

GRADES  
K-6

# JONAH & THE WHALE

Printable Lesson Kit



**M** **GHTY MESSAGES**

# THANK YOU

Thank you for ordering from [www.TeachSundaySchool.com](http://www.TeachSundaySchool.com). We strive to offer you top notch Bible teaching tools. Feel free to contact us with any questions a [marykate@teachsundayschool.com](mailto:marykate@teachsundayschool.com).

## HOW TO PRINT

If you are having any trouble printing, here are some helpful tips:

- 1) Adobe Acrobat PDF Reader is the most universal PDF reader and comes standard on most computers. If you are having issues, check to make sure you are using a recent version of Adobe, which is available free online here.
- 2) If for any reason a page is being cut off, when you push the “print” button and the dialogue box pops up, check the box “fit”.

## TERMS OF USE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it.

### Allowed:

You are able to print as many times as you would like for personal, family, or single church/school use. (Please show this to any printer you may take this to in order to prove that you are not infringing on the copyright by printing this file).

If you would like to use this file for multiple schools or churches, please email us at [marykate@teachsundayschool.com](mailto:marykate@teachsundayschool.com) for information on a bundle purchase price.

### Not Allowed:

This digital file cannot be given to anyone else. In order to own a digital file, it must be purchased. This file is never to be emailed to anyone else for the purpose of giving it to them or sharing it with them. In order to own a file, it must be purchased.

Do not post this file, or images from this file on a blog, website, or anything like it for the purpose of giving it away or selling it.

Do not change this file in any way.

Do not use all or part of this file for commercial use in any way.

Anything that is not meant for the intended use of this file, which is for personal, family, or single church/school use is not allowed. We are offering this as a digital file for the convenience of our customers. Any abuse of that is not allowed.

If you feel you have obtained an unauthorized copy of this material, please email us at [marykate@teachsundayschool.com](mailto:marykate@teachsundayschool.com).

## LEGAL NOTICE

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and / or local laws or regulations. All users are advised to retain competent counsel to determine what state and / or local laws or regulations may apply to the user’s particular operation.

The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

# CONTENTS

Lesson Overview	4
Scripture & Lesson	5
Printable Craft	7
Game	10
Coloring Page	11
Word Search	12
Crossword Puzzle	13
Parent Handout	14
Jonah At-A-Glance	15
Learning Lookups	16
Quiz	17
Answer Key	18
Certificate of Completion	19

# JONAH & THE WHALE

## LESSON OVERVIEW

### JONAH AND THE WHALE MIGHTY MESSAGE

The story of Jonah and the whale will teach kids the importance following God's guidance and not thinking you have a better idea. God told Jonah to go to Nineveh and tell the people to repent. But Jonah thought the Ninevites were far beneath the Jewish people and said no! Jonah was swallowed by the whale so he could not escape God's call. The people of Nineveh actually repented when Jonah finally spoke!

#### How to Use the Lesson Kit:

This kit includes a variety of activities that you can select from to customize your perfect lesson. We suggest beginning with the Scripture Reading & Lesson followed by the Discussion Questions. From there, feel free to mix & match the activities to build your lesson plan based on the time you have allotted and the age level/interests of your kids.



#### WHAT'S INCLUDED:

- Scripture Reading & Lesson
- Discussion Questions
- Craft
- Game
- Coloring Page
- Wordsearch
- Crossword Puzzle
- Learning Lookups Journaling
- Parent Handout
- Quiz
- Reference Sheet
- Certificate of Completion
- Answer Page



#### MATERIALS LIST:

- Crayons, markers, colored pencils
- Glue sticks
- White cardstock (craft)
- Optional: Exacto Knife (for adult help with craft)
- Scissors
- Aluminum foil (game)
- Candy kisses (game)
- Pencils or pens
- Bibles (electronic or hardcopy)

# JONAH & THE WHALE

## SCRIPTURE & LESSON

### EXCERPTS OF JONAH 1-4 (NIV)

Read the following excerpts as shown (NIV translation), or read from your chosen Bible translation:



#### JONAH 1:

<sup>1</sup>The word of the Lord came to Jonah son of Amittai:

<sup>2</sup>“Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.”

<sup>3</sup>But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.

<sup>4</sup>Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up.

<sup>5</sup>All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship.

But Jonah had gone below deck, where he lay down and fell into a deep sleep.

<sup>6</sup>The captain went to him and said, “How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish.”

<sup>7</sup>Then the sailors said to each other, “Come, let us cast lots to find out who is responsible for this calamity.” They cast lots and the lot fell on Jonah.

<sup>8</sup>So they asked him, “Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?”

<sup>9</sup>He answered, “I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the dry land.”

<sup>10</sup>This terrified them and they asked, “What have you done?” (They knew he was running away from the Lord, because he had already told them so.)

<sup>11</sup>The sea was getting rougher and rougher. So they asked him, “What should we do to you to make the sea calm down for us?”

<sup>12</sup>“Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.”

<sup>13</sup>Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before.

