

7-DAY
SELF-STUDY
WORKBOOK

FAITH STARTER SERIES



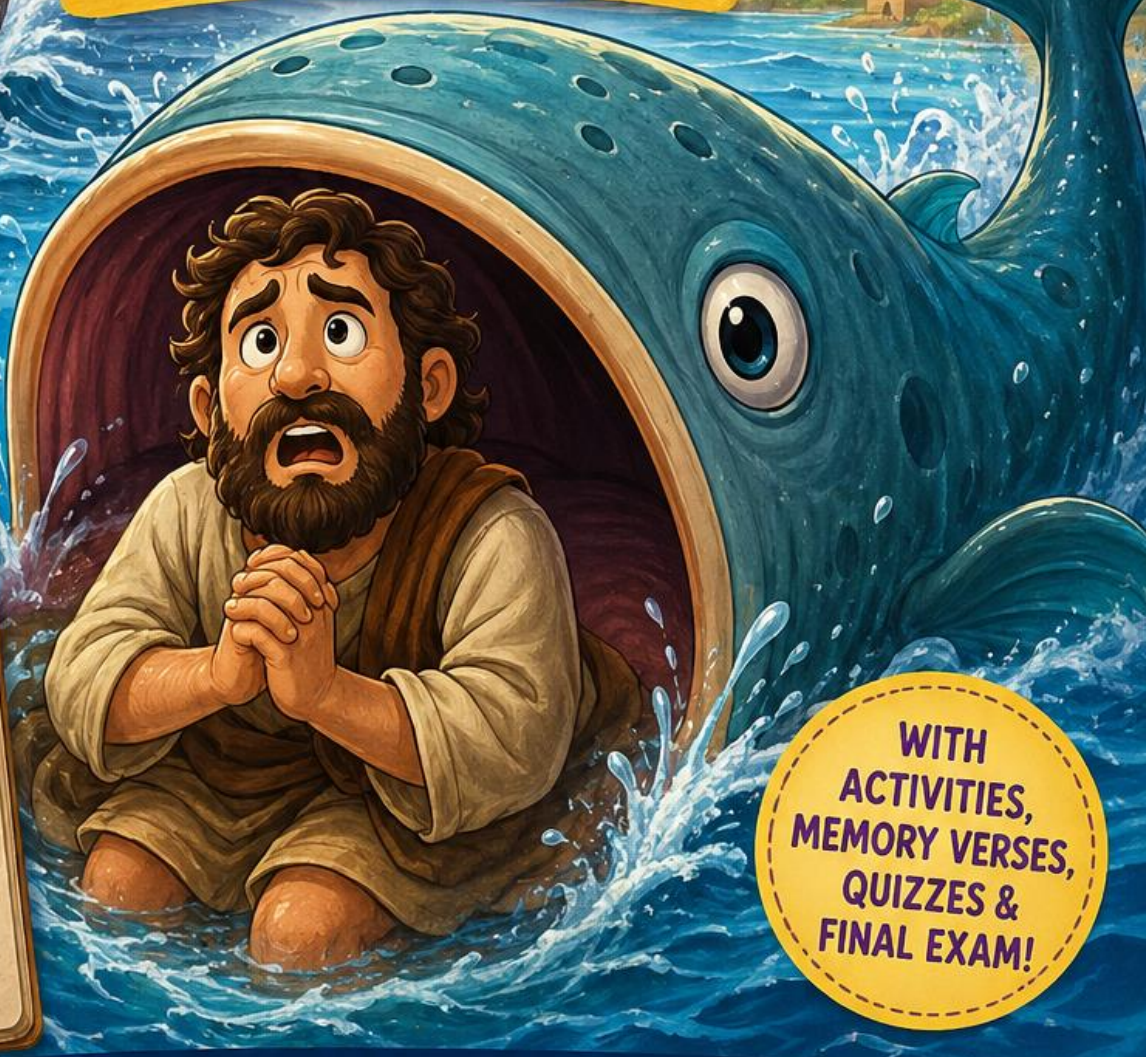
JONAH and the **BIG FISH**

**Running From God...
Running Back to God!**

**A BIBLE
ADVENTURE
FOR KIDS!**

**DISCOVER HOW
GOD'S LOVE
CHANGES
EVERYTHING!**

- ♥ OBEY GOD
- ♥ PRAY ALWAYS
- ♥ GOD GIVES
SECOND CHANCES
- ♥ GOD LOVES
EVERYONE



**WITH
ACTIVITIES,
MEMORY VERSES,
QUIZZES &
FINAL EXAM!**

LEARN • GROW • OBEY • SHARE GOD'S LOVE

FAITH STARTER SERIES

The Story of Jonah

God's Grace Sanctuary

Opening Introduction: The Story of Jonah

Hello, dear children!

This week, we are going to hear an exciting and powerful story from the Bible. It is a story full of adventure, surprises, and an important lesson about listening to God.

Have you ever been told to do something, but you didn't want to do it? Maybe you felt like going the other way? Well... you're not alone! In this story, we will meet a man named Jonah who felt exactly like that.

God gave Jonah a special mission, but instead of obeying, Jonah chose to run away. What happened next is something amazing—there was a big storm, a huge fish, a heartfelt prayer, and a whole city that changed!

As we go through this story, we will learn:

- Why it is important to obey God
- How God listens when we pray
- And how much God loves everyone

So get ready to read, imagine, and learn... because this story is not just about Jonah—it is also about **you and me!**

Let's begin our journey!

The Story of Jonah

Once upon a time, there was a man named Jonah. Jonah loved God, but one day, God gave him a very important job. God told Jonah, "Go to the big city of Nineveh and tell the people to stop doing wrong."

But Jonah didn't like that idea at all. He didn't want to go to Nineveh. So instead of obeying God, Jonah decided to run away! He got onto a ship and sailed in the opposite direction.

