

Family Talk – Rescue

READ TOGETHER

Jonah Chapter 2

1. Do you notice a change in Jonah's attitude from the time he ran from God to when he's inside the great fish? What's different about him?
2. Why do you think the fish spat Jonah out after Jonah's prayer?

LIVE IT

Think back on a time when you did something wrong, got caught, and there were consequences. After it was over, did you write a poem about it? Not many people do, but the Bible repeatedly shares stories of a person going through a trial, then writing a poem or a song to unpack their feelings. This may seem odd, but songs and poetry are powerful, and God places these in the Bible to show us examples of how people worshipped Him.

Jonah's attempt to run from God ended miserably. He was thrown into the sea and swallowed by a fish! But God used the three days and three nights that Jonah was in the fish to remind Jonah that his help comes from God. Jonah could have become more stubborn, but instead, he humbled himself before God and gave Him the glory. Jonah's poem shows us his change of heart, and we can pray it when we go through tough times to remember God's goodness too.

You can tell God, *No!* but don't be surprised if He jumps in to help you have a change of heart so you'll follow Him again. Jonah still had much to learn, but this poem shows us his change of heart. It was a step in the right direction, and we can pray it when we go through tough times to remember God's goodness too.

LEAN ON GOD

Dear God,

Thank You for being strong, patient and kind to us. We run from You often, but You always accept us back when we humble ourselves before You. Help us always find our way back to You when we mess up.

Amen.