<sup>14</sup>Then they cried out to the Lord, “Please, Lord, do not let us die for taking this man’s life. Do not hold us accountable for killing an innocent man, for you, Lord, have done as you pleased.”

<sup>15</sup>Then they took Jonah and threw him overboard, and the raging sea grew calm.

<sup>16</sup>At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him.

Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.



#### JONAH 2:

<sup>10</sup> And the Lord commanded the fish, and it vomited Jonah onto dry land.



## JONAH 3

<sup>1</sup>Then the word of the Lord came to Jonah a second time:

<sup>2</sup>“Go to the great city of Nineveh and proclaim to it the message I give you.”

<sup>3</sup> Jonah obeyed the word of the Lord and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it.

<sup>4</sup> Jonah began by going a day’s journey into the city, proclaiming, “Forty more days and Nineveh will be overthrown.”

<sup>5</sup> The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

### Questions for Children about Jonah and the Whale:

1. Jonah ran away from God instead of following God’s commands. What had God commanded him to do?

**A: Go to Nineveh and tell the people they were being wicked.**

2. Why might Jonah have not wanted to go? **A: Fear of the Nineveh people or perhaps an extreme dislike of them.** Did God ever tell you not to do something bad or to do something good when others were doing bad? What happened?

3. One of the worst fears known to mankind is being eaten alive by a big monster. Did God really intend to hurt Jonah?

**A: No; he was disappointed in Jonah but he really wanted to show his protection—how nothing bad would happen even in the grips of something terrifying. The people of Nineveh worshipped fake gods who couldn’t help them. The city was part of Assyria. The army was brutal and their king, very violent.** Why did God create the giant fish? **A: So that Jonah would respect the lives of the Ninevite people, so that he would go and tell them to stop acting so bad.** Think of the scariest place you ever found yourself. Did you pray to God? If you had it to do over, what would you say to God while there?



## TEACHER’S MIGHTY MESSAGE

A giant fish swallowed Jonah. He stayed alive in the belly of that fish for three days! On the third day the fish spit him out. Jonah went quickly to Nineveh. (AFTER he bathed). The people of Nineveh believed Jonah. They changed their evil ways, believing he spoke God’s words!

Sometimes obeying God can feel like a sacrifice. We may not understand why he asks us to do things. We may not always feel like sharing God’s love—especially if we think the people are mean! But ignoring God’s instructions gets us into trouble. We need to FOLLOW HIM!



# JONAH & THE WHALE

## PRINTABLE CRAFT



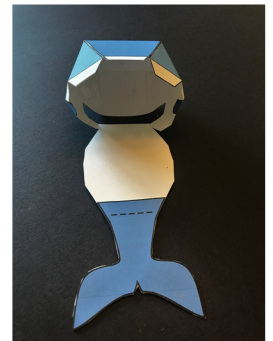
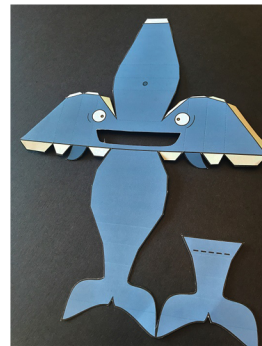
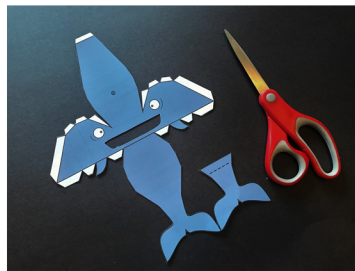
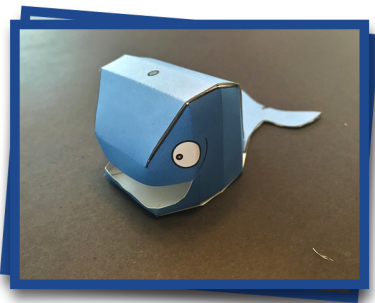
### MATERIALS:

- Whale Box Printable Craft
- White Cardstock
- Coloring Utensils
- Scissors
- Glue Stick
- Optional: Exacto Knife



