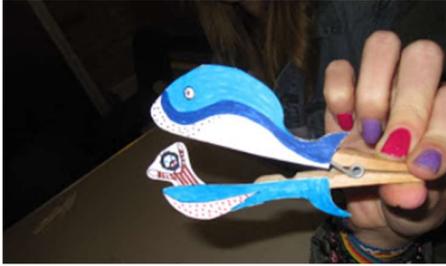


Saturday Mornings June - Jonah

Activity	Equipment	Instructions	Discussion	Picture
<p>1. Fishing game</p>	<p>Sticks; String; magnets; light card; paperclips; a small paddling pool or a large box;</p>	<p>Attach the magnets to the string and the string to the sticks to make a fishing rod. Now cut out lots of fish chapes from your card. Decorate the fish and write numbers on them as points (you could have 10, 25, 50 & 100 points available). Put a paper clip on each fish. Now place the fish in your pool or box. See how many fish you can catch in a minute and add up your score from the numbers on the fish</p>	<p>Talk about whether you know any other stories in the Bible about fish. For example, Jesus turned a small boy's lunch of a few fish and loaves into a picnic for thousands of people; some of Jesus' disciples were fishermen by trade; when Jesus appeared to the disciples after he had risen, he cooked fish for them on the beach. You can use an online Bible to find these stories e.g. Biblegateway.com and enter "fish" in the search</p>	
<p>2. Jonah masks</p>	<p>paper plates or cut-out circles; pens/ crayons; lolly sticks or similar; sticky tape</p>	<p>On one side of the circle or plate draw a scared face, and on the other side draw an angry or a cross face. Attach the lolly stick as a handle.</p>	<p>Talk about how Jonah was scared on the boat but angry with God. Use these masks during the celebration time.</p>	

<p>3. Whale</p>	<p>Peg; Paper/card; Pens/pencils; Glue</p>	<p>Draw and decorate a whale. Cur the whale in half. Draw and decorate a man, Jonah. Stick Jonah to the back of the bottom half of the peg. Then stick the bottom half of the whale to the front of the bottom of the peg. Finally stick the top half of the whale to the top of the front of the peg.</p>	<p>Talk about times you have been scared? Who do you turn to? Jonah turned to God and asked for help. We can do that too in our prayers.</p>	
<p>4. Plastic fish</p>	<p>a large piece of card; glue; scissors; recycled plastic wrappers</p>	<p>Draw the outline of a fish onto the card. Glue pieces of plastic on to the fish.</p>	<p>Talk about how sea creatures are being hurt with plastic rubbish in the sea. There are masses of plastic waste, which are causing environmental hazards for fish and other wildlife. What can we do? In Australia, there are clean-up days at beaches. Inventors and scientists are developing ways to vacuum or collect the plastic, which is then removed from the sea. But it would be far better if it was never there in the first place.</p>	
<p>5. Listening to God on the Beach</p>	<p>Custard Creams; Sealable Bag; Instant whip/Angel Delight; Rolling pin; Spoon; Serving dish; Jelly babies or fish; Cocktail umbrella (optional)</p>	<p>Make instant whip. Place the custard creams in a sealable bag and then crush until you have fine crumbs. Fill a third your serving dish with the crumbs. Then fill another third with the instant whip. Top with more crumbs.</p>	<p>Talk about Jonah sitting under the palm tree (umbrella) listening to God. Sometimes we have difficult things to do. What do we find difficult in our lives? Who can help us with these things? Give thanks for those around us who can help in hard times.</p>	

		<p>Place a jelly baby on the top and insert the umbrella if you have one.</p> <p>Repeat if you have any spare ingredients.</p>	<p>Talk to God about things we find difficult and ask for his help and strength.</p>	
<p>6. Junk Jonah Olympics</p>	<p>Junk (e.g. cereal boxes, yoghurt pots, delivery boxes); sticky tape; string</p>	<p>Turn the Jonah story into an Olympic obstacle course.</p> <ul style="list-style-type: none"> • Sprint (Jonah going the opposite way to God's call): running backwards. • Discus (sailors throwing cargo overboard): throw junk items as far as you can. • Long jump (Jonah being spewed out of the fish): make a jumping-off spot with fishy teeth surrounding it and see how far you can jump. Depending on your junk supplies, you could invent other sports e.g. <ul style="list-style-type: none"> • diving (Jonah being thrown into the sea); swimming (Jonah in the sea); • cycling/skateboarding (Jonah might have ridden something to get to Nineveh); sailing (the sailors on a stormy sea); beach volleyball (which Jonah may have played in sheer relief at escaping from the fish). 	<p>Talk about the challenge it can be to follow Jesus. How much effort are you prepared to put in to do what Jesus wants?</p>	

7. Olympic rings	a large piece of card; pencils/pens	Draw the Olympic Rings onto the card. Jonah had gifts of speaking and teaching – that’s why God asked him to speak to the people in Nineveh. What are your gifts? What are you good at? If you aren’t sure, ask someone! Write or draw inside the Olympic rings a list of all your different gifts and how you could or do use them to share God’s love with others.	Talk about how sportspeople have to work incredibly hard to reach a level to represent their country at the Olympics. Yes, they are gifted, but it also takes hard work and commitment. God gives us gifts to use for the whole of creation, but it doesn’t mean we don’t have to work hard at improving them. God gives us the gifts, but it’s up to us to develop them and put them to good use. How do you improve and build your gifts?	
<p>Bible Story: Jonah 1 (NIV, abridged) Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord. Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship. But Jonah had gone below deck, where he lay down and fell into a deep sleep. The captain went to him and said, ‘How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish’... [Jonah] answered, ‘I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the dry land.’ This terrified them and they asked, ‘What have you done?’ (They knew he was running away from the Lord, because he had already told them so.) The sea was getting rougher and rougher. So they asked him, ‘What should we do to you to make the sea calm down for us?’ ‘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’... They took Jonah and threw him overboard, and the raging sea grew calm. At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him. Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.</p>				