

DAY 1 – WORKSHEET

A

Jonah 1:12



“Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.”



Questions



Did you spot it

What is God in charge of?



Work it out

Jonah didn't listen to God so he ended up being thrown into the sea. Who should Jonah have listened to?

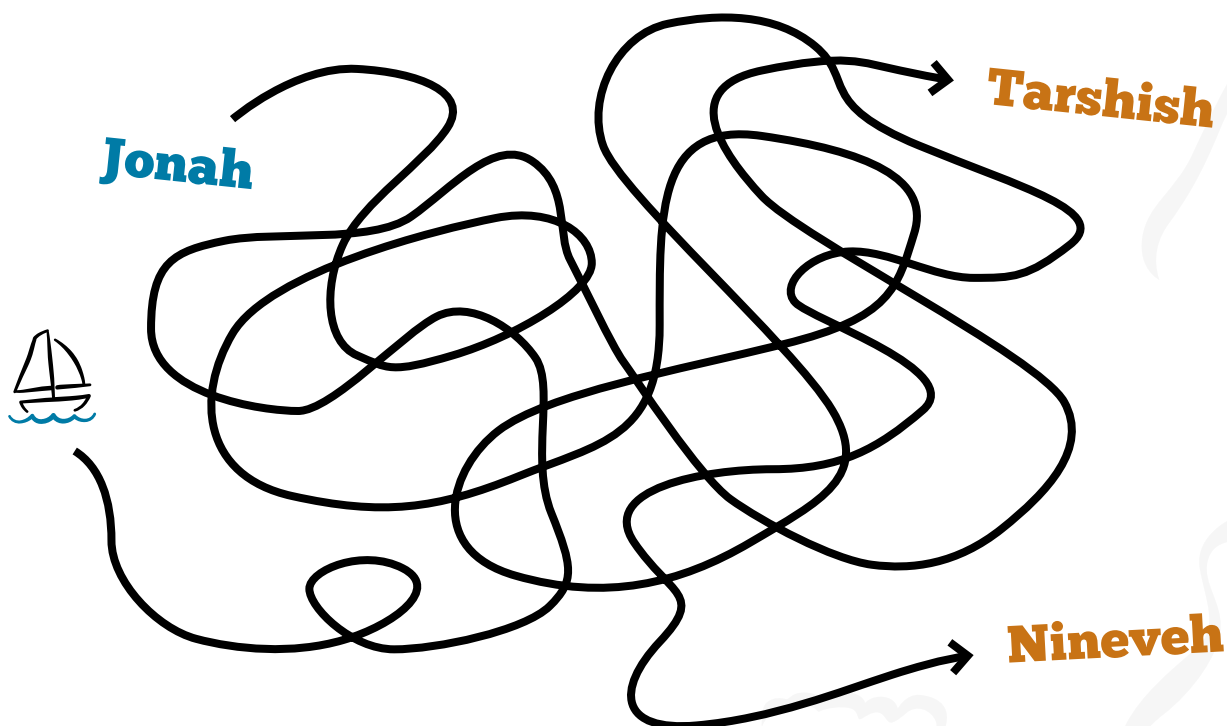
Activity

Where does God want Jonah to go?

Follow the Jonah path using a green pen to find where God wanted him to go

Did Jonah listen to God?

Jonah got on a boat, follow the boat path with a red pen to find where Jonah tried to go



DAY 1 – WORKSHEET

B

Jonah 1:4–6



Fill in the missing words with these:

cargo / ship / rough / wind / your / sink / afraid / danger / save / asleep

⁴But the Lord sent a great _____ on the sea. This wind made the sea very _____. So the ship was in _____ of breaking apart. ⁵The sailors were _____. Each man cried to his own god. The men began throwing the _____ into the sea. This would make the ship lighter so it would not _____.

But Jonah had gone down into the _____ to lie down. He fell fast _____. ⁶The captain of the ship came and said, "Why are you sleeping? Get up! Pray to _____ god! Maybe your god will pay attention to us. Maybe he will _____ us!"



Questions



Did you spot it

Who was in charge?



Work it out

Why did Jonah decide not to listen to God?