### PREPARATION:

1. Print out a copy of the printable craft for each student

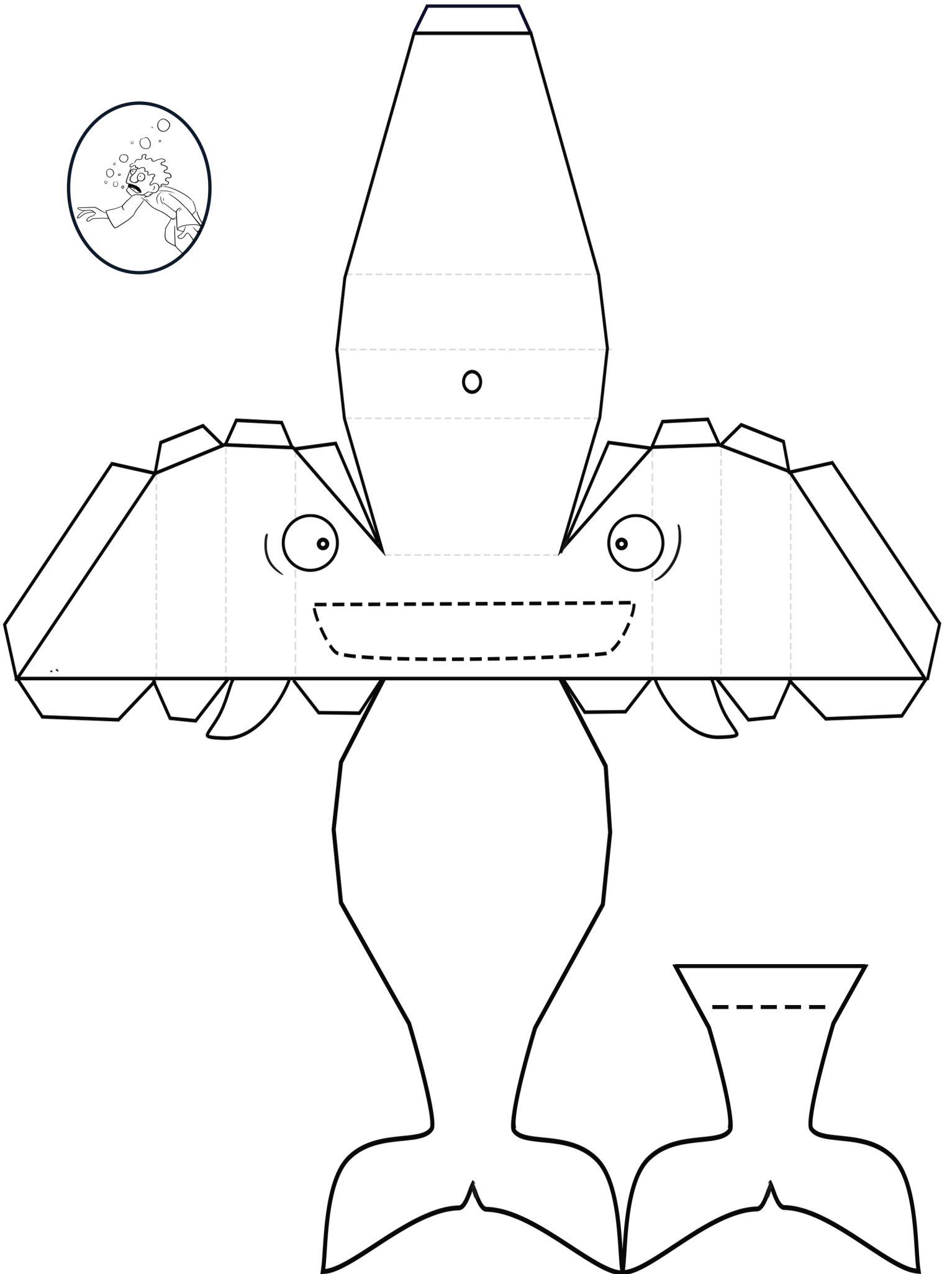


## INTRODUCTION

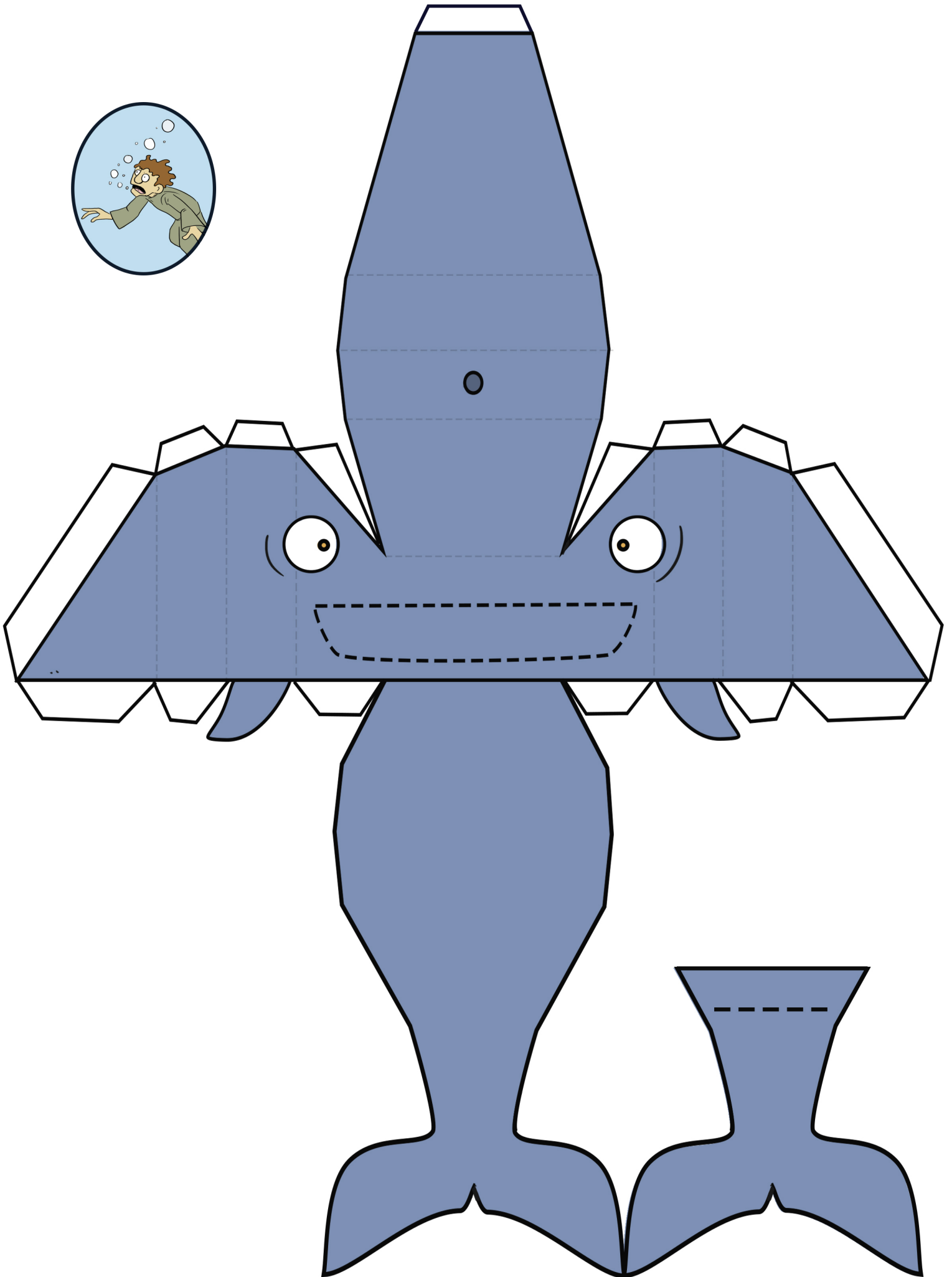
As students are cutting and coloring, read the Prayer of Jonah with them again. Generate some discussion on situations kids might come upon that mean they are in “the belly of the beast.” Encourage them to remember the prayer by having several of them read different parts.

## INSTRUCTIONS

1. Color images as desired
2. Cut out Whale Box & Jonah (Pro Tip: have a grown up cut out mouth of whale with Exacto Knife)
3. Fold all tabs in to inside and fold along all dotted lines
4. Fold over Whale Tail and glue together
5. Starting near whale eyes, apply glue to tabs on each side and press firmly together to adhere aligning pieces until you get to the small tab at the back of the whale.
6. Fold along solid line underneath whale mouth
7. Apply glue to tab on whale back and tabs on both sides underneath the whale mouth. Press firmly to bottom of whale aligning sides as you go. The tab on the whale back should just cover the dotted line on the whale tail.
8. Slide the cut-out Jonah into the whale’s mouth







# JONAH & THE WHALE

## GAME

### ALUMINUM FOIL GUESSING GAME

God sees deep into the hearts of people. This guessing game will help the kids understand that they don't always know what's beneath the surface, just like Jonah didn't know what was in the hearts of the Ninevites



#### MATERIALS:

- Aluminum foil
- Wrapped candy (Candy Kisses)



#### PREPARATION:

1. Cut off square pieces of aluminum foil (about the same length as the width of the roll). Cut off enough squares so that there are two for every student.
2. In half of them, wrap a candy kiss and create a ball around it. In the other half, create the ball without the candy. When you are finished, all should look alike, with candies well hidden!



#### INSTRUCTIONS:

1. Have students stand in a line at one end of the table. You sit at the other with all the balls in front of you.
2. Roll a ball down to the first student. Ask, "Do you think there is something cool wrapped up in that aluminum foil?" They can shake it, stare at it, squeeze it. They may not have two at once to compare weights.
3. Once the student has guessed either "yes" or "no," let them open it. The student who guesses correctly gets a point and gets to keep any candy found inside.
4. Have the next student repeat until all students have gone. If there are leftover candies, divvy up with students who got less from your supply.

