

## Week 2: Jonah and His (Very Bad) Attitude

### What's the Story?

God told Jonah to go to Nineveh and warn the people that he was angry with them because of their terrible sins. But, Jonah didn't want to go and so he ran away from God. He bought a ticket on a ship that was going to Spain and made his escape.

God sent a terrible storm. It was so bad that the ship was almost broken into pieces! The sailors were frightened because they knew Jonah was running from his God. Jonah told them, "Throw me into the sea, and it will calm down. I'm the cause of this terrible storm." And so, they did.

**The Lord sent a big fish to swallow Jonah, and Jonah was inside the fish for three days and three nights. (Jonah 1: 17, CEV)**

From inside the fish, Jonah prayed to the Lord his God. The Lord commanded the fish to vomit up Jonah onto the shore. Jonah finally obeyed God and went to Nineveh. The people believed God's message. They were sorry for what they had done and they prayed to the Lord. "When God saw that the people had stopped doing evil things, he had pity and did not destroy them as he had planned." (Jonah 3:10)

**Moment of Weakness:** I don't want to do it!

Sometimes we have to do things we don't want to do. Sometimes God asks us to love people we don't want to love. Like Jonah, we can even think some people don't deserve God's love. It took being vomited out of a fish (yuck!) for Jonah to finally go and share God's word in Nineveh. And, after the people listened to him and turned back to God —he was mad about it! He wanted God to destroy them for their wickedness. Even after God saved him from his own moment of weakness, he still couldn't accept that God would love and save the Ninevites. God used even hard-hearted Jonah to save his people.

**Prayer:** God, Help us to listen when you ask us to do things we don't want to do and to love people we don't want to love. Help us to trust that you know best. Amen.

*You can read the whole story by reading the book of Jonah (it's just 4 chapters!)*

### Table Talk:

#### From the story:

When you have to do something that you don't want to do, do you put it off to the very last minute or do it right away and get it over with? What makes you grumpy? How do you get out of a bad mood? Have you ever done a good thing when you really didn't want to? How did it make you feel?

#### Just for fun:

Who do you think has it easier? Kids or grown-ups? Boys or girls? If your parents misbehaved, what punishment would you give them? Where would you go if you were invisible? What one word would you use to describe your family?

### Family Challenge: Water Bottle Flip

**The Goal:** To flip a water bottle & land it right side up.

#### The Rules:

- Fill a clear, empty water bottle 1/4 to 1/3 full of water & put the cap on.
- Set the bottle on a flat surface, such as a table or desk. If you want to use the floor instead, sit cross-legged on a hard, non-carpeted floor and place the bottle on the floor in front of you.
- Grip the bottle cap with your fingertips and thumb - no part of your hand should be touching the cap except for your fingertips.
- Flip your bottle: Grip the bottle tightly as you flick your wrist up quickly. The bottom of the bottle should go up and out in a circular motion away from you.
- Let go of the bottle when your wrist is as high as it can go and the bottom of the bottle is in the air.
- The bottle should do a single rotation in the air and land right-side up on its bottom.

**Tip:** It's all in the wrist! Avoid moving your arm when flipping the bottle.

**Step it up:** See who can land the most flips in a certain amount of time.

#### Don't forget!

Send pictures and/or video to Jennifer to be included in our Summer Scrapbook!