The people of Nineveh dressed in sackcloth - a rough garment made out of animal hair and cotton. They also didn't eat. They did this to show God how sorry they were! Draw a picture of what you think they looked like.

WATCH

Second Chances -
Rend Collective





WEEK 7

BIG BIBLE POINT:

God loves our enemies and so
should we!

In Jonah 4, we learned that Jonah got mad at God. He didn't get mad because God was mean, but because God was so kind to his enemies in Nineveh. Jonah thought that was unfair.

God reminded Jonah that he loves all people - not just us! We need to be like Him and show His love.

WATCH

Jonah and the Vine -
Bible Theater



Jesus said: "Love your enemies, do good to those who hate you. Bless those who curse you, pray for those who mistreat you." (LUKE 6:27-28)

Brainstorm some ways you can show God's love to people who are unkind!



WEEK 8

BIG BIBLE POINT:

God always gets the last word!

The book of Jonah ends with God having the last word. God reminds Jonah that He is the One in charge! He always does the right thing because He is God.

God has the last word in our stories too. No matter what we face or where we are, He is in charge!

Write a short letter to Jonah telling him what you learned from his story!

WATCH

The Cross Has
The Final Word -
Newsboys



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