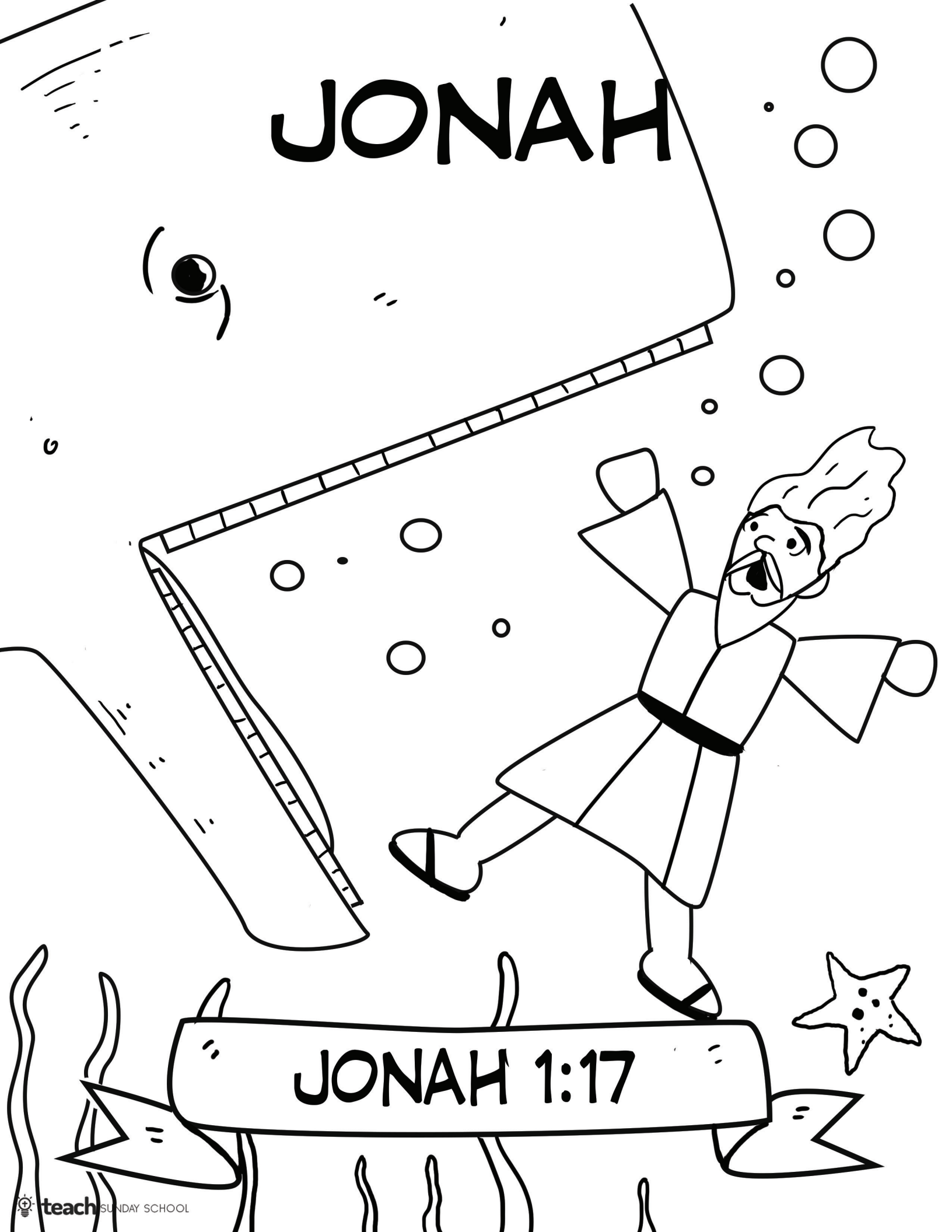
#### CONCLUSION:

1 Samuel 16:7 says, "...for God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart."

The same way it was close to impossible to really know what was inside the foil, it's equally impossible for us to really know what is going on inside the minds and hearts of others. Jonah didn't realize how easily the Ninevites would turn back to God when he pointed out their wrongs. Now we can learn from Jonah not to look at the outside of people or what they do!

The important part is that we keep trying to reach them for Jesus. He sees their potential; we just have to keep doing the right thing! Who knows when someone will have something truly wonderful inside just waiting to come out.

