



3rd - 5th

DATE November 24-25, 2018

STORY Jonah

BIG IDEA

God will help us through hard things.

NEXT STEP

Choose one "uncomfortable" way to serve someone else, even if you don't feel like doing it.

SCHEDULE

FREE TIME Connect with kids as they arrive and have free play (10 minutes)

LARGE GROUP Introduce today's big idea and story (15 minutes)

GAME TIME Reinforce the big idea through an active game (10 minutes)

COOL DOWN TIME Transition and cool down from game time (10 minutes)

LARGE GROUP Wrap up today's big idea and respond through worship (10 minutes)

SMALL GROUPS Personally connect with kids and apply the story to their lives (15 minutes)

NEED TO KNOW

Today's lesson looks a little different. As we fine tune the new format, you may see new visuals to help you get the most out of the lesson plan.

MAIN VERSE

Deuteronomy 31:8 The Lord himself will go ahead of you. He will be with you. He will never leave you. He'll never desert you. So don't be afraid. Don't lose hope.

LARGE GROUP

TIME: 15 minutes

BIG IDEA: God will help us through hard things.

SUPPLIES: None

VIDEO:

- Up / Russell Complains (<https://youtu.be/e7iGtiaqA1g>)
- Bible Theatre / Jonah and the Whale (<https://youtu.be/BAaR6eKfzXY>)

NOTES:

SET UP EXPECTATIONS

- **Say:** Welcome to Kids' Club, we're so glad to have you here! We want this to be a **safe** and **fun** place for you. To do that, let's all commit to doing a few things:
 - Show respect to each other
 - Listen when someone else is speaking
 - Have fun!

INTRODUCE THE BIG IDEA

- **Say:** Today we're talking about a really incredible story that seems almost too crazy to be true...but it is! First, let's take a look at today's BIG IDEA.
- **Slide: God will help us through hard things.**
- **Say:** Have you ever had to do something you didn't feel like doing? (Let kids respond.) Yeah, we all have to do things we don't love, like chores or homework. Let's check out a clip of a kid who is miserable while taking a trip. He just can't stop complaining!
- **Video: Up / Russell Complains (1 minute)**
- **Ask:** Has anyone ever felt like that before, maybe when you were on a trip? (Let a few kids share examples.)
- **Say:** Today's story is all about a guy who did the same thing. His name was Jonah, and he has a whole book in the Bible named after him! In this book is an incredible, crazy story that shows us how God sometimes asks us to do uncomfortable—and even scary—things.

JONAH AND THE WHALE

- **Say:** Let's look at three important facts about Jonah:
 - God asked Jonah to go to a city called Nineveh, and tell the people there to turn away from their wrong choices and start following God instead.
 - Nineveh was a really wicked city. That means everyone was disobeying God all the time.
 - Jonah really REALLY didn't want to go to Nineveh. He was terrified...so he ran away away from God.
- **Say:** Let's watch a video and find out what happens when Jonah tries to run away from God.
- **Video: Bible Theatre / Jonah and the Whale (3 minutes)**
- **Ask:** What do you think were the scariest things Jonah went through? (Let kids respond.) How did God rescue Jonah, even after he disobeyed? (Let kids respond.) Yes, God actually **COMMANDED** the fish to throw him up!
- **Say:** Following God isn't always easy and comfortable. But no matter how uncomfortable we get, God will **ALWAYS** help us through it, just like he helped Jonah.

GAME TIME

TIME: 10 minutes

BIG IDEA: God will help us through hard things.

SUPPLIES: None

VIDEO: 10-Minute Countdown

NOTES:

PREPARE

- Start the **10-Minute Countdown Timer**

INTRODUCE THE GAME

- **Say:** God has important jobs for every single one of us, but it might not always be easy. Sometimes we have to do things that require us to follow God no matter what he asks.
- **Say:** Just like Jonah obeyed and followed God, we're going to play a game where everyone has to follow a leader, no matter what action they do!

