



"A Prayer in the Dark" Lesson Guide

Episode Overview

Scripture: Jonah 2:1-10

Main idea: We can never sink so deep that God can't hear us. A fresh start begins with prayer.

Key Theme: Repentance & Thanksgiving

Wait, What Happened?

1. Where was Jonah when he finally prayed to the Lord?
2. Describe what it was like in the fish (how did Jonah describe the water and the seaweed)?
3. What did Jonah promise to do while he was still inside the fish?
4. How did Jonah get back onto dry land?

Heart to Heart (Discussion)

The Bottom of the Sea: Jonah felt like he was "banished" and that the "earth's gates shut behind him forever." He was at the absolute bottom.

- Have you ever felt like you were in a "dark place" because of a mistake you made? How did it feel?

God is Listening: Even though Jonah was inside a fish at the bottom of the ocean, God heard his voice perfectly.

- Do you think there is anywhere you could go where God wouldn't be able to hear your prayers?

The Power of "Thank You": Instead of just asking to get out, Jonah offered a "voice of thanksgiving" while he was still trapped.

- Why is it important to thank God and remember His love even when things are still "messy" or difficult?

The Weekly Challenge

"The Flashlight Prayer": This week, if you feel sad, lonely, or like you've made a big mistake, find a quiet, dark spot (like under a blanket or in a dim room).

- Try to pray just like Jonah did. Tell God exactly how you feel, say "I'm sorry" if you need to, and finish by telling Him three things you are thankful for!

Activity: "Seaweed" Escape

Theme: Realizing that God can pull us out of the messiest situations.

What You Need: Green streamers or yarn (seaweed), a timer, and a "prize" or treat (dry land).

How to Play

The Tangled Deep: Have the kids sit on the floor. Wrap the green streamers or yarn loosely on their legs and arms (not too tight!) to represent the seaweed.

The Prayer Pause: Before they can "escape," they have to sit perfectly still in the "dark" (eyes closed) and name one thing they want to talk to God about.

The Rescue: When the leader says "Salvation belongs to the Lord!", the timer starts. The kids must carefully untangle themselves from the "seaweed" without tearing the streamers (if possible) to reach the "dry land" on the other side of the room.

Talk-About It

For the Younger Kids: "Jonah had seaweed wrapped around his head! It was yucky and scary. But God was the one who told the fish to spit him out. God is the one who helps us get out of our 'messy' mistakes when we ask Him."

For the Older Kids: "Jonah's prayer shows that he remembered God's 'faithful love' even when he was sinking. When we feel 'entangled' by our problems, remembering God's love is the first step toward getting back to dry land."

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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