# JONAH

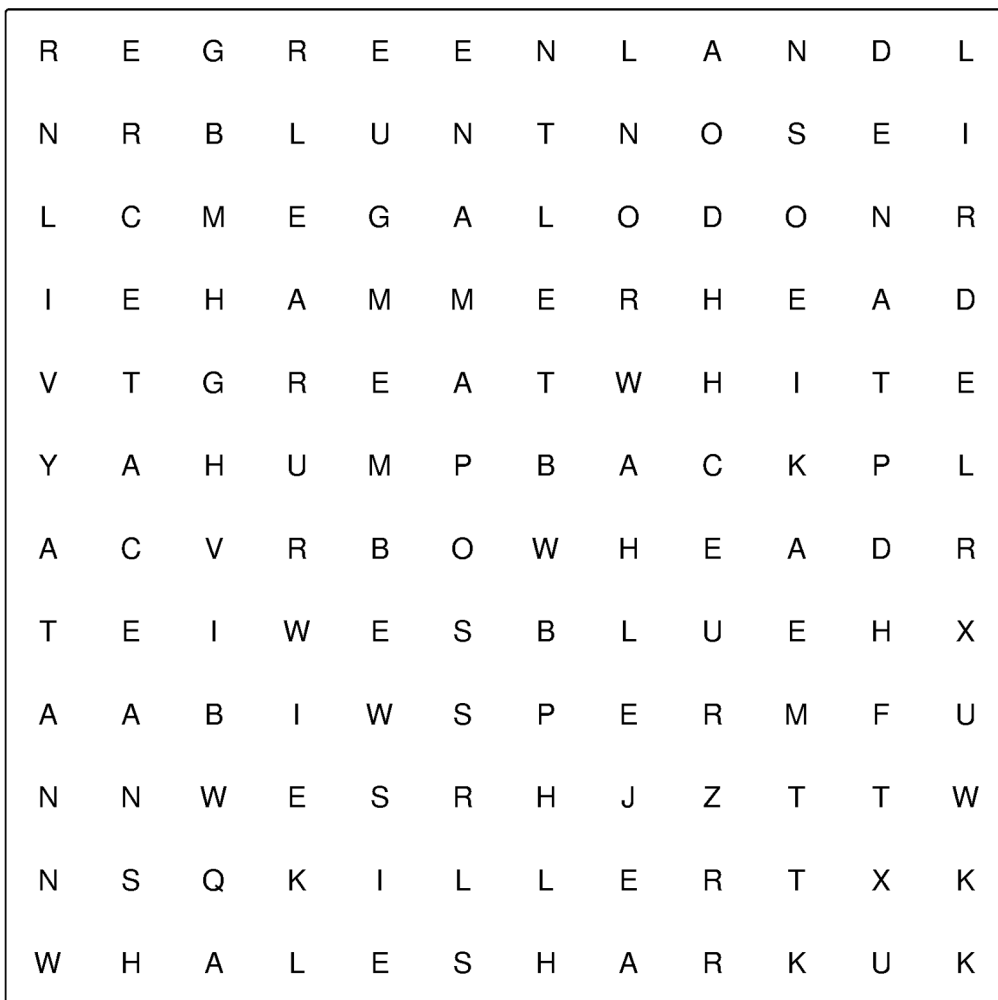


JONAH 1:17

# JONAH & THE WHALE

## WORD SEARCH

Jonah may not have been swallowed by a whale! The word translates to "big fish." It could even have been a big shark! Below are the biggest types of sharks and whales. See how many you can find in the word puzzle above. Then circle the eight you think are types of sharks. Your teacher has the answer!



### Words to Find:

BLUE  
HUMPBACK  
BOWHEAD  
CETACEANS  
MEGALODON

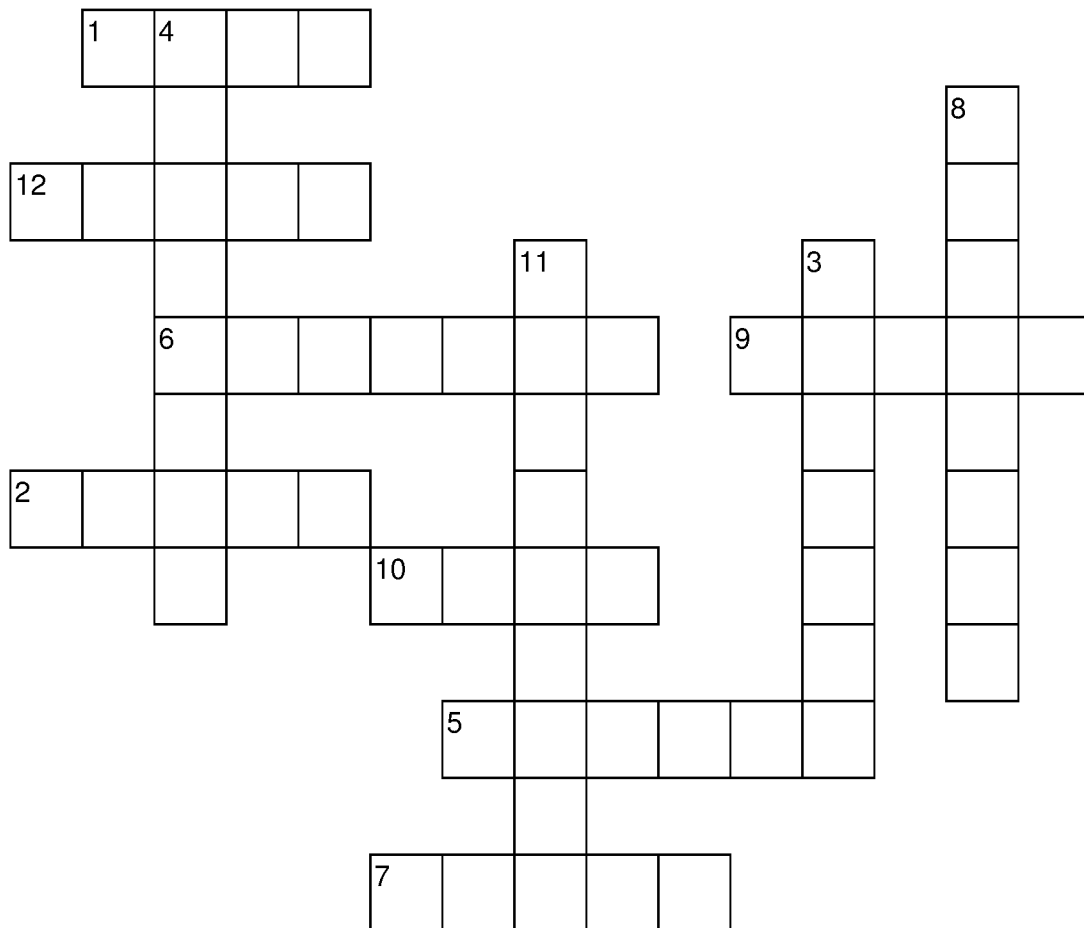
SPERM  
NORWAHL  
WHALESHARK  
GREATWHITE  
BLUNTNOSE

KILLER  
LIVYATAN  
HAMMERHEAD  
GREENLAND  
THRESHER

# JONAH & THE WHALE

## CROSSWORD PUZZLE

Use the 'Jonah At-a-Glance Reference Sheet' to help fill in the answers to the crossword.