But can anyone run away from God? No!

While Jonah was on the ship, God sent a strong wind, and a huge storm began. The waves crashed, and the sailors were very afraid. They tried everything to save the ship, but nothing worked.

Finally, Jonah told them, “This storm is happening because of me. I ran away from God.” The sailors didn’t want to throw him into the sea, but the storm became worse. So at last, they threw Jonah into the water.

Suddenly, the sea became calm.

But Jonah did not drown. God had prepared a big fish to swallow him! Inside the fish, it was dark and quiet. Jonah stayed there for three days and three nights.

While inside the fish, Jonah prayed. He said sorry to God and asked for help. And guess what? God heard his prayer!

Then God told the fish to spit Jonah out onto dry land.

This time, Jonah obeyed God. He went to Nineveh and told the people, “Turn away from doing wrong!” The people listened. They were sorry for their sins and changed their ways.

And because they repented, God forgave them.

Jonah was surprised. He learned something very important: God loves all people and wants everyone to be saved.

And that’s the story of Jonah—a story that teaches us to obey God, pray always, and remember that God loves everyone.



DAY 1: God Speaks to Jonah

Introduction

Have you ever been told to do something but didn’t feel like doing it? Jonah also felt that way! But when God speaks, it is always important.

Jonah 1:1–2 The word of the LORD came to Jonah son of Amittai: ² “Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.”

Lesson

God told Jonah to go to Nineveh and tell the people to stop doing wrong. But Jonah did not want to go. He chose to run away instead.

Illustration

Imagine your teacher asking you to help clean the class, but instead you sneak away to play. That is what Jonah did!

Memory Verse

"Obey those who rule over you" – Hebrews 13:17

Point to Remember

God wants us to obey Him.

Reflective Questions

1. What did God tell Jonah to do?
2. Did Jonah obey?

Thought of the Day

Obedience makes God happy.



1. God told Jonah to go to Nineveh.



DAY 2: Jonah Runs Away

Sometimes running away from a problem makes it worse. Jonah learned this the hard way.

Jonah 1:3 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.

Jonah boarded a ship going the opposite direction. He thought he could hide from God—but no one can hide from God!

It's like hiding behind a curtain thinking your parents can't see you, but they already know where you are.

Memory Verse

*"Where can I go from your Spirit?
Where can I flee from your presence?" – Psalm 139:7*

Point to Remember

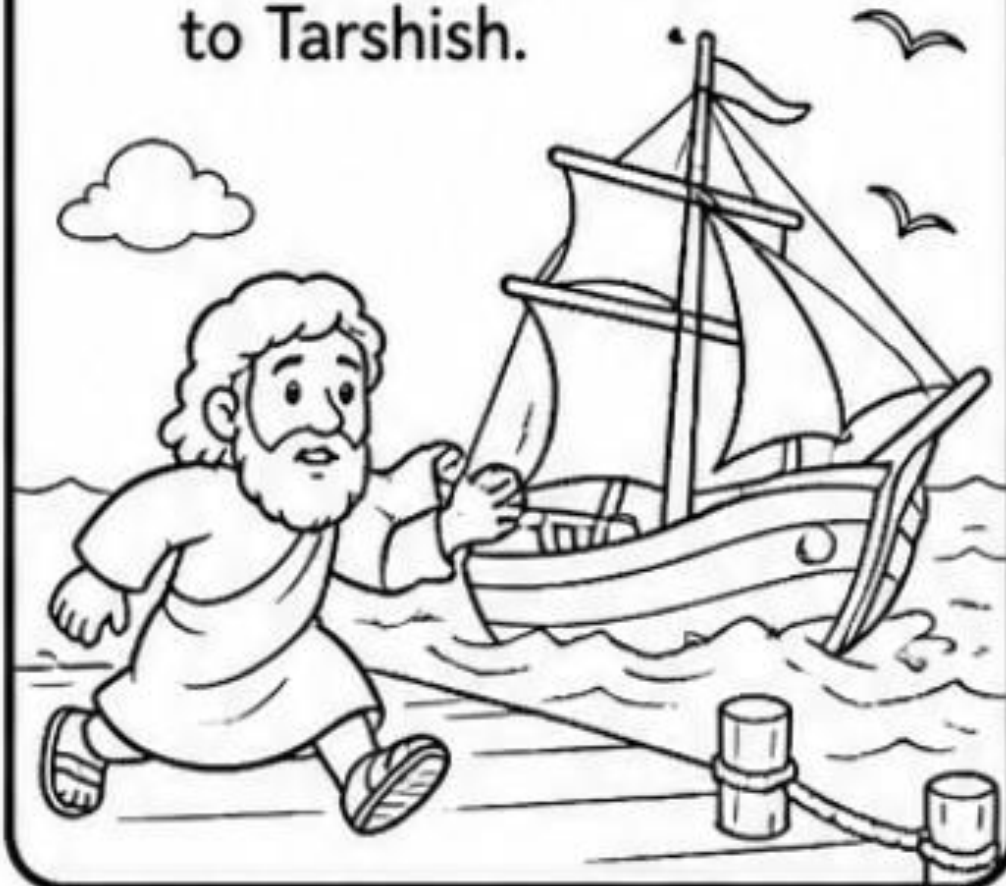
You cannot hide from God.

Reflective Questions

1. Where was Jonah going?
2. Can we hide from God?

Thought of the Day : God sees everything

2. Jonah ran away and
got on a ship to go
to Tarshish.



DAY 3: The Big Storm

Introduction

When we disobey God, there can be consequences.

Bible Reading

Jonah 1:4–10

Lesson

God sent a big storm. The sailors were afraid. Jonah told them it was his fault.

