

**POINT** ➔ **WE ASK GOD TO FORGIVE US.**

Open the Bible to Jonah 1, and show kids the words. **SAY: The Bible is God's special book. It tells us about a time Jonah went on a boat ride. We're going to go on a boat ride, too.** Have the children sit on the floor in rows as if in a boat. **SAY: God wanted Jonah to go to the city of Nineveh, but Jonah didn't want to go to Nineveh. He disobeyed God and went to the city of Tarshish instead.**

**SAY: Jonah got on a big boat that was headed for Tarshish so he could run as far away from God as possible. Soon a great big storm came and tossed the boat this way and that!** Lead kids in pretending the boat is rocking and swaying side to side.

Give children each a piece of paper. Turn the lights on and off to represent lightning as you **SAY: Lightning and thunder crashed, and waves threw water everywhere!** Direct the kids to shake their papers loudly to sound like thunder and waves.

**SAY: The men on the boat found out that the storm was Jonah's fault because he disobeyed God. Jonah felt bad about what he'd done, but instead of asking for God's forgiveness, Jonah told the men to toss him off the boat. And they did! The storm stopped, and God sent a huge fish to swallow Jonah!**

**ASK: Tell about a time you got into trouble. What made things better?**

**Tell about a time you felt bad about something you did.**

**SAY: Jonah felt bad about what he'd done. But he still didn't ask God to forgive him! He chose to get thrown into a stormy sea instead. It was dangerous, but God still gave him another chance to learn that** ➔ **WE ASK GOD TO FORGIVE US.** Save the papers for other activities.



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Use the papers from the card with the 🚫 icon, and have kids help you crumple them up (if they're not already crumpled) and place them on the floor in various places to create an obstacle course. Set a Bible on one side of the room.

**SAY: God says if we're sorry for making a bad choice and ➔ WE ASK GOD TO FORGIVE US, he will. We're going to play a game to remind us to follow God's instructions.**

Form pairs, and have pairs line up across the room from the Bible.  
**SAY: You'll each get a turn to help your partner through the maze to the Bible, God's Word. Partners wearing the most blue, you're going to close your eyes while your partner leads you through the maze by holding your elbow. Guiding partners, try not to let your partner step on or kick the paper rocks on the floor because they're trouble! But if you do accidentally lead your partner into a rock or another person, say you're sorry and ask your partner to forgive you.**

Have pairs try to get across the room. Then move the Bible to the other side, and have partners switch roles and cross the room again.

**ASK: What was it like when you had your eyes closed and you were trying to cross the room?**

**What did you think when you were leading your partner to safety?**

**Tell about a time you helped someone else stay out of trouble.**

**Tell about a time you listened to God's instructions and stayed out of trouble.**

**SAY: Sometimes it can be hard to stay out of trouble! God wants us to try to obey, but if we mess up like Jonah did, ➔ WE ASK GOD TO FORGIVE US.**

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Give each child a lump of *Buzz Boing Putty*. SAY: Flatten your putty, and use your fingers to poke dots in it. Those dots are like bad choices on our smooth piece of putty. They mess it up. But when we make bad choices, we can pray to God for help. Jesus taught us the Lord's Prayer to show us how to pray for help. Let's pray part of that prayer.

PRAY: Forgive us our sins, as we have forgiven those who sin against us. Amen.

SAY: Make your clay flat again. Now you have a nice, clean, smooth piece of clay to show that you've been forgiven! But you know, we can ask God for help when we want to do something we know is wrong, and God will help us be strong and do the right thing. Jesus taught us how to pray about that, too.

PRAY: And don't let us give in to temptation, but rescue us from the evil one. Amen.

Instruct kids to combine their putty to make one big ball. SAY: I'm going to bounce this big "ball of trouble" to someone and ask that person a question. Pray, "Don't let me give in to temptation"; then answer the question and bounce the putty ball to someone else.

ASK: What could you do if...

- ...a brother asked you to lie?
- ...someone was mean to you?
- ...you were mad at someone?
- ...you were tired and grouchy?
- ...someone needed help?
- ...your parents asked you to set the table?
- ...you forgot to pick up your toys?
- ...a friend asked you to be mean to someone?
- ...you tore a library book by accident?
- ...you hurt someone's feelings?

SAY: Sometimes tough choices come our way! We can ask God to help us make the right choice, instead of trying to hide from God like Jonah did. And even if we make a bad choice, ➔ **WE ASK GOD TO FORGIVE US.**

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**SAY:** Jonah must've felt awful when he got himself in lots of trouble! He was probably very sorry for what he'd done, and he wanted his guilty feelings to go away. We can understand how Jonah felt because we've all been in trouble. We're going to talk about how getting into trouble can make us feel. Each of you will get a turn to roll the **Color Cube**. When it lands on a color, I'll tell you a feeling that the color reminds me of, and we'll pray about it.

As the colors come up, read the corresponding statements and prayers. When children roll black, let them pick which color they want to talk about.

- **Red reminds me of feeling embarrassed because sometimes my face turns red when I'm in trouble.** PRAY: **God, help me do the right thing even if I might be embarrassed.**
- **Yellow reminds me of when the sun is out and everything is happy.** PRAY: **God, help me be happy when you forgive me.**

- **Green reminds me of growing closer to God because green plants and trees grow.** PRAY: **God, help me grow closer to you when you forgive me.**
- **Blue reminds me of being sad because people sometimes call that feeling blue.** PRAY: **God, when I feel sad about making a bad choice, help me remember that you'll forgive me.**
- **Purple reminds me that God will take care of everything, and it calms me down.** PRAY: **God, please take care of me and help me do the right thing.**

**ASK:** Tell about a time you felt one of these feelings.

**What do you want God to forgive you for?**

**SAY:** God can forgive us after we make a bad choice. That's why  
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Place *Squiggles* the worm at one end of a table and a Bible at the other end. (This activity also works well on the floor.) Have kids retrieve the papers from the card with the  icon and crumple them if they're not already crumpled. Ask kids to place the papers on the table, arranging them so there's a pathway for the worm to travel toward the Bible without touching the papers. Have kids stand around the table so everyone can see.

**SAY:** *Squiggles* wants to make good choices. We're going to pretend the pieces of paper on the table are bad choices. We need to help *Squiggles* follow God's Word!

Give each child a turn to pull the worm to safety. While the kids are taking turns, sing the words below to the tune of "Ten Little Indians." (This song is not on the CD.)

**SING:**  
*Squiggles* wants to make good choices;  
*Squiggles* wants to make good choices;

*Squiggles* wants to make good choices;  
And to follow God.

**God can help us make good choices;  
God can help us make good choices;  
God can help us make good choices;  
Let's all follow God.**

If a child accidentally leads *Squiggles* into a piece of paper,

**SING:**  
**We can ask God to forgive us;  
We can ask God to forgive us;  
We can ask God to forgive us;  
And help us forgive.**

**ASK:** How does God help us stay out of trouble, kind of like the way we helped *Squiggles*?

**What are some choices you want to ask God to help you with?**

**SAY:** God forgives us when we get into trouble! He doesn't want us to hide like Jonah tried to do. ➔ **WE ASK GOD TO FORGIVE US.**