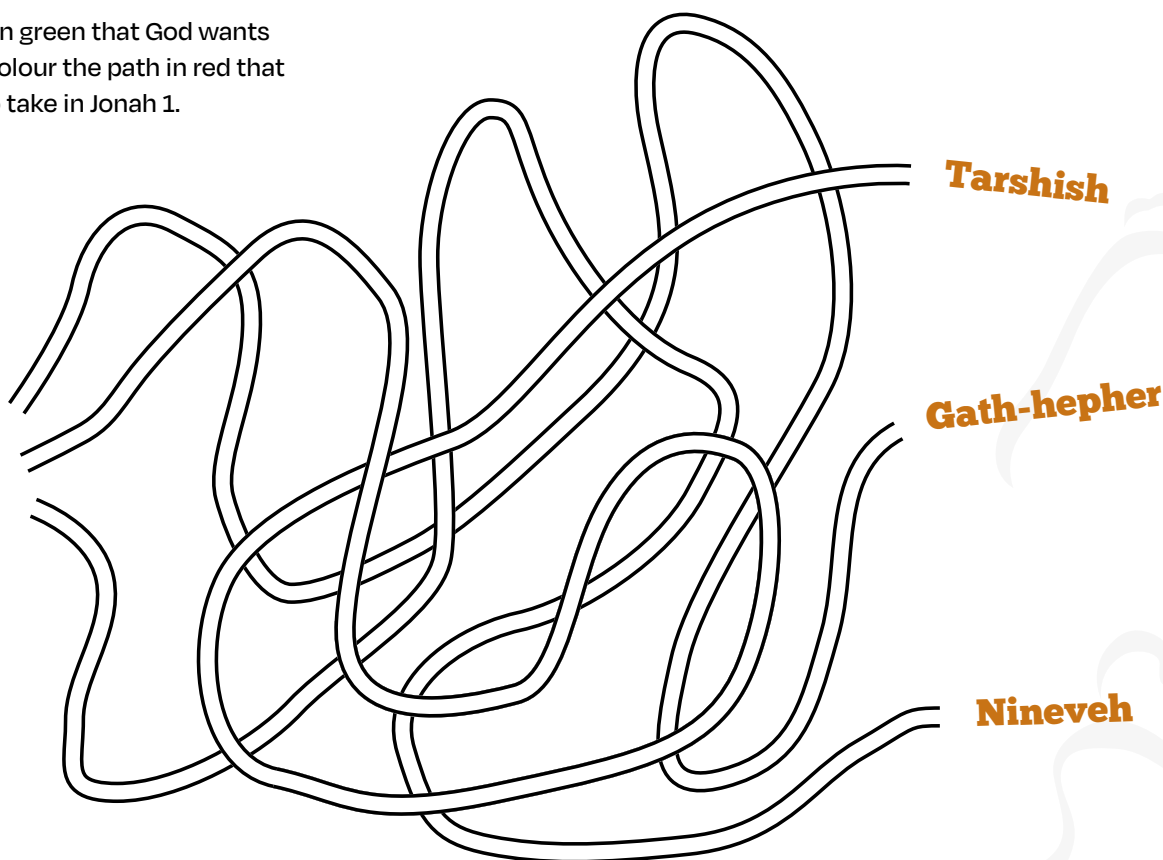
Live it out

Who do you listen to?
Would you decide to listen to God?

Activity

Colour the path in green that God wants Jonah to take? Colour the path in red that Jonah decides to take in Jonah 1.

Jonah



DAY 1 – WORKSHEET

C

Jonah 1

Fill in the blanks with these words:

stronger / against / troubles / wind /
save / fear / showed / sea / danger /
stomach / please / sink / asleep / god
/ fault / ship / made / offered / fish /
afraid / running / innocent



1 The Lord spoke his word to Jonah son of Amittai:
²"Get up, go to the great city of Nineveh and preach
_____ it. I see the evil things they do."

³But Jonah got up to run away from the Lord. He went to the city of Joppa. There he found a _____ that was going to the city of Tarshish. Jonah paid for the trip and went aboard. He wanted to go to Tarshish to run away from the Lord.

⁴But the Lord sent a great _____ on the sea. This wind made the sea very rough. So the ship was in _____ of breaking apart. ⁵The sailors were _____. Each man cried to his own god. The men began throwing the cargo into the sea. This would make the ship lighter so it would not _____.

But Jonah had gone down into the ship to lie down. He fell fast _____. ⁶The captain of the ship came and said, "Why are you sleeping? Get up! Pray to your _____! Maybe your god will pay attention to us. Maybe he will _____ us!"