Illustration

Think of a time when you did something wrong and trouble followed.

Memory Verse

But if you do not do so, then take note, you have sinned against the LORD; and be sure your sin will find you out.—Numbers 32:23

Point to Remember

Disobedience brings trouble.

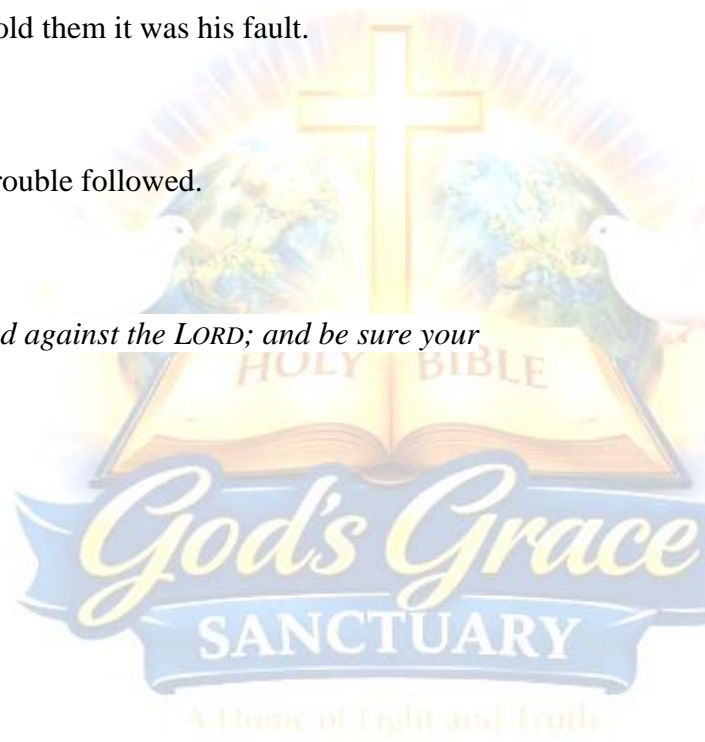
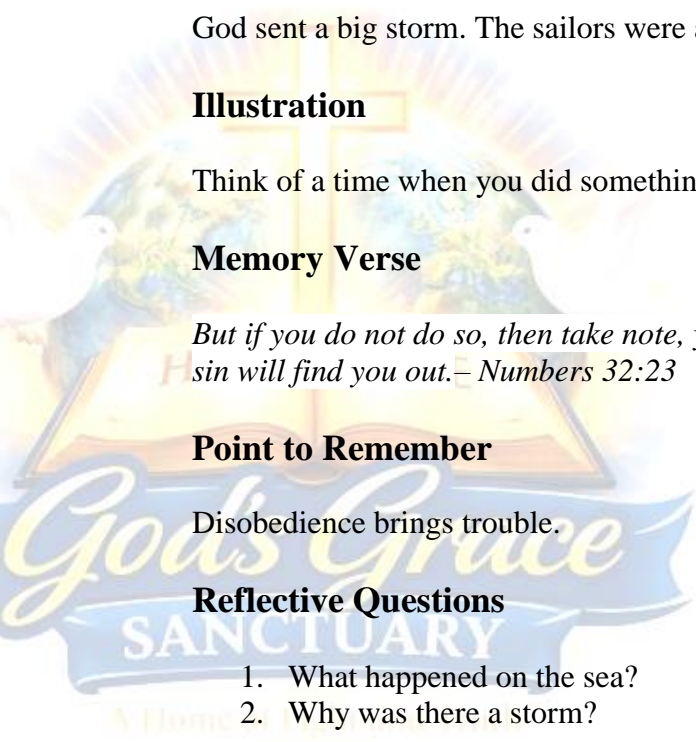
Reflective Questions

1. What happened on the sea?
2. Why was there a storm?

Thought of the Day

Doing wrong has consequences.

Activity: Colour the big storm



3. God sent a strong storm on the sea.



A Home of Light and Truth



A Home of Light and Truth

4. The sailors were afraid.
Jonah said the storm
was his fault.



DAY 4: Jonah and the Big Fish

Introduction

God always has a plan—even when things look scary.

Bible Reading

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

Lesson

Jonah was thrown into the sea, and God sent a big fish to swallow him. Jonah stayed inside for three days.

Illustration

Imagine being in a dark room with no light—that’s how Jonah felt.

Memory Verse

*“The LORD is my helper;
I will not fear.
What can man do to me?”*

– *Hebrews 13:6*

Point to Remember

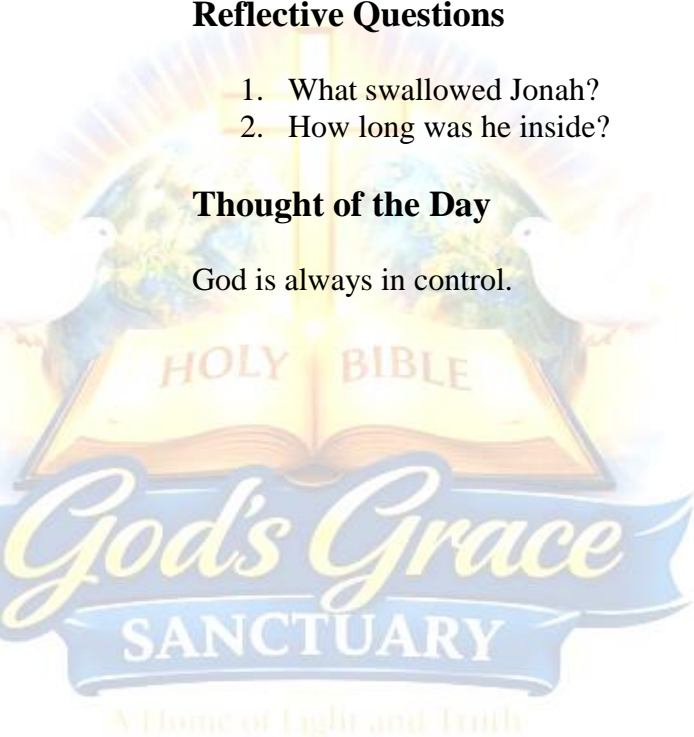
God can rescue us.