### Across

- Jonah was swallowed by a giant \_\_\_\_\_
- Number of days Jonah stayed swallowed
- Century in which Jonah was born
- Jonah's father's name
- Jonah was this kind of prophet
- Jonah is listed as this # minor prophet
- Jonah began to prophesy by this sea
- Jonah's ship ran into a scary \_\_\_\_\_

### Down

- Place where God told Jonah to go prophesy
- What the Ninevites were to repent of
- He lived in this part of Israel
- This comes from the Lord

# JONAH & THE WHALE

## PARENT HANDOUT



**Scriptures to Read:** Jonah 2:1-3



### This Week We Learned About ...

God told Jonah to go to Nineveh but Jonah didn't want to. He thought the people of Nineveh were beyond saving and went the other way on a boat. God understood things about the Ninevites that Jonah didn't. He really wanted Jonah to go, so he sent a big storm and Jonah was forced to abandon the ship and enter the churning water. A giant fish swallowed him. For three days he sat in the belly of the fish, then the fish spat him out.

The lesson we can learn from Jonah is that listening to God is always best. We can make our own plans but he ultimately knows what we should be doing and wants us to do what he tells us to do.



### ✓ Questions for Kids:

1. What was the name of the city God wanted Jonah to head towards? **A: Nineveh**
2. Was the fish that swallowed Jonah really a whale?  
**A. Most people think it was a different kind of fish.  
A: We don't know! But we are not sure it was a whale.**
3. For how many days was Jonah in the belly of the fish? **A: three days**

### ✓ Dinner Table Discussion:

Jonah didn't do what he was told. Can you think of a story about someone who didn't do what they were told by their teachers, parents, or the law? What happened to them?

We don't always understand why God tells us to do things but he always has a reason. Have you ever felt like God was telling you to do something? What was it?

### Scripture Notes (tuck in lunchboxes, tape to mirrors, etc.):



*For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.*  
**Matthew 12:40**



*For as Jonah was a sign to the Ninevites, so also will the Son of Man be to this generation.*  
**Luke 11:30**



*Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.*  
**Jonah 1:17**

# JONAH

## AT-A-GLANCE



### CHILDHOOD:

Jonah is listed in the Bible as the son of Amittai.

Jonah lived in a region of northern Israel, called Gath Hepher, near the Sea of Galilee when he began to prophesy, but it is unknown whether he was born and raised there.



### MARRIED:

Unknown

Birth of Jesus

Birth: Approx. 815 BC

2000's AD

Death: Unknown

## CLAIMS TO FAME:

- 1 Jonah was the fifth of the minor prophets listed in the Old Testament.
- 2 Jonah was swallowed by a large fish and remained in its belly for three days.
- 3 Jonah helped Nineveh to repent from idolatry when he finally obeyed God's command to prophesy there.

## FAMOUS QUOTES:

"Pick me up and throw me into the sea," he replied, "and it will become calm. I know that it is my fault that this great storm has come upon you." *Jonah 1:12*

"Those who cling to worthless idols turn away from God's love for them. But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the Lord.'" *Jonah 2:8-9, from the Prayer of Jonah, which he made inside the belly of the fish*



**Bible Lookups:** Jonah 1:3, Jonah 1:17, Matthew 12:39-40



**LEARNING  
LOOKUPS**

# JONAH & THE WHALE

**Lookup:** Jonah 2:1-10. Write down verse 9.

---

---

---

**Lookup:** Jonah 3:6-10. Write down verse 10.

---

---

---

Jonah was very sorry for not listening to God. In turn, the King of Nineveh was sorry for upsetting God. Being sorry is a very good thing! Think of something you are very sorry you did or said. Describe it below

---

---

---

Create a prayer below. Speak to God and write it. Tell God you feel bad about that thing you did, then wait and see. What does his forgiveness feel like?

