



Sown in the Heart

# Jonah 3:1-5 Lesson Guide

## Episode Overview

**Scripture:** Jonah 3:1-5

**Main idea:** There is always time to stop doing what is wrong and start doing what is right; one person's obedience can change an entire city.

**Key Theme:** Second Chances & Obedience

## Wait, What Happened?

1. What did God tell Jonah to do after he landed on the shore?
2. How did Jonah react this time compared to the first time God gave him this command?
3. How big was the city of Nineveh, and how long did it take Jonah to walk across it?
4. What was the surprising reaction of the people of Nineveh when they heard Jonah's message?

## Heart to Heart (Discussion)

**The Gift of a Second Chance:** After everything Jonah went through, the storm and the fish, God didn't give up on him. He gave him the same job again.

- Have you ever made a mistake and felt like you didn't deserve another try? How did it feel when you were finally given a second chance?

**Listening the Second Time:** Jonah spent three days in a fish before he was ready to listen. This time, he "got up and traveled" exactly as he was told.

- Why do you think it is sometimes easier to listen after we have experienced the "storm" caused by our own choices?

**The Power of One Voice:** Jonah was just one person in a massive city, yet because he listened to God, the hearts of "greatest to the least" were turned.

- Can you think of a time when you did the right thing and it encouraged your friends or siblings to do the right thing too?

## The Weekly Challenge

**"The Do-Over":** This week, look for a moment where you might have "missed the mark"—maybe you spoke unkindly or forgot a chore.

- Try to ask for a "second chance" right away. Say, "I didn't do that right the first time; can I try again?" and notice how a fresh start changes the mood of your whole day.

## Activity: The Nineveh "March" (Game)

**Theme:** Even a long, difficult task is possible when we choose to follow God's lead.

**What You Need:** A long hallway or large room, masking tape or pillows to mark "city blocks," and a bell or whistle.

### How to Play

**The Great City:** Set up three "stations" across the room to represent the "three-day walk" through Nineveh.

**The Proclamation:** The "Traveler" (Jonah) must walk from one side to the other. Every time they reach a station, they have to shout a "Message of Truth" (e.g., "God is Good!" or "It's time to do what's right!").

**The City's Response:** Everyone else in the room (the Ninevites) must "believe the message" by stopping whatever they are doing and sitting down in "sackcloth" (sitting very still and quiet) as soon as they hear the message.

**The Goal:** See if "Jonah" can make it through the whole city and get everyone to join in the quiet reflection before the timer runs out.

### Talk-About It

**For the Younger Kids:** "Jonah had to walk a long way to tell people about God. Even though it was a big job, he did it because he was thankful for his second chance. When we listen to God, we can help other people find Him too!"

**For the Older Kids:** "The people of Nineveh didn't argue with Jonah; they immediately changed their actions. This shows us that no one is 'too far gone' for a second chance, and no message is too small to make a difference if it comes from God".

### 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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