Reflective Questions

1. What swallowed Jonah?
2. How long was he inside?

Thought of the Day

God is always in control.



5. The sailors threw
Jonah into the sea.



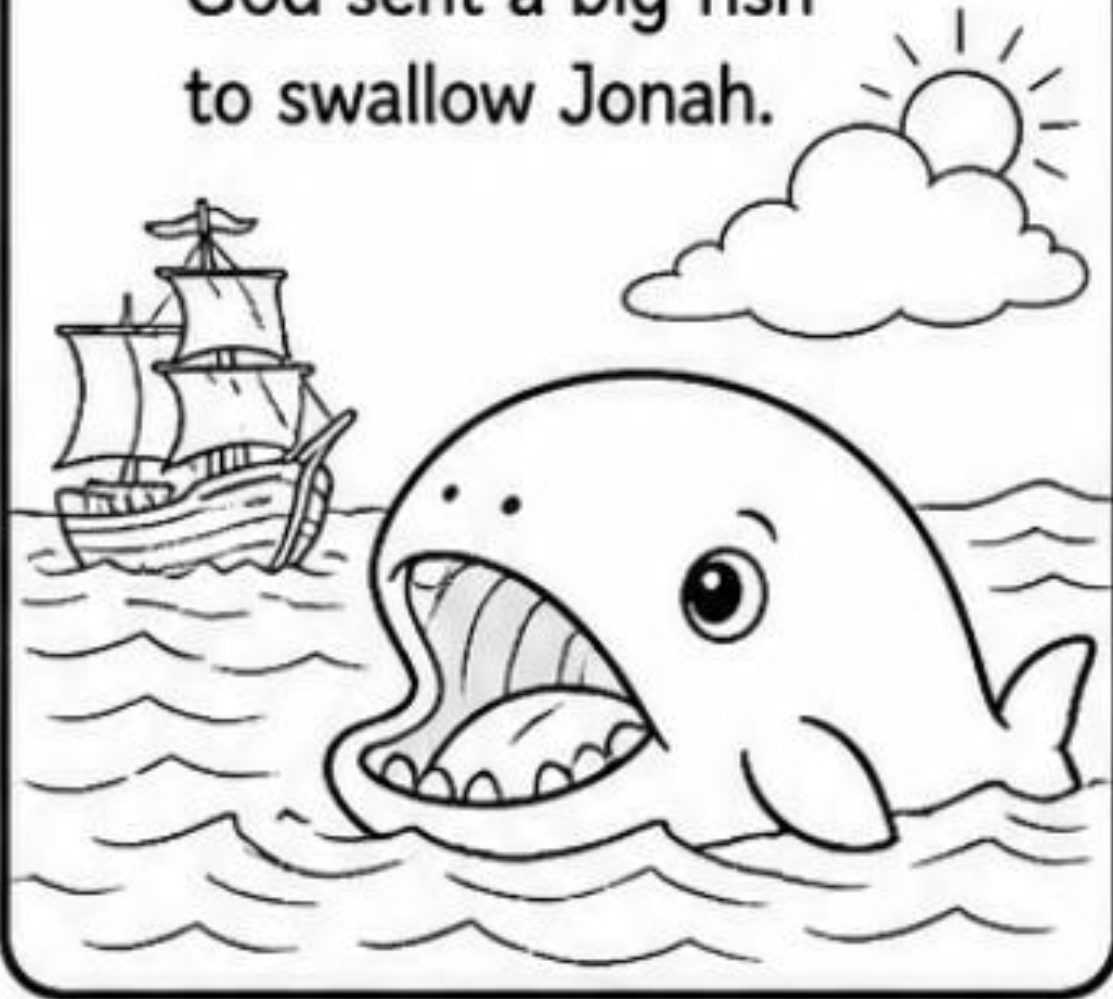
God's Grace
SANCTUARY

A Home of Light and Truth

God's Grace
SANCTUARY

A Home of Light and Truth

6. The storm stopped.
God sent a big fish
to swallow Jonah.



DAY 5: Jonah Prays

Introduction

Prayer is talking to God anytime, anywhere.

Jonah 2:1–2 From inside the fish Jonah prayed to the LORD his God. ² He said: “In my distress I called to the LORD, and he answered me.

From deep in the realm of the dead I called for help, and you listened to my cry.

Lesson

Inside the fish, Jonah prayed and asked God for help. God heard him.

Illustration

Like calling for help when you are stuck, Jonah called on God.

Memory Verse

"Call to Me, and I will answer you" – Jeremiah 33:3

Point to Remember

God hears our prayers.

