

Explore It TOGETHER



I CALLED TO THE LORD

Jonah 1 Jonah flees from the Lord

Here are some ideas and activities you could do as a family



Read

Read together the story from today's session which can be found in Jonah chapter 1. Discuss together any questions that may come up from this chapter.



Play

Create a thin 'plank' on the floor using paper or tape. Try and walk down the plank without falling into the sea. If someone falls in, shout 'Man overboard!' Speak about how Jonah did not walk the plank but offered to be thrown into the sea because he caused the storm. Remind your children that God's love for Jonah was greater.



Bake

Find a recipe together for biscuits. As you read the instructions encourage everyone to listen. As you wait for them to cook, talk about times in your life when you have listened to God even when it was hard to obey.



Act

As a family, role play today's story. Think about how Jonah was feeling. I wonder, how did those people who were on the boat feel?