

Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.

Age-Level Overview

	Open the Bible	Activate Faith
Lower Elementary		
WORKSHOP FOCUS: Everyone can help God!	SPARK RESOURCES: Spark Story Bibles	SPARK RESOURCES: None
FUDGE FISH: Kids make fudge and use it to form different parts of Jonah's story.	SUPPLIES: None	SUPPLIES: Large bowl, spoon, measuring cups, wax paper, small paper plates, wet wipes (optional), instant pudding mix, water, margarine, powdered sugar, candy sprinkles (assorted)
Upper Elementary		
WORKSHOP FOCUS: God is in control.	SPARK RESOURCES: Spark Bibles, Spark Bible Stickers	SPARK RESOURCES: None
NINEVEH'S BREAK-FAST: Kids learn about fasting and cook breakfast while reviewing Jonah's story.	SUPPLIES: Pencils	SUPPLIES: Microwave, apple slicer, plastic knives, plates, cups, toothpicks, napkins, apples, cheese singles, mini bagels, cream cheese, pre-cooked bacon, grape juice
All Kids		
WORKSHOP FOCUS: God's ways are surprising!	SPARK RESOURCES: Spark Story Bibles, Spark Bibles, Spark Bible Stickers	SPARK RESOURCES: None
COOKIE SURPRISE: Kids make cookies with a surprise to remind them God's ways are surprising.	SUPPLIES: Common board game, pencils	SUPPLIES: Bowl, spoons, baking sheets, measuring cups, measuring spoons, drinking glass, baking sheets, spatula, cooling rack, oven mitt, butter or margarine, sugar, vanilla, flour, potato chips



Visit www.sparksundayschool.org for more Spark content. Watch a short Lesson Prep Video that will prepare you and give you confidence to explore this Bible story with the kids you are leading. You will also find a downloadable Family Page for this rotation's story filled with ideas for families to use to explore this story and live out their faith at home.

Workshop Focus: Everyone can help God!

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit www.sparksundayschool.org to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

Open the Bible (10 minutes)

Jonah and the Big Fish Storytelling

Welcome to Cooking. Raise your hand if you can ride a bike. Allow kids to respond to this and the following questions. **Who can whistle? Write your name? Some things we can do and some things we can't do, but everyone can help God! Let's hear about a man who learns to help.**

Hand Spark Story Bibles out to the kids. Help kids find Jonah and the Big Fish on pages 190-193. Encourage kids to follow along as you read. **Stand up and pretend you're Jonah while I read the story.**

What did God want Jonah to do? (*go to Nineveh*) Point to the picture on page 191. **What did Jonah do instead?** (*get on a boat*) **What happened when Jonah was thrown off the boat?** (*a big fish swallowed him*) **Did Jonah finally help God?** (*yes*) **Do you think it was hot or cold inside the fish?** Allow kids to respond.

God wanted Jonah's help. Jonah didn't think he could help God. God taught Jonah that everyone can help God! Can you help God? (*Yes! Everyone can help God.*) **Let's make some fudge to help us remember this story.**

Spark Resources
Spark Story Bibles

Supplies
None

Activate Faith (25 minutes)

Fudge Fish

Set Up: Bring water to a boil, melt margarine.

Ingredients (serves 16)

- Instant pudding mix (3.9 oz [110 g] box)
- Water (1/3 cup [79 ml])
- Margarine (1/3 cup [79 ml])
- Powdered sugar (3 cups [710 ml])
- Candy sprinkles (assorted)

Activity Instructions

God told Jonah to go to Nineveh but Jonah didn't listen. It took Jonah a long time and a big adventure to realize that everyone can help God! Let's make some fudge to help us tell Jonah's story. Remind kids to wash their hands.