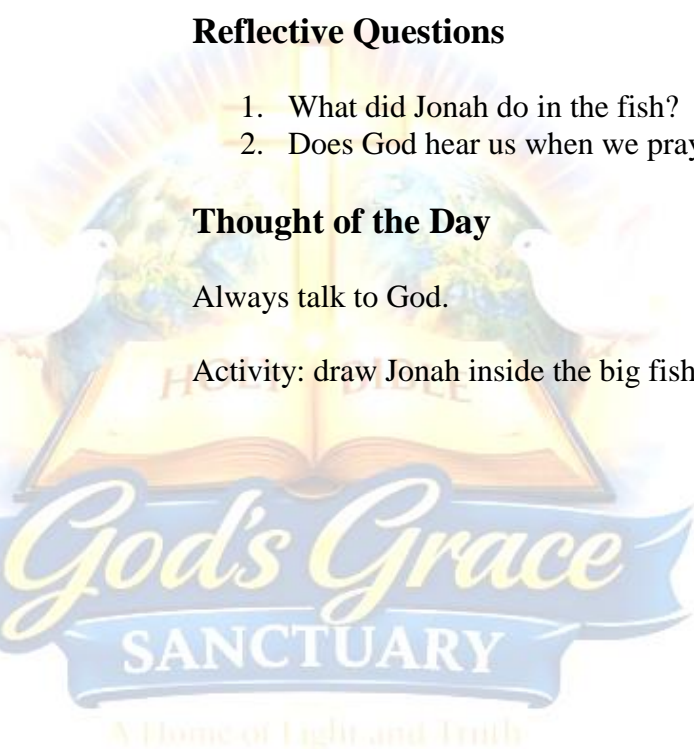
Reflective Questions

1. What did Jonah do in the fish?
2. Does God hear us when we pray?

Thought of the Day

Always talk to God.

Activity: draw Jonah inside the big fish



7. Jonah prayed inside the fish for three days and three nights.



DAY 6: Jonah Obeys

Introduction

It is never too late to obey God.

Bible Reading

Jonah 3:1–3 Then the word of the LORD came to Jonah a second time: ² “Go to the great city of Nineveh and proclaim to it the message I give you.”

³ 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.

Lesson

God gave Jonah a second chance. This time, Jonah obeyed and went to Nineveh.

Illustration

Like fixing a mistake after saying sorry, Jonah chose to do right.

Memory Verse

"To obey is better than sacrifice" – 1 Samuel 15:22

Point to Remember

God gives second chances.

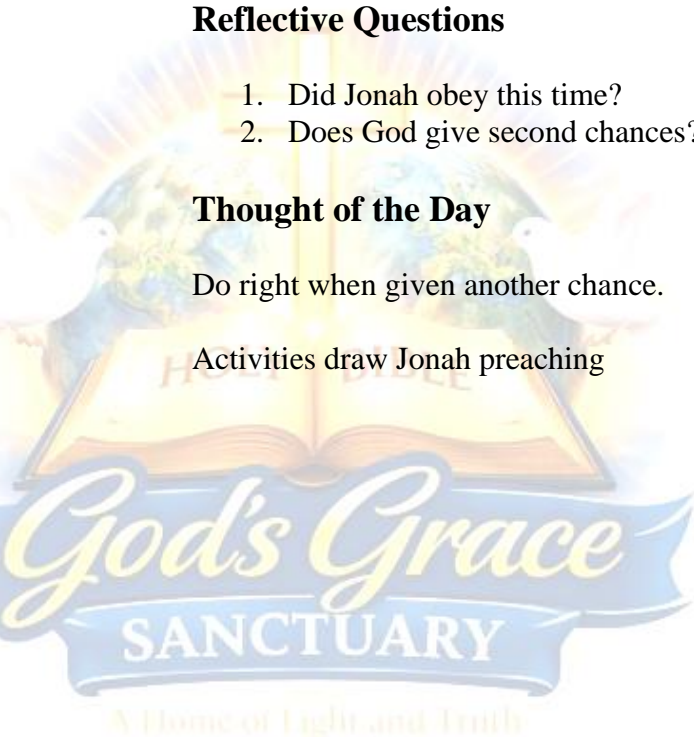
Reflective Questions

1. Did Jonah obey this time?
2. Does God give second chances?

Thought of the Day

Do right when given another chance.

Activities draw Jonah preaching



8. God told the fish to spit Jonah out. Jonah went to Nineveh and the people repented. God forgave them.



DAY 7: God Loves Everyone

Introduction

God cares about all people, not just us.

Bible Reading

Jonah 3:5, The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

Jonah 4:2 He prayed to the LORD, "Isn't this what I said, LORD, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and

compassionate God, slow to anger and abounding in love, a God who relents from sending calamity.

Lesson

The people of Nineveh repented, and God forgave them. Jonah learned that God loves everyone.

Illustration

Just like a teacher cares for every student, God loves all people.

Memory Verse

"God is gracious and merciful" – Jonah 4:2

Point to Remember

God loves everyone.

Reflective Questions

1. What did the people of Nineveh do?
2. Does God love everyone?

Thought of the Day

God's love is for all.

Activity:

Find the word: fish, Jonah, God, Obey, Nineveh, ship, storm, prayer

Q	A	Z	W	S	O	B	E	Y	X
E	G	O	D	D	C	V	F	R	T
G	B	Y	S	T	O	R	M	G	B
Y	H	J	O	N	A	H	N	M	J
S	H	I	P	U	J	M	K	I	O
L	B	P	R	A	Y	E	R	P	O
I	U	Y	T	R	E	W	Q	W	E
D	F	G	H	J	K	F	I	S	H

R	T	N	I	N	E	V	E	H	Y
U	Y	T	R	E	W	Q	A	S	D

Closing Conclusion

What an amazing story we have learned!

Jonah tried to run away from God, but he discovered that no one can hide from Him. He learned that disobedience brings trouble, but when we pray and turn back to God, He is ready to forgive us.

Jonah also learned something very important—God loves *everyone*. Not just one person, not just one group, but all people everywhere.

And just like Jonah, we sometimes make mistakes. Sometimes we don't listen. But the good news is this: God gives us another chance.