⁷Then the men said to each other, "Let's throw lots to see who caused these _____ to happen to us."

So the men threw lots. The lot _____ that the trouble had happened because of Jonah. ⁸Then the men said to Jonah, "Tell us what you have done. Why has this terrible thing happened to us? What is your job? Where do you come from? What is your country? Who are your people?"

⁹Then Jonah said to them, "I am a Hebrew. I _____ the Lord, the God of heaven. He is the God who _____ the sea and the land."

¹⁰Then the men were very afraid. They asked Jonah, "What terrible thing did you do?" They knew Jonah was _____ away from the Lord because Jonah had told them.

¹¹The wind and the waves of the sea were becoming much _____. So the men said to Jonah, "What should we do to you to make the sea calm down?"

¹²Jonah said to them, "Pick me up, and throw me into the _____. Then it will calm down. I know it is my _____ that this great storm has come on you."

¹³Instead, the men tried to row the ship back to the land. But they could not. The wind and the waves of the sea were becoming much stronger.

¹⁴So the men cried to the Lord, "Lord, _____ don't let us die because of taking this man's life. Please don't think we are guilty of killing an _____ man. Lord, you have caused all this to happen. You wanted it this way." ¹⁵Then the men picked up Jonah and threw him into the sea. So the sea became calm. ¹⁶Then they began to fear the Lord very much. They _____ a sacrifice to the Lord. They also made promises to him.

¹⁷And the Lord caused a very big _____ to swallow Jonah. Jonah was in the _____ of the fish three days and three nights.



Questions



Did you spot it

Who was in charge?



Work it out

Why did Jonah decide not to listen to God?



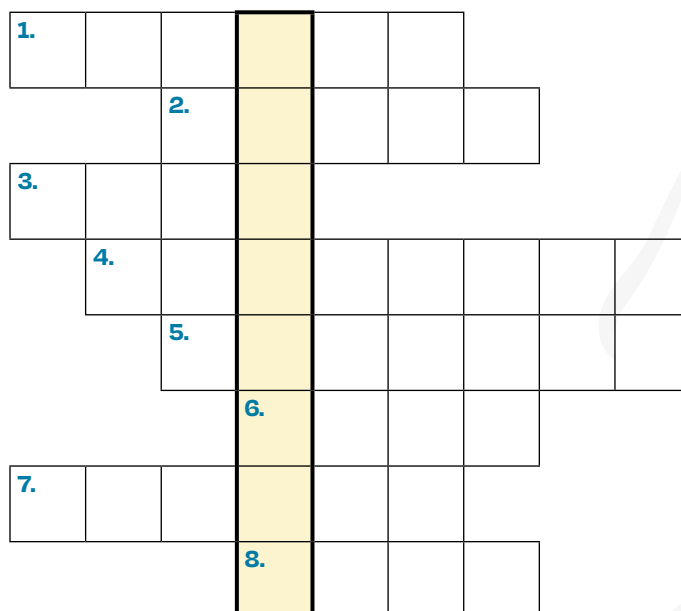
Live it out

Do you think that God is still in charge of everything today? Why, or why not?

Activity

Complete the crossword puzzle to reveal the ultimate ruler of the world.

1. The ship was in _____ of breaking apart (v4)
2. Who is the main character in this Bible story? (v1)
3. What did God send that made the sea really rough? (v4)
4. Where did Jonah try to go to instead of Nineveh? (v3)
5. Jonah was _____ away from the Lord (v10)
6. Where did the sailors try to row to to escape the storm? (v13)
7. When the storm was raging, Jonah was _____ (v5)
8. What did Jonah board to go to Tarshish? (v3)



DAY 2 – WORKSHEET

A

Jonah 2:1



“From inside the fish Jonah prayed to the Lord his God”



Questions



Did you spot it

Where was Jonah?



Work it out

Why did the whale spit Jonah out onto dry ground?



Live it out

We can pray to God about all kinds of things. We can say thank you, please, or sorry, and we can pray for other people.

In the box, draw or write something you could say thank you to God for.

Activity

Find the words in the Jonah 2 word search.