1. **God told Jonah to go to Nineveh. Trudge, trudge, trudge. Which way did Jonah go?** (*away from Nineveh, toward the sea*) **Let's start with some pudding mix to represent the sand Jonah was walking through.** Have kids put the pudding mix in a bowl.
2. **Finally, Jonah got onto a boat and fell asleep. Where did the boat take him?** (*out to sea*) **Let's add some water for the sea.** Add the boiling water.
3. **What was happening when Jonah woke up?** (*There was a big storm.*) Add the melted butter to the bowl. **Mix the fudge around and around just like a swirling storm!** Help the kids mix the fudge thoroughly.
4. **What did Jonah tell the sailors to do?** (*throw him overboard*) **While he was in the sea, a big fish swallowed Jonah! How many days was Jonah inside of the fish?** (*three*) **Let's add the sugar, one part at a time, for each day Jonah spent inside the fish.** Add the sugar a third at a time, mixing thoroughly each time.
5. **After three days, what did the fish do with Jonah?** (*spit him on shore*) Drop the ball of fudge onto a sheet of wax paper. **Now what did Jonah do?** (*He went to Nineveh.*)
6. **Jonah finally realized, everyone can help God, even Jonah.** Give each kid a golf-ball sized piece of fudge on a small paper plate.
7. **You can help God, too. Pretend you are telling someone the Jonah story. Use your fudge to make something from the story. How about Jonah, or a boat, or a big fish! What is your favorite part of the story?** Encourage kids to be creative with their fudge.
8. **What are some other ways you can help God?** Allow kids to use the sprinkles to decorate a piece of fudge to take home. Remind kids to wash their hands (or use wet wipes) before wrap up.

Spark Resources

None

Supplies

Large bowl
Spoon
Measuring cups
Wax paper
Small paper plates
Plastic wrap
Wet wipes (optional)

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

Thank you for coming to Cooking! We made some fudge to help us tell the story of Jonah and the Big Fish. God wanted Jonah to go to Nineveh, but Jonah got on a boat instead. Jonah was inside of a big fish for three days before he was spit out. Jonah finally listened to God. Jonah went to Nineveh. Everyone can help God! How can you help God today? Allow kids to answer.

Spark Resources

Family Pages



Supplies

None

Prayer Time

Find a partner to hold hands with as we pray.

**Dear God,
Thank you for letting everyone help.
Jonah can help,
my friend can help,
and I can help.
Everyone can help God!
Amen.**

Workshop Focus: God is in control.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit www.sparksondayschool.org to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

Open the Bible (10 minutes)

Jonah and the Big Fish Storytelling

Welcome to Cooking! Today we're going to learn what it means when people don't eat! Have a volunteer read the definition of fasting on page 1009 of the Spark Bible. **Today we're going to read about an entire town that went on a fast.**

Direct kids to find Jonah on pages 1008-1010 in their Spark Bibles. Invite kids to mark one of the passages with a Something I Like, or Something I Don't Like Bible Sticker, encouraging them to use a pencil to write their response in the margin. Invite kids to read the following verses out loud:

- Jonah 1:1-4
- Jonah 1:11-12
- Jonah 1:15-17
- Jonah 3:1-5
- Jonah 3:10—4:1
- Jonah 4:5-7
- Jonah 4:11

Spark Resources
Spark Bibles
Spark Bible Stickers

Supplies
Pencils

Who told Jonah to go to Nineveh? (God) Who made a storm come in the sea? (God) Who made the fish swallow and spit out Jonah? (God) Who made the plant grow and then die? (God) Who spared the city of Nineveh? (God) Who is in control? (God)

When Jonah finally told the people what God was going to do to their city, they repented and fasted. God was merciful. Jonah was mad. Thankfully, God is in control. We're going to make some food for the Ninevites to eat after their fast is over.

Activate Faith (25 minutes)

Nineveh's Break-fast

Set Up: Wash and dry the apples. Pre-slice the bagels.

Ingredients

- Apples (1/4 per kid)
- Cheese singles (1 per kid)
- Mini bagels (1 per kid)
- Cream cheese (1 spoonful per kid)
- Pre-cooked bacon (1 slice per kid)
- Grape juice

Activity Instructions

When the Ninevites fasted, God forgave them and spared their city. The Ninevites didn't quit eating forever. Eventually they had to eat. This is called "breaking the fast." When a person goes to bed and doesn't eat all night, it's like a mini fast. In the morning when a person eats, it's called break-fast! Let's make some breakfast for the Ninevites! Remind kids to wash their hands before starting.

1. **God told Jonah to go to Nineveh. Where did Jonah go instead? (to the sea) Let's pour something that reminds us of the sea.** Have kids pour cups of grape juice.
2. **What did Jonah fall asleep on? (a ship) Let's use some apples and cheese to make some ships.**
 - a) Help kids use the slicer to cut the apple.
 - b) Give each kid a slice of cheese.
 - c) Kids cut the cheese into triangles.
 - d) Thread each triangle onto a toothpick.
 - e) Stick the toothpick into an apple wedge to make a boat.