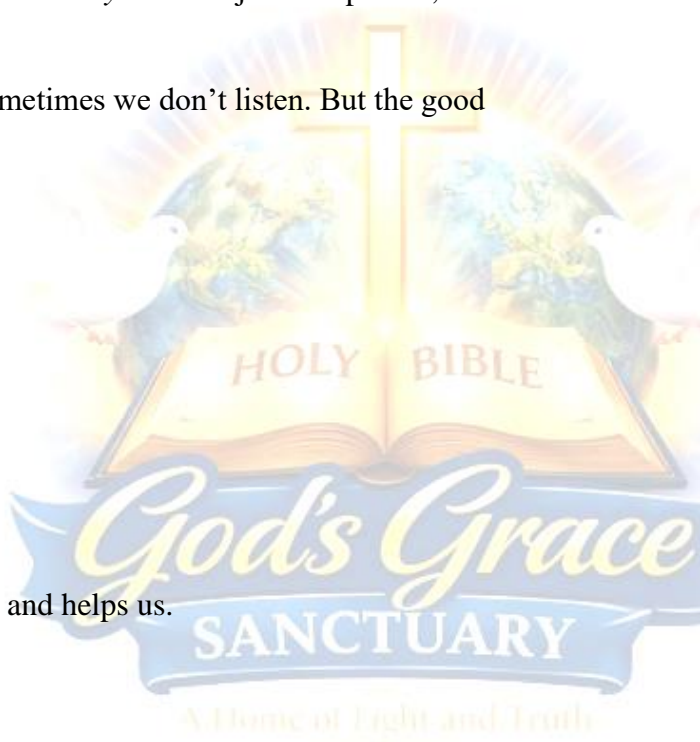
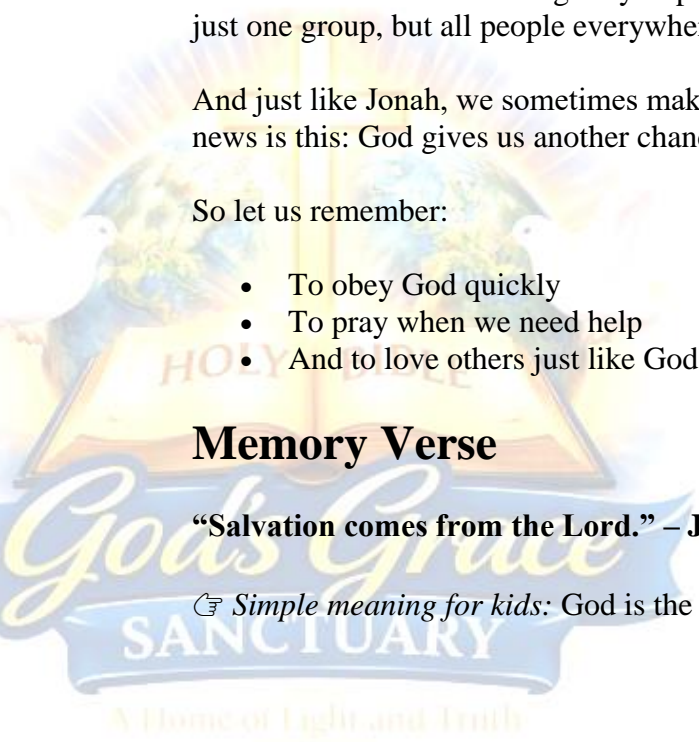
So let us remember:

- To obey God quickly
- To pray when we need help
- And to love others just like God loves them

Memory Verse

“Salvation comes from the Lord.” – Jonah 2:9

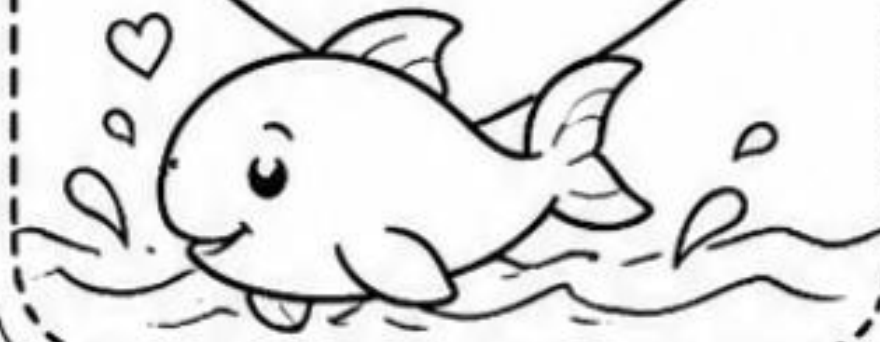
☞ *Simple meaning for kids:* God is the one who saves and helps us.



MEMORY VERSE

“Salvation comes
from the Lord.”