FISH

JONAH

SPIT

PRAY

SEA

LORD

S	E	A	D	F	Y
M	B	S	P	I	T
O	L	S	R	S	K
J	O	N	A	H	D
E	R	S	A	P	F
L	D	P	R	A	Y

DAY 2 – WORKSHEET

B

Jonah 2:1-2, 10



Choose the word that matches the bible passage from Jonah 2 (ICB):

Jonah 2:1-2: While Jonah was in the **head/stomach/foot** of the **dog/cat/fish**, he **prayed/shouted/whispered** to the Lord his God.

Jonah said, "I was in **danger/comfort/safety**.
So I called to the Lord,
and he **answered/ignored/overlooked** me.

I was about to die.
So I cried to you,
and you heard my voice.

Jonah 2:10: Then the Lord spoke to the **elephant/fish/parrot**. And the **fish/parrot/elephant** spit Jonah out of its **foot/head/stomach** onto the **dry/soggy/wet** land.



Questions



Did you spot it

Why did Jonah pray to God?



Work it out

Why did the whale spit Jonah out onto dry ground?



Live it out

We can pray to God about all kinds of things. We can say thank you, please, or sorry, and we can pray for other people.

In the box, draw or write something you could pray to God about.



Activity

Find the words in the Jonah 2 word search.

JONAH
FISH
DANGER
LORD
SEA
WAVES
SAVED
SPIT
WATER
PRAY
STOMACH

C	Y	P	R	A	Y	J	A
S	P	I	T	N	H	J	S
P	W	A	V	E	S	O	T
S	A	V	E	D	E	N	O
L	T	P	F	M	A	A	M
O	E	O	F	I	S	H	A
R	R	W	Y	R	F	E	C
D	A	N	G	E	R	I	H

DAY 2 – WORKSHEET

C

Jonah 2

Choose the word that matches the Bible passage from Jonah 2 (ICB)



² While Jonah was in the stomach of the fish, he **prayed/sang/whispered** to the Lord his God. Jonah said,

^{2a} I was in **charge/danger/control**.
So I called to the Lord,
and he answered me.

I was about to **laugh/die/jump**.
So I cried to you,
and you heard my voice.

³ You threw me into the **sand/sea/sunshine**.
I went down, down into the deep sea.

The **water/feathers/balls** was all around me.
Your powerful waves flowed over me.

⁴ I said, 'I was driven out of your presence.
But I hope to see your Holy **Bicycle/Car/**
Temple again.'

⁵ The waters of the sea closed over me.
I was about to die.

The deep sea was all around me.
Scarves/Seaweed/Clothes wrapped around
my head.

⁶ I went down to where the mountains of the sea
start to rise.

I thought I was locked in this
prison/house/playground forever.

But you saved me from death,
Lord my God.

⁷ When my **food/clothes/life** had almost gone,
I remembered the Lord.

Lord, I prayed to you.
And you heard my prayers in your Holy
Bicycle/Car/Temple.

⁸ People who worship useless idols
give up their loyalty to you.

⁹ Lord, I will praise and thank you
while I give sacrifices to you.

I will make promises to you.
And I will do what I promise.
Salvation/Sausages/Seaweed comes from the
Lord!"

¹⁰ Then the Lord spoke to the **cow/fish/parrot**.
And the **cow/fish/parrot** spit Jonah out of its
stomach onto the dry land.



Questions



Did you spot it

Which words or phrases in the Bible passage show us that Jonah was in trouble?



Work it out

Why did the whale spit Jonah out?



Live it out

Jonah says "Salvation comes from the Lord!". This is still true, but people aren't saved today with a fish, God saves them through Jesus. Do you know how Jesus rescues?

Activity

What message is left when you have found all of the words?

JONAH
FISH
DANGER
REMEMBERED
LORD
SEA
HEARD
WAVES
SAVED

PRAISE
PROMISE
SALVATION
SPIT
WATER
PRAY
PRISON
STOMACH
HOPE

P	O	S	N	W	A	V	E	S	J
R	L	E	W	A	T	E	R	T	O
I	S	A	L	V	A	T	I	O	N
S	P	R	A	I	S	E	Y	M	A
O	R	G	S	A	V	E	D	A	H
N	O	O	H	O	P	E	A	C	H
D	M	R	L	O	R	D	N	H	E
F	I	S	H	E	A	S	G	C	A
U	S	P	I	T	Y	E	E	S	R
R	E	M	E	M	B	E	R	E	D



DAY 3 – WORKSHEET

A

Jonah 3:3-5a



"So Jonah obeyed the Lord. He got up and went to Nineveh. It was a very large city. It took a person three days just to walk across it. Jonah entered the city. When he had walked for one day, he preached to the people. He said, "After 40 days, Nineveh will be destroyed!" The people of Nineveh believed in God."