HOW TO PLAY

- Have kids stand in a **large circle**. Pick one kid to be the "guesser" and send them out of the room. While the guesser is gone, pick another kid to be the **leader**.
- Invite the guesser to come back. The guesser stands in the center of the circle. When the round begins, everyone starts swinging their arms up and down.
- The **leader** then does other movements, and everyone else has to mimic the leader's actions, but without being too obvious, so as not to give away the real leader. (Ideas for actions: clapping, kicking motions, twirling, singing, patting your head, hopping, etc.)
- The guesser looks around to **figure out who the leader is!** They get three guesses; if they guess correctly, the leader becomes the guesser for the next round.
- **Alternative:** If you have a really large group of kids, break kids into multiple circles.

DEBRIEF THE GAME

- What was your favorite action to follow?
- What ways did Jonah NOT follow God?
- What ways did Jonah follow God by the end of the story?

COOL DOWN TIME

TIME: 10 minutes

BIG IDEA: God will help us through hard things.

SUPPLIES:

- Large pieces of tear-off paper (1 for every 6 kids)
- Markers (1 set/group)

VIDEO: 10-Minute Countdown

NOTES:

PREPARE

- Start the **10-Minute Countdown Timer**.
- Break into **small groups** or stay in one **large group**.
- Lay out large **pieces of tear-off paper** and set out **markers**.

RESPOND TO THE STORY

- For about 3 minutes, have kids gather around the large pieces of tear-off paper and list things that they **LOVE** to do (play video games, draw, watch a movie, go to the beach, etc.)
- For the next 3 minutes, have them list things that they **DON'T LIKE** to do (clean their bedroom, homework, doing the dishes, taking the garbage out, etc.)
- **Ask:**
 - Do you ever try to get out of doing things you don't like? Why don't you don't like to do those things?
 - What do you think would make them more enjoyable to do?
 - What did Jonah **NOT** want to do? How did he turn away from his wrong choices, and turn back to God?

LARGE GROUP

TIME: 10 minutes

BIG IDEA: God will help us through hard things.

SUPPLIES: None

VIDEO:

- 10-Second Countdown Timer
- Be Exalted (https://youtu.be/r0_J2uDyCKk)
- Not the Same (<https://youtu.be/7MXhwgFuFPU>)

NOTES:

TRANSITION STRETCH

- **Say:** Lift your arms up and stretch as high as possible, and breathe IN. Then slowly bring your arms back down and breathe OUT. Then sit cross-legged style.
- Play the **10-Second Countdown Timer**

GOD WILL ALWAYS BE WITH US

- **Ask:** Who remembers WHY Jonah was so afraid? (Let kids respond.) Yep, he was terrified of delivering God's message to the people in Nineveh. He would have rather sailed away and get thrown overboard than do it!
- **Ask:** But what did God do after Jonah disobeyed and ran away? (Let kids respond.) Yep, he rescued Jonah from death! God NEVER gave up on Jonah; he was patient with him and gave him another chance. And in the end, Jonah chose to do the right thing and go tell others about how to follow God, even though it was uncomfortable and scary.

RESPONSE TIME

- **Say:** The story of Jonah is pretty crazy to imagine, but it actually applies to us! It shows us just how loving God really is—and how much he cares for each one of us. And it reminds us that even though God may ask us to do things that are uncomfortable—he will be with us through everything, no matter how hard it is.
- **Say:** Let's check out a verse that we've looked at a couple times this month. Can I have a volunteer read it out loud?
- **Slide: Deuteronomy 31:8 The Lord himself will go ahead of you. He will be with you. He will never leave you. He'll never desert you. So don't be afraid. Don't lose hope.**
- **Say:** Even though Jonah messed up, and didn't obey God at first, God welcomed him back and gave him another chance. Just like no matter how many things we have done wrong or lessons we have learned the hard way, we can turn back toward God too.

WORSHIP AND PRAYER

- **Say:** In your small groups, you'll talk about the specific things God might be asking you to do. Before we do that, let's follow God by worshipping him! Worship is when we clear our heads and focus only on God—and that can include singing to him!
- **Music Video: Be Exalted**
- **Pray:** Lead kids (or call on a kid to pray) and thank God for never leaving us, and always giving us a second chance.
- **Music Video (Optional): Not the Same**

SMALL GROUPS

TIME: 15 minutes (or until parent pick up)

BIG IDEA: God will help us through hard things.

