

## Animated (PreK)

Week 2

### **BIG IDEA**

God loves me even when I feel ashamed.

### **BIBLE**

Jonah Swallowed by a Fish: Jonah 1:17–2:10

## WELCOME TIME

### PLAY | Free Time

- **INSTRUCTIONS:** *Tables will be set with toys and activities for kids to play until the lesson begins. This is a great opportunity to get to know kids and build relationships.*
  - *Get on the floor and be silly*
  - *Play along with what they're playing*
  - *Ask get-to-know-you questions*
  - *Learn names and use them as you interact*

### MUSIC | Worship Playlist

- **INSTRUCTIONS:** *During free time, use one of our spotify playlists to play some background music.*

### CLEAN UP

- **INSTRUCTIONS:** *Before moving onto the lesson content, play the "Clean Up" song and work together as a class to put all toys and activities away.*
  - *Place all toys in labelled tubs.*
  - *Place all tubs away in labelled cabinets*

## INTRO

### ACTIVITY | Frozen Fish

- Welcome! I am so glad to be here with you today. Would you play a game with me?
- **INSTRUCTIONS:** *In this variation of the game "Freeze Dance", kids will dance to music until it stops. When the music stops, call out the name of a sea creature and kids will have to animate themselves like the sea creature you called out (octopus, shark, dolphin, jellyfish, starfish, sea turtle, whale.)*
  - **TODDLER HACK:** *Some toddlers will not yet know what some of these sea creatures look like or how they act, so you might have to show them an example.*
- That was FUN! There's a BIG sea creature in today's Bible story. Let's hear about it together!

## STORY TIME

SCRIPTURE | Jonah 1:17–2:10 (Jonah Swallowed by a Fish)

- We've been talking a little about feelings and emotions this month.
- **Would you like to act out a few feelings with me?**
  - Let's be sad.
  - Let's be happy.
  - Now, let's be grumpy.
- **Okay, how about this one: What do you think an ashamed face looks like?**
- Ashamed is when you know you did something you weren't supposed to do and you're embarrassed about it. It makes us want to hide, cover our faces, or even cry.
- When we know we did something wrong, it's normal to feel ashamed. But the good news is, we don't have to hide or stay ashamed . . . because God doesn't want us to!
- That reminds me of a story from the Bible about a guy named Jonah.
- *[Turn in the Bible to Jonah 1. Re-tell the story of Jonah and the Whale using the following script]*
- God told Jonah to go to a place called Nineveh and tell them to stop making the wrong choices. God wanted the people of Nineveh to say they were sorry and start listening to God.
- But Jonah didn't want to do what God asked him to do, so he ran the other way. He got on a boat hoping to get away from God!
- Then, the boat Jonah was on ran into a huge storm.
- Everyone on the boat wondered why this was happening, but Jonah knew. He knew that trying to run from God was wrong.
- Jonah felt ashamed for disobeying God. So, he told everyone on the boat what he did and that the storm was his fault. Then, he told the people on the boat to throw him off the boat and into the water.
- The people didn't want to do it, but the storm kept getting worse and worse. So, they threw Jonah off of the boat.
- Splash! The moment they threw Jonah into the water, the storm stopped!
- But God didn't leave Jonah out in the big sea. God sent a big fish to swallow Jonah. Jonah was inside the fish for three days and three nights. Jonah prayed. And this is what he said . . .
- *[Read Jonah 1:17–2:09.]*
- In his prayer, Jonah thanked God for saving him and promised he would tell others about how good God was.
- Jonah wanted another chance and he got one! The big fish spat Jonah out onto the beach. He was on land again!
- And this time, Jonah did what God told him to do. Jonah got up and went to Nineveh where he told the people about their mistakes. He told them they could fix them by praying to God and not doing those bad things anymore. Jonah knew better than anyone that God gave second chances!
- So, the people in Nineveh did just that. They changed their hearts because of what Jonah told them!

- Even when Jonah felt ashamed for running away from God, God loved him anyway!

#### BIG IDEA | God loves me even when I feel ashamed.

- That's our Big Idea today!
- **INSTRUCTIONS:** *Introduce the Big Idea using the speech bubbles that say "God loves me" on one and "even when I feel ashamed" on the other. Invite volunteers to hold up each speech bubble and freeze in a funny, cartoon pose. Have the volunteers unfreeze when kids say the Big Idea.*
- Let's all say the Big Idea together: **God loves me even when I feel ashamed.**

#### MUSIC | Animated Praise

- Great job listening today, friends! I am so glad that **God loves us even when we feel ashamed**, aren't you?
- I think it's time to get up and move around! Let's worship God together because he loves us no matter what!
- **SUPPLIES:**
  - *motion videos*
- **INSTRUCTIONS:** *Play the motion videos and encourage kids to dance along! Here are the songs for this month:*
  - "God is With Me"
  - "Whole Lotta Bit"
  - "Perfect"
  - "Special"

#### MEMORY VERSE | Romans 15:13a (NLT)

- We have a new memory verse to practice. All month long, we're going to work together to remember these words from the Bible. They remind us that when we trust God, we have can hope and joy and peace!
- Here's what our verse says:
  - **"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him." Romans. 15:13a**
- Let's practice our memory verse together like we're underwater with Jonah in the fish.
- **INSTRUCTIONS:** *Kids will practice reciting the memory verse from Romans 15:13a as if underwater, using one finger to make a burbling noise with their lips.*

#### PRAYER

- **INSTRUCTIONS:** *Before prayer time each week, play this emoji music video, ["Jesus Loves](#)*

*Me," and have kids sing along.*

- God, remind me that you love me even when I feel ashamed. Thank you for taking away my shame and giving me another chance. Help me to be brave and tell others about how good you are. Amen.

## SHARING TIME

### DISCUSSION | What We've Learned

- **INSTRUCTIONS:** *Split kids into groups of 4-6 students. Review the Bible story together by asking and discussing the following questions.*
- **What mistake did Jonah make?**
- **What did Jonah do after the fish spit him out on the beach?**
- **Who can you go to when you feel ashamed?**
- I'm so glad **God loves me even when I feel ashamed** and gives me new chances to try again all the time!

### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.*

### MEMORY VERSE | Romans 15:13a (NLT)

- We have a new memory verse to practice. All month long, we're going to work together to remember these words from the Bible. They remind us that when we trust God, we have can hope and joy and peace!
- Here's what our verse says:
  - **"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him." Romans. 15:13a**

## PLAY TIME

### EXTRA TIME ACTIVITY | Run, Jonah, Run!

- Just like in our Bible story we read today, where Jonah ran from God and was swallowed by a big fish, we're going to play a game where we'll run and try not to get caught by a big fish!
- **INSTRUCTIONS:** *To play this game, you will need enough space for the kids to move around easily. Pick one kid to be the big fish. The big fish will stand in the center of the playing area. Line up all the other kids on one side of the room. They will be all be Jonah.*

*When you say, "Storm," tell the kids to run from one side of the room to the other without getting tagged by the big fish. Whoever gets tagged will remain in the middle and become another big fish. Play until there is only one Jonah left and everyone else has now become a big fish.*

- **TODDLER HACK:** *Toddlers can use blue streamers and ribbons to twirl and play with, pretending they are fish swimming in the ocean.*