Questions



Did you spot it

Did the people of Nineveh listen to Jonah and the warning from God?



Work it out

What did the people of Nineveh do to show they were sorry?

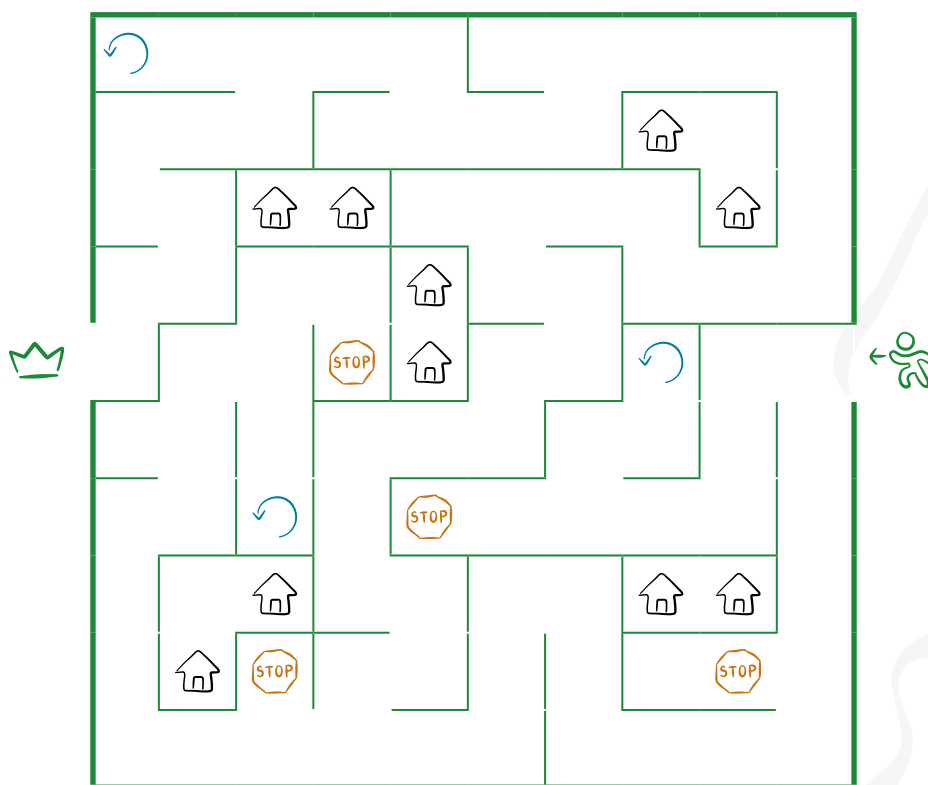


Live it out

How can we show that we are sorry?

Activity

Help Jonah walk through Nineveh to the King.



DAY 3 – WORKSHEET

B

Jonah 3:3-5



Complete the words in the bible verses:

³So J _ _ _ _ obeyed the Lord. He got up and went to Nin _ _ _ _ . It was a very large c _ _ _ _ . It took a person th_ _ _ days just to walk across it. ⁴Jonah entered the city. When he had walked for one day, he preached to the p _ _ _ _ _ . He said, "After 40 days, Nineveh will be des _ _ _ _ _ !"

⁵The people of Nineveh believed in G _ _ . They announced they would s _ _ _ eating for a while. They put on rough cloth to show how s _ _ they were. All the people in the city wore the cloth. People from the m _ _ _ important to the l _ _ _ _ important did this.



Questions



Did you spot it

What was the warning that Jonah gave to the people from God?



Work it out

Draw a simple picture to show what the people of Nineveh did when they heard the warning.



Live it out

How do we show other people we are sorry? How could we show God that we are sorry?

Activity

Help Jonah cross Nineveh (Draw a line to show his route):

G8 → C8 → C6 → H6 → H2 → E2 → E5 → A5 → A1 → D1 → D3 → B3 → B1

Start with your pen on Jonah and draw straight lines which end in the above grid references. Your pen should not leave the page until you reach the gate on the left hand side.

