

FEAR BUSTERS

JONAH AND THE FISH

Im:Merse

Jonah 2

1. How did Jonah feel when he called to the Lord? (v1)
2. What was wrapped around Jonah's head? (v5)
3. What did Jonah say he would do with his vow? (v9)
4. How did Jonah get onto dry land? (v10)

Think about...

What do you think it was like for Jonah to be stuck in the belly of a big fish for three days and nights? What did it smell like? What did he feel?

im:ltate

Jonah finds himself in the belly of a big fish and it is here that he prays. Have you ever been stuck in a difficult place? Did it cause you to pray? Often we cry out to God when we have nothing else left.

As a family think of somebody that may need God's help today; perhaps it is a group of people. Have a short time of prayer for that person or those people.

Write down all the different ideas that you have of how you can help that person or people today. Choose one of the ways you will do that this week - make sure you set a deadline of when you will do it, to make sure that you stick to your plan.

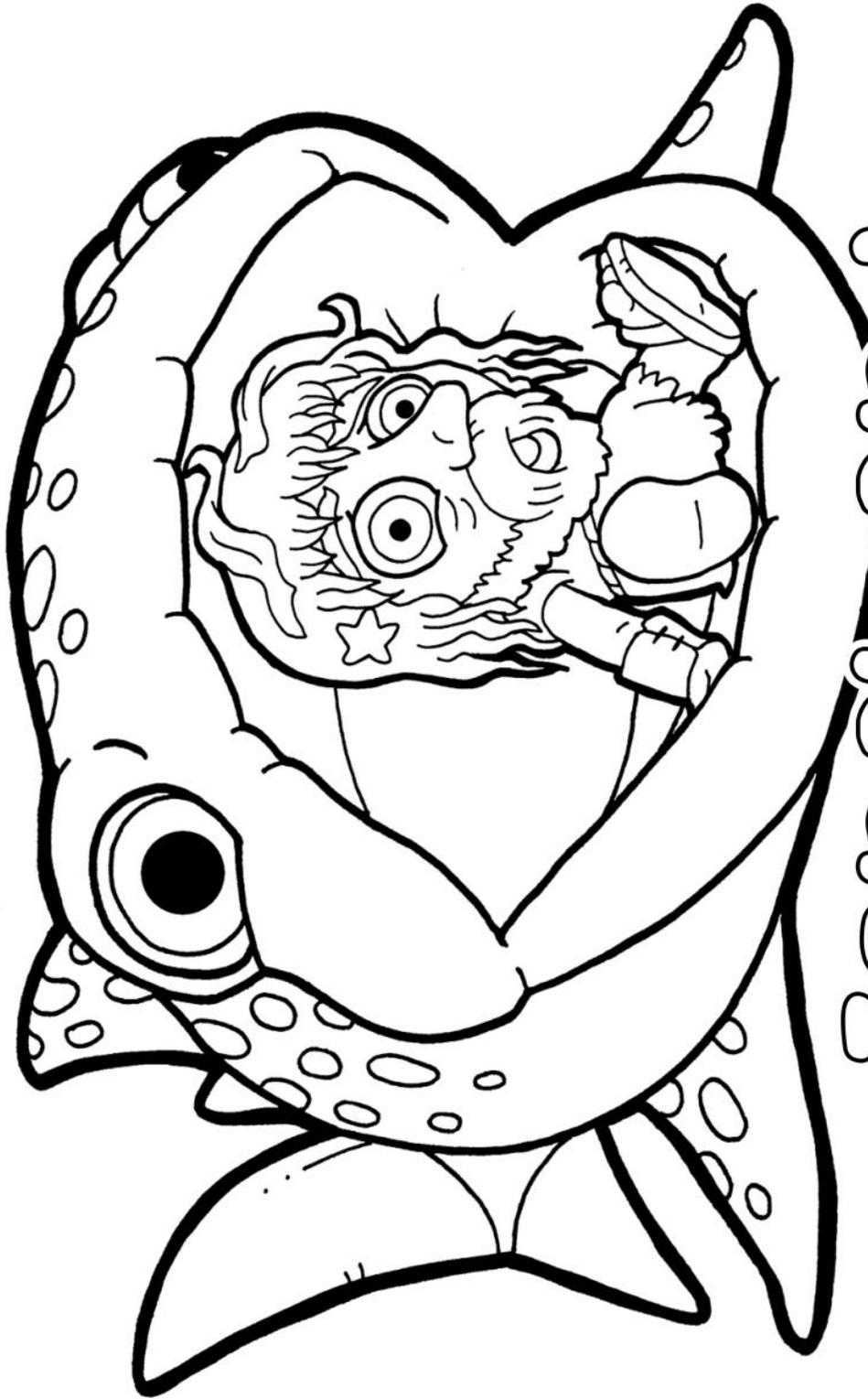
Jonah was all alone in the belly of the fish. He was unable to have anyone else's help, but the Lord's. We can remember that when nobody else is able to help us or others, God is always there. He listens and He hears our cry. We can always call out to Him.

im:Power

Thank You God for all that we have. Please help us to think of those that have nothing or very little, those that desperately need your help. Help us to think of ways we can help them. Amen.

web:link

Jonah and the Fish



JONAH AND THE BIG FISH