



“A Storm at Sea” Lesson Guide

Episode Overview

Scripture: Jonah 1:4-10

Main idea: Our choices don't just affect us; they can bring "storms" into the lives of others.

Key Theme: Responsibility vs. Hiding

Wait, What Happened?

1. What did God send onto the sea after Jonah boarded the ship?
2. What were the sailors doing to try to save the boat?
3. Where was Jonah during the storm, and what was he doing?
4. How did the sailors figure out that Jonah was the one responsible for the trouble?

Heart to Heart (Discussion)

Sleeping Through the Storm: Jonah was fast asleep while everyone else was terrified. Have you ever tried to ignore a problem by pretending it wasn't there or "tuning it out"?

The Ripple Effect: The story says Jonah's choice to flee put the sailors in danger. Can you think of a time when someone else's mistake made things harder for you? Or a time your mistake affected your friends or family?

Who Are You?: Jonah told the sailors exactly who he was: "I worship the Lord God of heaven, maker of the sea and dry land." Why do you think it is important to be honest about who we are, even when we've made a mistake?

The Weekly Challenge

"The Storm Watcher": This week, pay close attention to how your actions affect the "weather" in your home. If you are grumpy or don't help out, does it make the day "stormy" for others? Try to bring "sunshine" instead by being helpful and honest, even when things are tough!

Activity: The Cargo Toss

Theme: Realizing that "lightening the load" isn't as good as fixing the real problem.

What You Need: A laundry basket (the ship), several pillows or stuffed animals (cargo), a timer.

How to Play

The Goal: The "Captain" sits in the laundry basket. Another person (the Storm) gently shakes the basket.

The Panic: The "Sailors" must throw all the "cargo" out of the basket as fast as they can to "save the ship" before the timer goes off.

The Twist: Once the basket is empty, the "Storm" keeps shaking! The players realize that even though the cargo is gone, the boat is still in trouble because "Jonah" (a specific designated toy or pillow) is still at the bottom.

The Reset: To stop the storm, the players must stop "tossing cargo" and instead find "Jonah" and have a 10-second "Honesty Talk" about what went wrong.

Talk-About It

For the Younger Kids: "The sailors threw away their good cargo, but it didn't stop the storm because Jonah was the real reason for the trouble. Sometimes we try to fix problems by changing things on the outside, but God wants us to fix our hearts on the inside!"

For the Older Kids: "The sailors lost everything they were carrying because of Jonah's secret. When we hide our mistakes, the people around us often end up paying the price. Being honest early on might be scary, but it actually protects the people we care about."

Sown in the Heart

Sown in the Heart is a unique children's radio broadcast captivating young listeners and families with weekly 3-minute and 1-minute Bible story adaptations. Brought to life by talented child readers, uplifting music, and immersive sound effects.

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