Jonah 2:9



HOLY

BIBLE



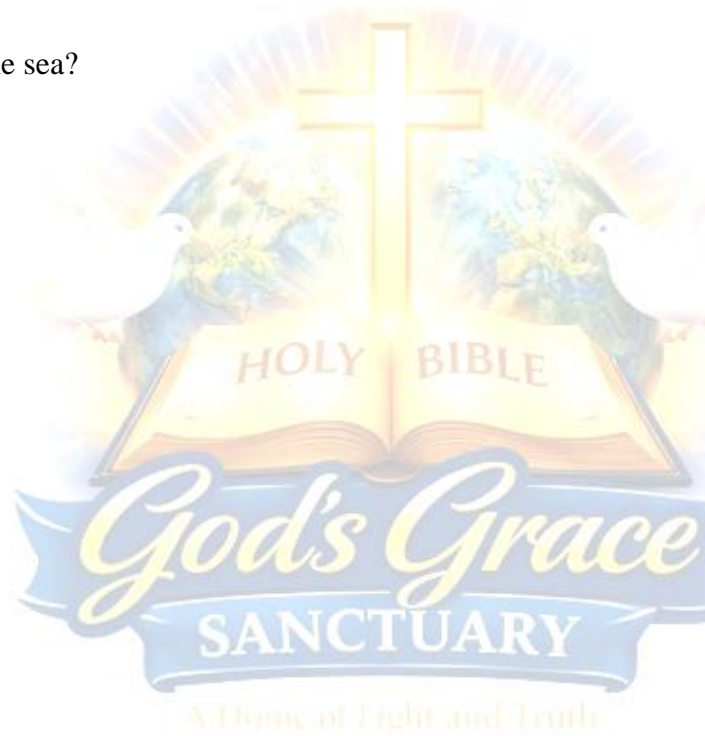
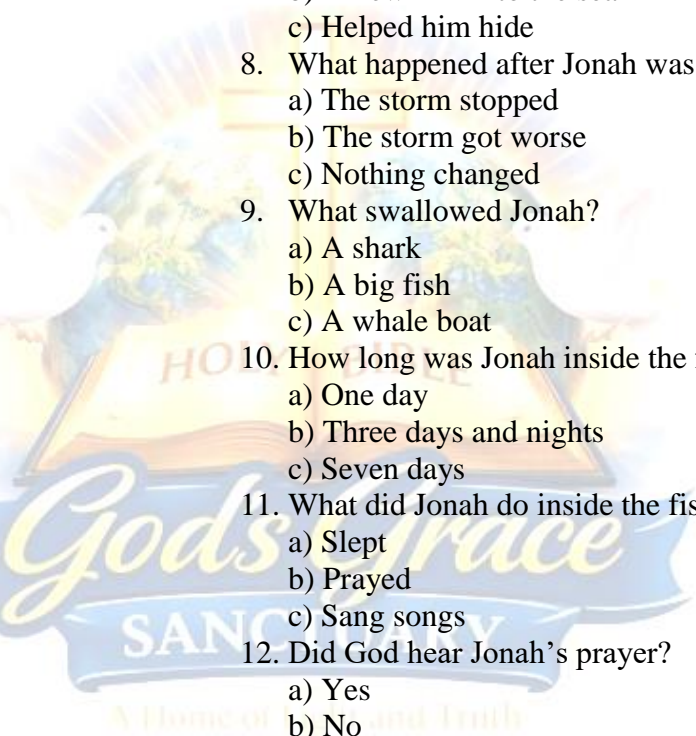
FINAL EXAM –1 (Multiple Choice)

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Choose the correct answer

1. Who told Jonah to go to Nineveh?
 - a) His father
 - b) God
 - c) The king
2. Where did Jonah try to go instead?
 - a) Nineveh
 - b) Tarshish
 - c) Jerusalem
3. What did Jonah use to run away?
 - a) A horse

- b) A ship
- c) A cart
- 4. What did God send on the sea?
 - a) Sunshine
 - b) A storm
 - c) Birds
- 5. How did the sailors feel during the storm?
 - a) Happy
 - b) Afraid
 - c) Sleepy
- 6. Who said the storm was his fault?
 - a) The captain
 - b) Jonah
 - c) The sailors
- 7. What did the sailors do to Jonah?
 - a) Gave him food
 - b) Threw him into the sea
 - c) Helped him hide
- 8. What happened after Jonah was thrown into the sea?
 - a) The storm stopped
 - b) The storm got worse
 - c) Nothing changed
- 9. What swallowed Jonah?
 - a) A shark
 - b) A big fish
 - c) A whale boat
- 10. How long was Jonah inside the fish?
 - a) One day
 - b) Three days and nights
 - c) Seven days
- 11. What did Jonah do inside the fish?
 - a) Slept
 - b) Prayed
 - c) Sang songs
- 12. Did God hear Jonah's prayer?
 - a) Yes
 - b) No
 - c) Maybe
- 13. What did Jonah do after coming out of the fish?
 - a) Ran again
 - b) Obeyed God
 - c) Hid
- 14. What did the people of Nineveh do?
 - a) Ignored Jonah
 - b) Repented
 - c) Ran away
- 15. What does this story teach us?
 - a) To run away
 - b) To obey God
 - c) To hide



FINAL EXAM –2 (Short Answer)

1. Who was Jonah? _____
2. What did God ask Jonah to do? _____

3. Why did Jonah run away? _____

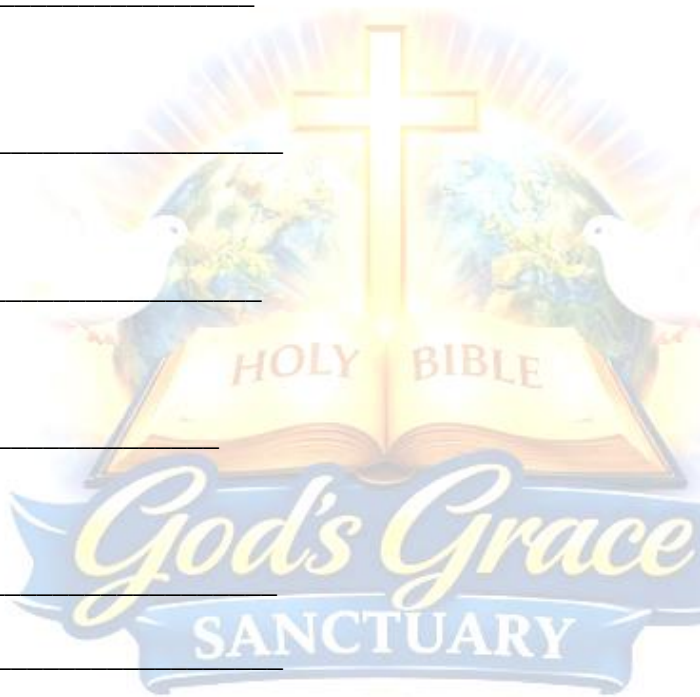
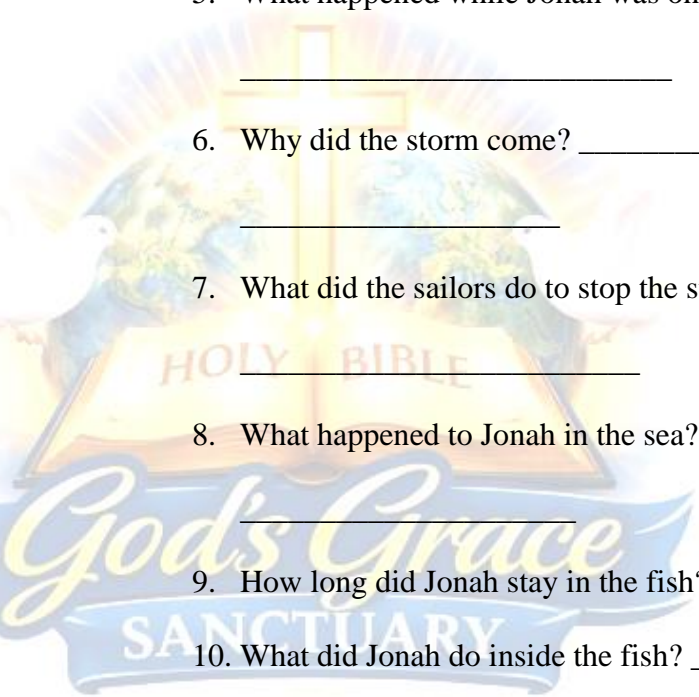
4. Where did Jonah go instead of Nineveh? _____
5. What happened while Jonah was on the ship? _____

