



“Thrown into the Deep” Lesson Guide

Episode Overview

Scripture: Jonah 1:11-17

Main idea: Sometimes the "storms" in our lives only settle when we put others before ourselves.

Key Theme: Sacrifice vs. Self-Preservation

Wait, What Happened?

1. What did Jonah tell the sailors to do to stop the storm?
2. What did the sailors try to do before they finally threw Jonah overboard?
3. What happened to the sea the moment Jonah was thrown into the water?
4. What did God appoint to happen to Jonah while he was in the sea?

Heart to Heart (Discussion)

The High Cost of Truth: Jonah realized he couldn't fix the problem by hiding anymore. He took responsibility for his choices, even though he knew the cost was high.

- Have you ever had to admit to a mistake even when you knew you might get in trouble for it?

Putting Others First: Even though the sailors didn't want to throw him over, Jonah told them to do it so they would be safe.

- Can you think of a time when you had to give up something you wanted (or be brave) just to help someone else?

God's Unlikely Protection: Just when it seemed like the story was over for Jonah, God appointed a great fish to swallow him.

- Why do you think God sent the fish instead of just letting Jonah sink?

The Weekly Challenge

"The Peace Maker": This week, if you find yourself in the middle of a "storm" (like an argument with a sibling or a mistake at school), don't try to hide from it.

- Try to be the first one to say, "I am responsible," and see how quickly the "storm" around you settles down!

Activity: The Great Fish Rescue

Theme: God provides a way out even when we feel "swallowed up" by mistakes.

What You Need: A large blue sheet or blanket (the sea), a gray or dark-colored sleeping bag or a large cardboard box (the fish), a flashlight.

How to Play

The Storm: Everyone holds the edges of a blue sheet and shakes it wildly to create "waves".

The Leap: One person (Jonah) "jumps" into the middle of the sheet. Suddenly, everyone stops shaking the sheet—the sea is calm!

The Swallow: Jonah must crawl under the "Great Fish" (the sleeping bag or box).

The Prayer: Inside the fish, Jonah uses the flashlight to find three "seeds of truth" (small slips of paper) hidden inside that say: Honesty, Sacrifice, and God is Here.

Talk-About It

For the Younger Kids: "Jonah was in the dark belly of the fish for three days, but God was still with him! Even when we make big mistakes and feel like we are in a 'dark' place, God has a plan to rescue us."

For the Older Kids: "Jonah's sacrifice saved the sailors, but God's mercy saved Jonah. Sometimes doing the right thing feels like jumping into a stormy sea, but God can use those scary moments to change our hearts."

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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