	1	2	3	4	5	6	7	8
A						🏠	🏠	🏠
B	GATE			🏠				
C		🏠		🏠				
D							🏠	
E							🏠	
F			🏠	🏠				
G	🏠			🏠				GATE
H	🏠						🏠	🏠



DAY 3 – WORKSHEET

C

Jonah 3

Complete the words in the Bible passage from the ICB:



3 Then the Lord spoke his word to J ____ again. The Lord said, ²“Get up. Go to the great city N _____. Preach against it what I tell you.”

³So Jonah o _____ the Lord. He got up and went to Nineveh. It was a very l _____ city. It took a person th _____ days just to walk across it. ⁴Jonah entered the city. When he had walked for one day, he preached to the p _____. He said, “After 40 days, Nineveh will be des _____!”

⁵The people of Nineveh b _____ in God. They announced they would s _____ eating for a while. They put on rough cloth to show how s ____ they were. All the people in the city wore the cloth. People from the m _____ important to the l _____ important did this.

⁶When the k ____ of Nineveh heard this news, he got up from his throne. He took off his robe. He covered himself with rough cloth and sat in ashes to show how u _____ he was.

⁷He made an announcement and sent it through the city. The announcement said:

By command of the k ____ and his important men: No person or animal should e ____ anything. No herd or flock will be allowed to taste anything. Do not let them eat f ____ or d _____ water. ⁸But every person and animal should be covered with rough cloth. People should cry loudly to G _____. Everyone must turn away from his e _____ life. Everyone must stop doing harm. ⁹Maybe God will change his mind. Maybe he will stop being an _____. Then we will not d ____.

¹⁰God s ____ what the people did. He s ____ that they stopped doing evil things. So God changed his mind and did not do what he had warned. He did not p _____ them.



Questions



Did you spot it

What was the warning that Jonah gave to the people from God?



Work it out

What did the people of Nineveh do to show they wanted to be forgiven?



Live it out

A Christian is someone who doesn't want to be the ruler of their own lives but who wants God to be the ruler instead. They say sorry to God and ask him to help them change. How might a person's life look different if God was in charge of their whole life?

Activity

Help Jonah cross Nineveh (Draw a line to show his route):

G8 → C8 → C6 → H6 → H2 → E2 → E5 → A5 → A1 → D1 → D3 → B3 → B1

Start with your pen on Jonah and draw straight lines which end in the above grid references. Your pen should not leave the page until you reach the gate on the left hand side.

Can you make a different route to cross Nineveh using the same method as above? What is your route?

	1	2	3	4	5	6	7	8
A						🏠	🏠	🏠
B	GATE			🏠				
C		🏠		🏠				
D							🏠	
E							🏠	
F			🏠	🏠				
G	🏠			🏠				GATE
H	🏠						🏠	🏠

DAY 4 – WORKSHEET

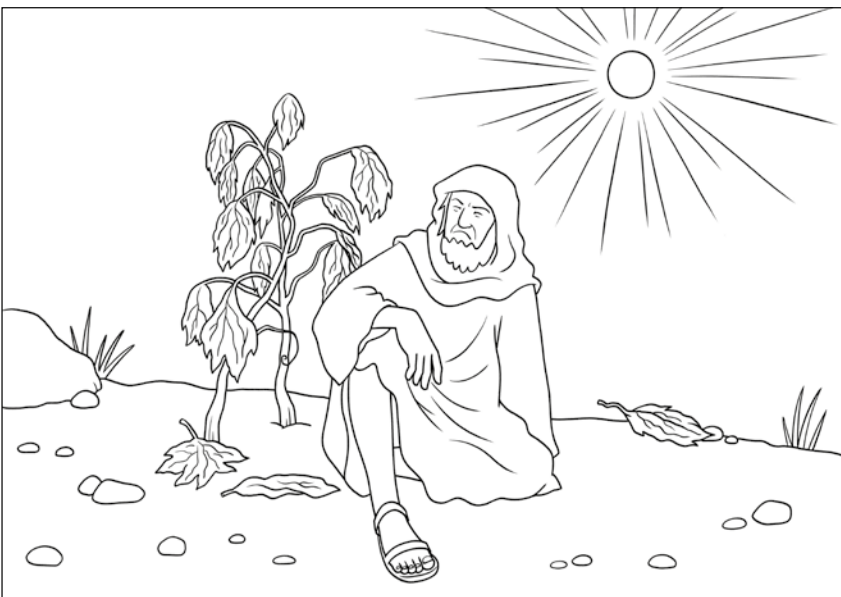
A



Jonah 4:6-7



The Lord made a plant grow quickly up over Jonah. This made a cool place for him to sit. And it helped him to be more comfortable. Jonah was very pleased to have the plant for shade.