6. Why did the storm come? _____

7. What did the sailors do to stop the storm? _____
8. What happened to Jonah in the sea? _____

9. How long did Jonah stay in the fish? _____
10. What did Jonah do inside the fish? _____
11. What did God do after Jonah prayed? _____
12. What did Jonah do after leaving the fish? _____

13. How did the people of Nineveh respond? _____
14. What did God do when they repented? _____
15. What lesson did you learn from Jonah's story _____



A Home of Light and Truth

Closing Prayer

Thank You for the story of Jonah.
Thank You for teaching me to obey You.

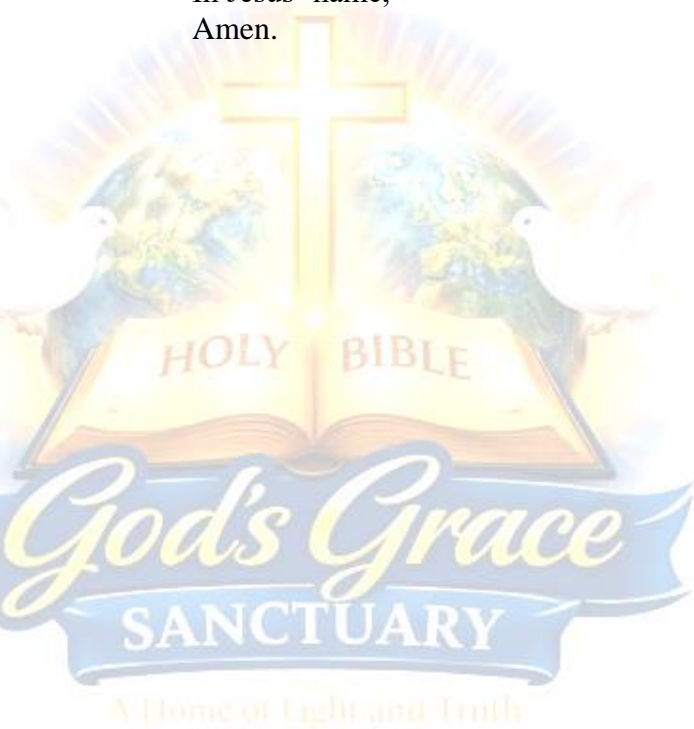
Help me to listen when You speak
And to do what is right.

When I make mistakes,
Help me to say sorry and come back to You. Thank You for loving me
And for loving everyone in the world.

Help me to share Your love with others.

I love You, Lord.

In Jesus' name,
Amen.



JONAH and the BIG FISH

**Running From God...
Running Back to God!**



**A STORY OF GRACE,
MERCY & SECOND CHANCES!**

Jonah ran from God... but God's love ran after him! Through storms, a big fish, prayer, and a city that repented, Jonah learned that God loves everyone and His mercy never fails.

**PERFECT FOR
SELF-STUDY, SUNDAY SCHOOL,
FAMILY DEVOTIONS
& BIBLE CLUBS!**

WHAT'S INSIDE?



7 DAY LESSONS
Easy to read Bible lessons with full story from start to finish.



LIFE LESSONS
Powerful truths to help you grow in faith and obedience.



MEMORY VERSES
Hand-picked verses to hide in your heart and guide your life.



ACTIVITIES
Fun activities, drawings and crafts to make learning exciting!



REFLECTION QUESTIONS
Think, pray and answer questions at the end of each lesson.



FINAL EXAM
Test what you learned with 30 Multiple Choice & 30 Short Answer questions.

YOU WILL DISCOVER...

- ✓ God's call and purpose
- ✓ The danger of disobedience
- ✓ The power of prayer
- ✓ God's mercy and forgiveness
- ✓ The importance of compassion
- ✓ How God uses second chances

THIS BOOK WILL HELP YOU...

- ★ Understand the amazing story of Jonah
- ★ Grow closer to God
- ★ Learn to obey quickly
- ★ Love people the way God loves
- ★ Become a strong and confident child of God!

GOD LOVES YOU AND HAS A PLAN FOR YOUR LIFE!

“ You can run from God's instruction, but never from His love. ”

JEREMIAH 33:3

Call to Me, and I will answer you, and show you great and mighty things, which you do not know.



Keep reading His Word and let His love guide your every step!