NEXT STEP: Choose one “uncomfortable” way to serve someone else, even if you don’t feel like doing it.

SUPPLIES:

- Fish template (1/kid)
- Cupcake liners (5/kid)
- Glitter shapes (5/kid)
- Markers (1 set/group)
- Scissors (1 set/group)
- Glue sticks (1 set/group)

PRAY

- Ask kids if there’s anything they want you to pray for, and then pray as a group.

EXTRA TIME?

- Give kids **maze and word-search activity sheets** to work on until their parents pick them up.

ICEBREAKER QUESTION

- Break into **small groups** let each kid answer this question: **What’s your least favorite chore?**

RESPOND TO THE STORY

- What special job did God give Jonah?
- Why was Jonah afraid to do the job God gave him?
- What did God do when Jonah turned away from him?
- What must it have been like to be inside a giant fish’s belly?
- What’s something uncomfortable/hard that you’ve had to do?
- Did God give up on Jonah, even when he ran away? Will God ever give up on us?
- What are some “not easy” things we might have to do when following God? (Examples: Telling others about Jesus, being kind even when we don’t feel like it, serving and helping others.)

MAKE IT PERSONAL

- **Next step:** There’s one important job God wants all of us to do: love others. **What is one way you can love and serve someone else this week, even if you don’t feel like doing it?**
- Next, create a fish to remind us of how God rescued Jonah! Give each kid **1 fish template, 5 cupcake liners, 5 glitter shapes, markers, scissors and glue sticks.**
- Have kids **write their next step** on one side of the fish template.
- Cut out the template, and decorate it!
 - Cut the cupcake liners in half, flatten them out, then glue them on the fish like “scales”.
 - Peel and stick the glitter shapes
 - Draw a face with eyes, a mouth, etc.





connect questions

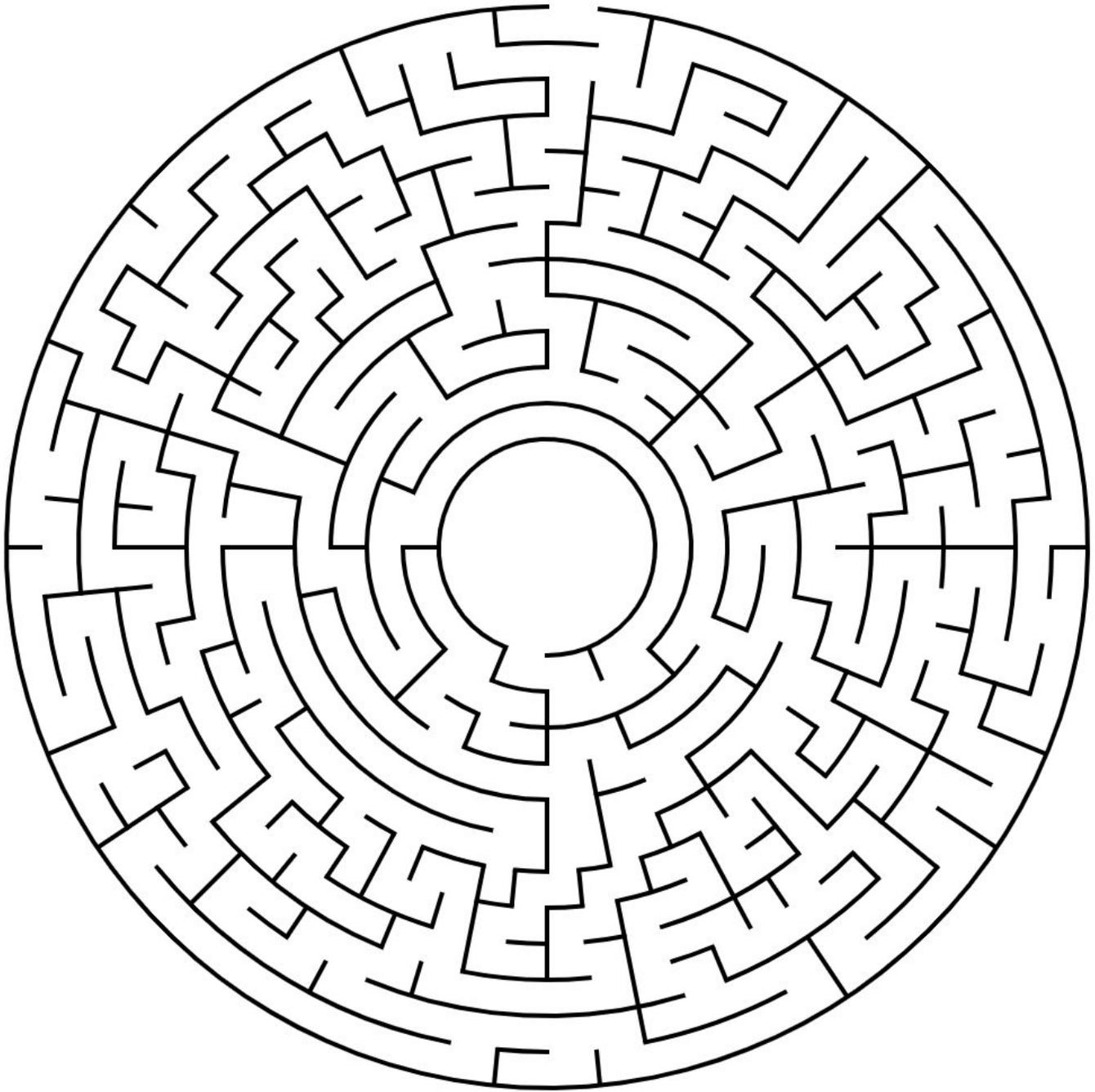
Tell me about Jonah.
How did God rescue Jonah?

