

When we run from God, He still rescues us.

MEMORY VERSE (KJV)

"Salvation is of the LORD."

Jonah 2:9

BIBLE STORY

Jonah and the Whale (Jonah 1–4)

When God called Jonah to preach to the city of Nineveh, Jonah ran the other way. A great storm rose; sailors threw him into the sea; and a great fish swallowed him whole. From inside the fish Jonah cried out — and God rescued him. Even runaway prophets are not too far for the love of God to reach.

GROUP ACTIVITY

Cardboard-box 'whale' relay — kids crawl through and come out shouting Jonah 2:9 ('Salvation is of the LORD').

SUGGESTED 60-MINUTE SCHEDULE

Welcome & song	10 min
Bible story (read above or retell)	15 min
Memory verse practice	10 min
Group activity / quiz	15 min
Coloring page + prayer	10 min

FREE ASSETS FOR THIS DAY

Bible story (read full)	biblesundays.com/bible-stories/jonah-and-the-whale
Coloring page (PDF)	biblesundays.com/printables/coloring/jonah-and-the-whale
Quiz	biblesundays.com/bible-quiz/kids-jonah-and-the-whale
Lesson bundle	biblesundays.com/kids/sunday-school/jonah-and-the-whale