---


---

---



# JONAH & THE WHALE

## QUIZ



### CIRCLE YOUR ANSWER

**1. Of all 12 minor prophets, Jonah spoke first! He was told to preach to (Jonah 1:2)**

- a. Assyria
- b. Babylon
- c. Nineveh
- d. Jerusalem

**2. Jonah didn't want to preach and did this instead (Jonah 1:3)**

- a. Hid in a cave
- b. Ran for the hills
- c. Got on a boat

**3. Jonah was swallowed by (Jonah 1:17)**

- a. a shark
- b. a whale
- c. a swordfish
- d. the Bible doesn't specify

**4. In response to Jonah's preaching, the king of Nineveh (Jonah 3:7-9)**

- a. tried to kill Jonah
- b. kicked Jonah out
- c. listened to Jonah

**5. Jonah was being a snob. He was mad at God for (Jonah 4:11)**

- a. helping Nineveh
- b. saving Nineveh's animals
- c. both

**6. While Jonah was pouting, God provided this for him (Jonah 4:6)**

- a. A pool of water
- b. A plant for shade
- c. A rainbow as a covenant

**7. God told Jonah to prophesy this disaster for Nineveh in 40 days (Jonah 3:4)**

- a. Famine
- b. Overthrow
- c. Flood
- d. Plagues

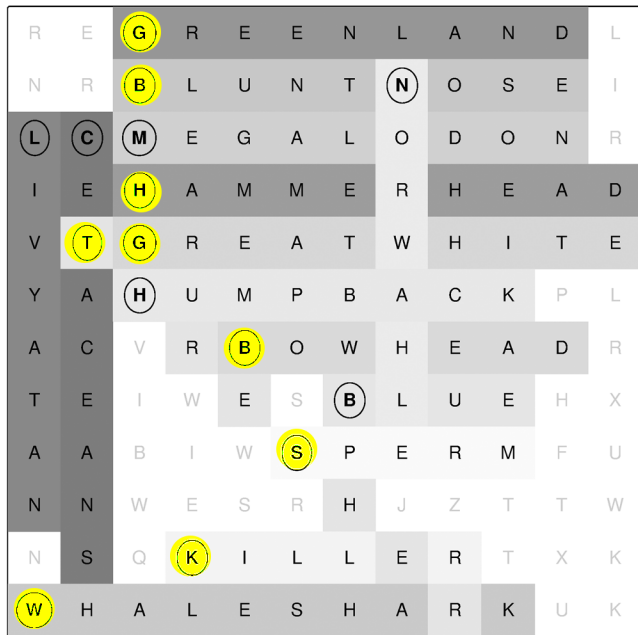
**8. Jesus compared Jonah's three days in the fish to his own (Matthew 12:40)**

- a. resurrection
- b. transfiguration
- c. birth in Jerusalem

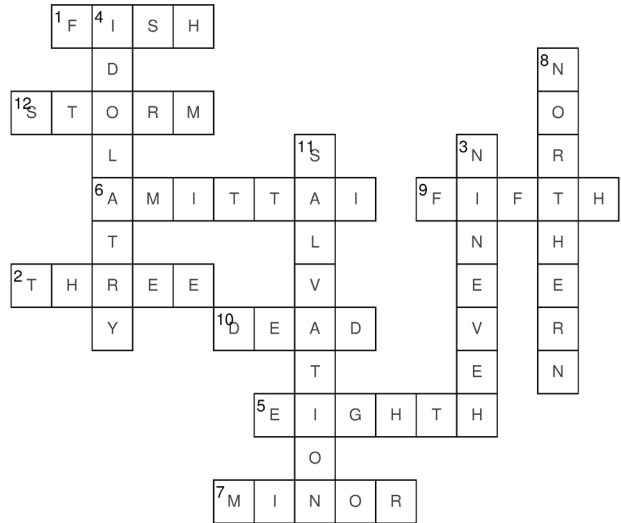
# JONAH & THE WHALE

## ANSWER KEY

Personal Friends of Jesus: Martha, Mary, Mary Magdalene



● = Sharks



1. Of all 12 minor prophets, Jonah spoke first! He was told to preach to (Jonah 1:2)

- a. Assyria
- b. Babylon
- c. Nineveh**
- d. Jerusalem

2. Jonah didn't want to preach and did this instead (Jonah 1:3)

- a. Hid in a cave
- b. Ran for the hills
- c. Got on a boat**

3. Jonah was swallowed by (Jonah 1:17)

- a. a shark
- b. a whale
- c. a swordfish
- d. the Bible doesn't specify**

4. In response to Jonah's preaching, the king of Nineveh (Jonah 3:7-9)

- a. tried to kill Jonah
- b. kicked Jonah out
- c. listened to Jonah**

5. Jonah was being a snob. He was mad at God for (Jonah 4:11)

- a. helping Nineveh
- b. saving Nineveh's animals
- c. both**

6. While Jonah was pouting, God provided this for him (Jonah 4:6)

- a. A pool of water
- b. A plant for shade**
- c. A rainbow as a covenant

7. God told Jonah to prophesy this disaster for Nineveh in 40 days (Jonah 3:4)

- a. Famine
- b. Overthrow**
- c. Flood
- d. Plagues

8. Jesus compared Jonah's three days in the fish to his own (Matthew 12:40)

- a. resurrection**
- b. transfiguration
- c. birth in Jerusalem

# JONAH & THE WHALE

CERTIFICATE OF COMPLETION

NAME:

DATE:

