



“Jonah Flees” Lesson Guide

Episode Overview

Scripture: Jonah 1:1-3

Main idea: We cannot outrun God’s plan, even when we are afraid.

Key Theme: Obedience vs. Fear

Wait, What Happened?

1. Where did God tell Jonah to go?
2. Where did Jonah actually go?
3. Why did Jonah get on a boat?

Heart to Heart (Discussion)

The "Why" Behind the Run: The story says Jonah was afraid of what God asked him to do. Have you ever been asked to do something that felt too big or too scary?

The Impossible Hideout: Jonah tried to hide in the bottom of a ship. Do you think we can ever truly hide from God? Why or why not?

The Hard Way: The takeaway says running makes the journey harder. Why do you think it's easier to just say "yes" to God the first time?

The Weekly Challenge

The First-Time Yes" This week, practice "First-Time Obedience." When a parent or teacher asks you to do something (like cleaning your room or sharing a toy), try to do it right away without "fleeing" to the TV or another room. Notice how much better you feel when the task is done!

Activity: The GPS Swap

Theme: The cost of going the "Long Way" around God's plan.

What You Need: A "Prize" (a snack, a favorite toy, or a "Winner" high-five)..

Key Theme: Obedience vs. Fear

How to Play

The Goal: Place the prize at one end of the room. The "Traveler" starts at the other end.

The Voice: A parent or sibling acts as the "GPS," giving clear, simple directions to get to the prize (e.g., "Take three big steps forward").

The Jonah Twist: The Traveler must do the exact opposite of the GPS. If the GPS says "Step forward," the Traveler must step backward. If the GPS says "Turn right," the Traveler turns left.

The Reset: If the Traveler accidentally follows the GPS (obeys), they go back to the start!

(Level Up: For an extra challenge, have the GPS give two commands at once (e.g., 'Step forward and clap your hands'). Can you do the opposite of both at the same time?)

Talk-About It

For the Younger Kids: "Was it hard to walk away from the prize when you knew exactly where it was? Jonah knew where God wanted him to be, but he chose the hard, backwards way instead!"

For the Older Kids: "In the game, going the 'wrong way' made a 10-second walk take much longer. In life, when we ignore our conscience or God's direction, we aren't just 'escaping,' we are usually making our own journey much more complicated and exhausting than it needs to be."

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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