lesson supplies

Large Group			
Item	Usage	Details	Provided by
Adventure Bible	1 per large group, reused	Biblesbythe Case.com	site
Large pieces of tear off paper	1 for every 6 kids		site

Small Group			
Item	Usage	Details	Provided by
Colored dot stickers	1 per kid	Provide enough colors for each group at a service to use a separate color. Staples: Avery 5472 or Avery 5795 or Avery 5473	site
Maze sheet - Jonah	Quantity determined by site.	8.5x11 paper, black&white, Page 8	site
Word search sheet - Jonah	Quantity determined by site.	8.5x11 paper, black&white, Page 9	site
Markers	1 set per group, reused		site
Fish template	1 per kid	8.5x11 white cardstock, double sided, black&white, Page 10/11	site
Cupcake liners	5 per kid	Amazon	KC National
Glitter shape stickers	5 per kid	Oriental Trading	KC National
Scissors	1 set per group, reused		site
Glue sticks	1 set per group, reused		site

name



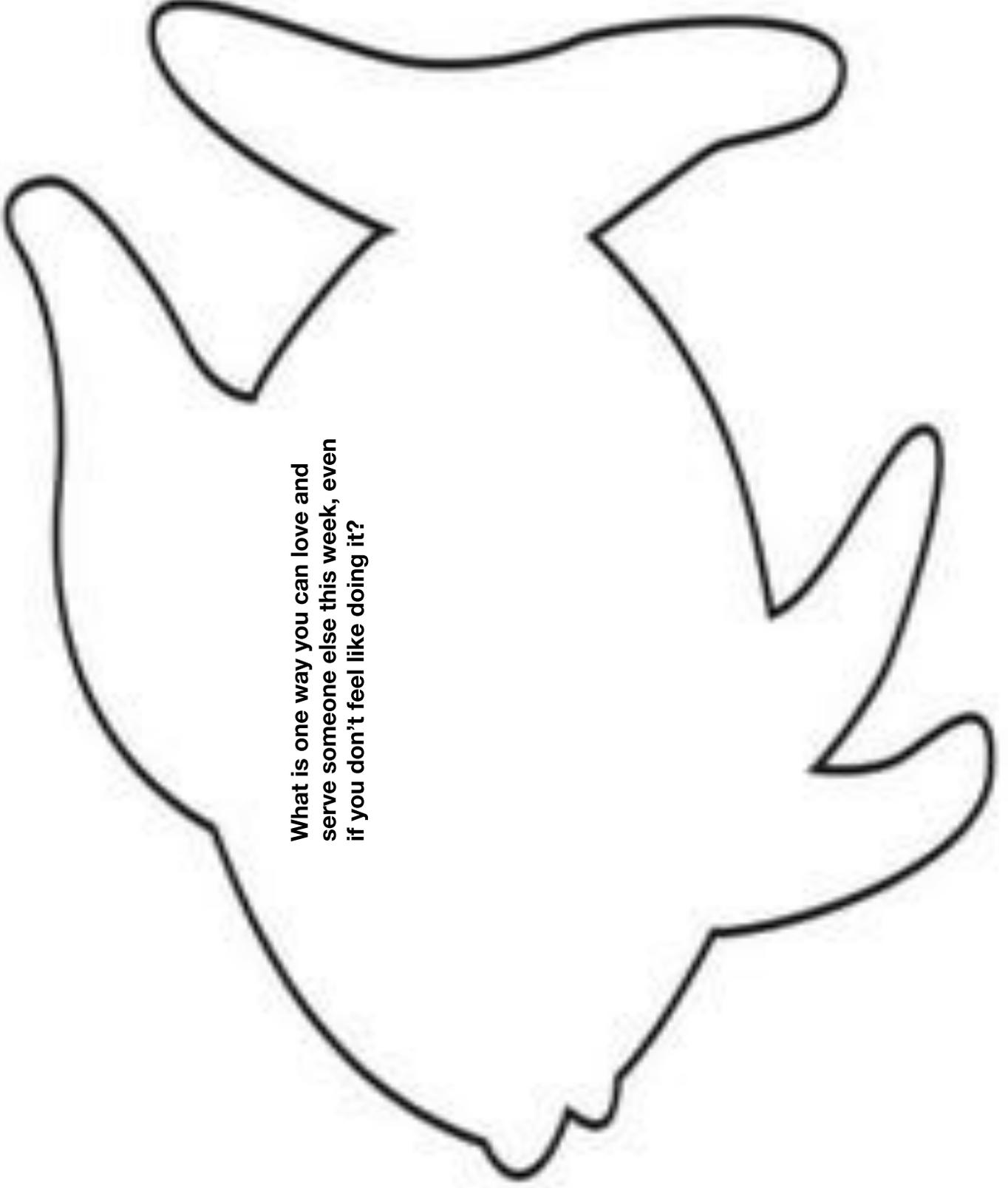
name

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E J I Y U F
W Q D Y
A W

JONAH
OBEY
NINEVEH
FISH
BOAT
WATER
DISOBEY
GOD
FOLLOW



What is one way you can love and serve someone else this week, even if you don't feel like doing it?



A/V needs

3rd-5th



1. KC Logo Slide: for when kids enter the room (All that You Need instrumental; mp3 only; can be downloaded on website)
2. Slide: God will help us through hard things.
3. Up / Russell Complains (<https://youtu.be/e7iGtiagA1g>)
4. Bible Theatre / Jonah and the Whale (<https://youtu.be/BAaR6eKfzXY>)
5. Video: 10-Minute Timer (<https://www.youtube.com/watch?v=Vn31KFenBlo>)
6. Video: 10-Minute Timer (<https://www.youtube.com/watch?v=Vn31KFenBlo>)
7. Video: 10-second countdown video_112518
8. Slide: Deuteronomy 31:8 The Lord himself will go ahead of you. He will be with you. He will never leave you. He'll never desert you. So don't be afraid. Don't lose hope.
9. Music Video: Be Exalted (https://youtu.be/r0_J2uDyCKk)
10. Music Video: Not the Same (<https://youtu.be/7MXhwgFuFPU>)