The next day the sun rose. And God sent a worm to attack the plant. Then the plant died.



Questions



Did you spot it

How did Jonah feel when God forgave the people of Nineveh?



Work it out

Does Jonah love the plant or the people of Nineveh more?



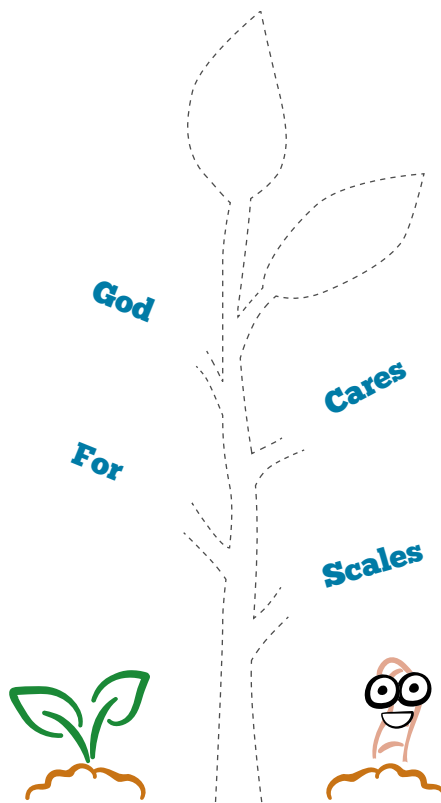
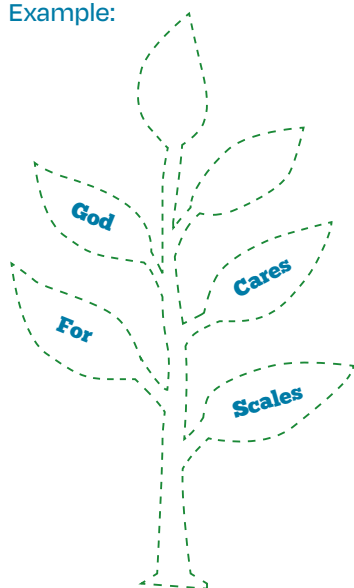
Live it out

God shows he loves everyone, no one is beyond his love. How can you show love to everyone?

Activity

Draw around the plant adding leaves around the words, then colour it in.

Example:



DAY 4 – WORKSHEET

B

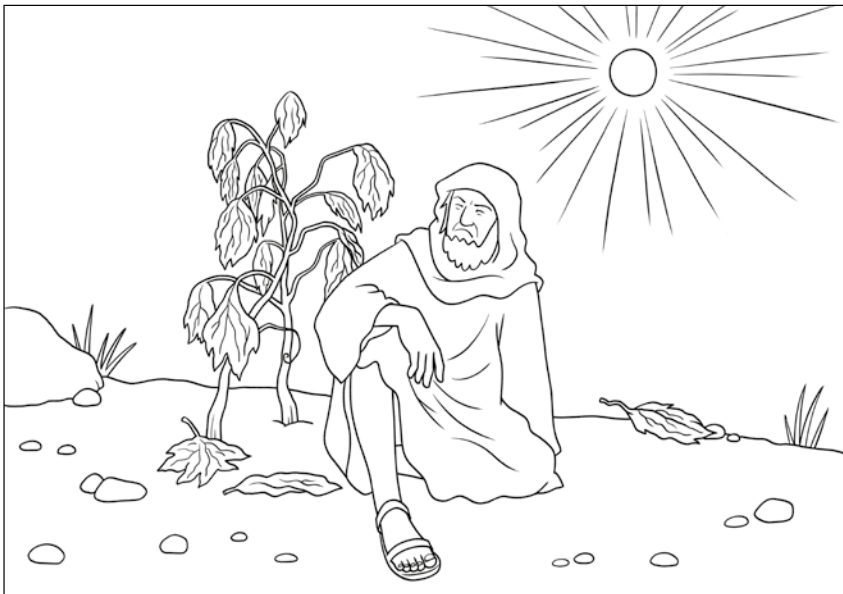


Jonah 4:6-7

In the blank spaces either write 'Jonah', 'God' or 'plant':



The Lord made a _____ grow quickly up over _____ . This made a cool place for him to sit. And it helped him to be more comfortable. _____ was very pleased to have the _____ for shade.



The next day the sun rose. And _____ sent a worm to attack the _____. Then the _____ died.



Questions



Did you spot it

Draw an emoji of how Jonah felt when God forgave the people of Nineveh.



Work it out

Why did Jonah feel like this? What did his response show about who he cared about most?



Live it out

We heard that God loves everyone (no one is beyond his love) and invites everyone to come to his party. We are sometimes more like Jonah than God, loving some people but not everyone. How can we show love to everyone?

Activity

Use the code below to work out what message we take from our passage today?

T	L	W	X	Z	I	V	H		
U	L	I	H	R	M	M	V	I	H

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A

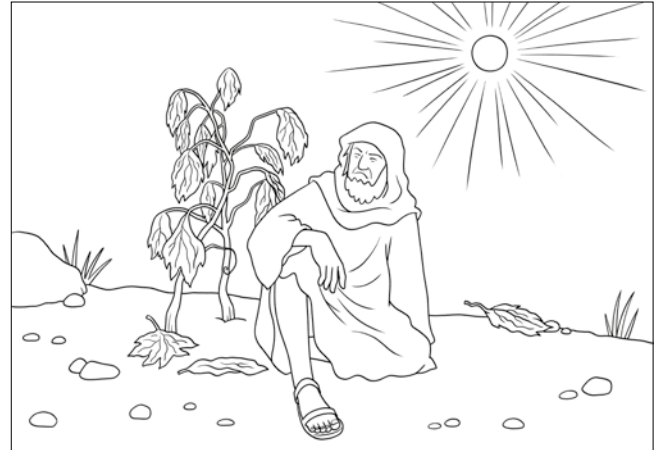
Write a word below in code that comes from today's session. Eg. Ninevites, plant, worm,...

1.

DAY 4 – WORKSHEET

C

Jonah 4



In the blank spaces either write 'Jonah', 'God' or 'plant'.

4 But _____ was very unhappy that _____ did not destroy the city. He was angry. ²He complained to the Lord and said, "I knew this would happen. I knew it when I was still in my own country. It is why I quickly ran away to Tarshish. I knew that you are a _____ who is kind and shows mercy. You don't become angry quickly. You have great love. I knew you would rather forgive than punish them. ³So now I ask you, Lord, please kill me. It is better for me to die than to live."

⁴Then the Lord said, "Do you think it is right for you to be angry?"

⁵ _____ went out and sat down east of the city. There he made a shelter for himself. And he sat there in the shade. He was waiting to see what would happen to the city. ⁶The Lord made a _____ grow quickly up over _____. This made a cool place for him to sit. And it helped him to be more comfortable. _____ was very pleased to have the _____ for shade. ⁷The next day the sun rose. And _____ sent a worm to attack the _____. Then the _____ died.

⁸When the sun was high in the sky, _____ sent a hot east wind to blow. The sun became very hot on _____ 's head. And he became very weak. He wished he were dead. _____ said, "It is better for me to die than to live."

⁹But _____ said this to _____ : "Do you think it is right for you to be angry because of the _____ ?"

_____ answered, "It is right for me to be angry! I will stay angry until I die!"

¹⁰And the Lord said, "You showed concern for that _____. But you did not _____ it or make it grow. It appeared in the night, and the next day it died. ¹¹Then surely I can show concern for the great city Nineveh. There are many animals in that city. And there are more than 120,000 people living there. Those people simply do not know right from wrong!"



Questions



Did you spot it

Draw an emoji of how Jonah felt when God forgave the people of Nineveh.



Work it out

Why did Jonah feel like this? What did his response show about who he cared about most?



Live it out

We heard that God loves everyone (no one is beyond his love) and invites everyone to come to his party. How are you going to respond to the invitation?

- I'm coming** - What could you do while you are waiting for the party to start?
- No thanks** - Could anything change your mind?
- I need more information** - How could you get this? Who could help?

Activity

Use the code below to work out what message we take from our passage today?

T	L	W	X	Z	I	V	H																		
U	L	I	H	R	M	M	V	I	H																
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Z	Y	X	W	V	U	T	S	R	Q	P	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A

Write a word below in code that comes from today's session. Eg. Ninevites, plant, worm,...

- 1.
- 2.
- 3.