Spark Resources

None

Supplies

Microwave
Apple slicer
Plastic knives
Plates
Cups
Toothpicks
Napkins

3. Give each kid a mini bagel. **Open your bagel. What happened because Jonah was on the ship?** (*a storm came*) **Swirl some cream cheese on your bagel like a storm.** Give kids some cream cheese.
4. **What swallowed Jonah?** (*a big fish*) **Let's make a big fish out of this bagel.** Direct kids to cut a wedge out of the bagel and stick it to the back so the bagel looks like a fish.
5. **When did Jonah finally go to Nineveh?** (*after the fish spit him out*) **How did the people of Nineveh respond to Jonah's news?** (*They fasted and repented.*) **God spared the city when the people repented. How did this make Jonah feel?** (*angry*) **Jonah was really angry. He was so angry that he went and sat outside of the city. God made a plant grow to give Jonah shade. Then what happened?** (*God sent a worm to destroy the plant.*) **The plant shriveled just like a piece of bacon!** Help kids prepare the bacon according to the directions on the package.
6. **God forgave Nineveh and the Ninevites broke their fast.** Invite the kids to eat. **Jonah was mad, but God was forgiving. Thankfully, God is in control! What does it mean to have God in control of the world?** Allow kids to answer. Remind kids to wash up before Wrap Up.

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

Thanks for coming to Cooking! We learned that Jonah didn't listen to God and got on a boat instead. Jonah was thrown into the sea and swallowed by a big fish. When Jonah finally went to Nineveh, the Ninevites repented. We celebrated with the Ninevites by having a break-fast. Jonah learned that God is in control. How is God in control of your life? Allow kids to respond.

Spark Resources
Family Pages



Supplies
None

Prayer Time

During our prayer, I'll pause and you can thank God for being in control of your life.

Dear God, thank you for being forgiving. Thank you for being in control of the world and my life. Pause. **Amen.**

Workshop Focus: God's ways are surprising!

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit www.sparksondayschool.org to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

Open the Bible (10 minutes)

Jonah and the Big Fish Storytelling

Welcome to Cooking. Hold up the game. **Who can explain the rules to this game? What if I told you the last one to finish was the winner of the game?** Allow kids to respond. **We think we know how things are supposed to go, but sometimes, God surprises us. Let's read about some surprises!**

Hand out Spark Story Bibles to the kids. Help kids find Jonah and the Big Fish on pages 190-193. **When I say the word *Nineveh*, you say, "Help us!" When I say *Jonah*, you say, "Not me!" When I say the word *fish*, you say, "Gulp-Gulp."** Read the story.

Following the story, have the older kids read Jonah 3:10—4:1, 5-7, and 10-11 on page 1010 of the Spark Bible. Encourage kids to mark the passage with a Spark Bible Sticker of their choice, using a pencil to mark their thoughts in the margin.

What did God tell Jonah to do? (*go to Nineveh*) **What did God make happen when Jonah was thrown in the water?** (*A fish swallowed him and then later spit him out.*) **What did God do to the town of Nineveh?** (*nothing*) **Was God being fair?** Allow kids to respond.

Spark Resources
Spark Story Bibles
Spark Bibles
Spark Bible Stickers

Supplies
Common board game
Pencils

Jonah was surprised that a fish swallowed him. Jonah was surprised God forgave Nineveh. God's ways are surprising! Let's make some surprising cookies!

Activate Faith (25 minutes)

Cookie Surprise

Set Up: Preheat the oven to 350° F (177°C)

Ingredients (makes 5 dozen cookies)

- Butter or margarine (1 cup [237 ml] plus extra for drinking glass bottom)
- Sugar (1/2 cup [118 ml] plus extra for glass bottom)
- Vanilla (1 tsp [5 ml])
- Flour (2 cups [473 ml])
- Potato chips (1/2 cup [118 ml] crushed)

Activity Instructions

God's ways are surprising. Jonah learned that the hard way. Let's review Jonah's story as we make some surprising cookies. Remind kids to wash their hands before starting.

1. **Where did God want Jonah to go? (Nineveh) Where did Jonah go instead? (to the sea) Let's pretend this sugar is the sand Jonah had to walk through to get to the sea.** Pour the sugar in the bowl.
2. **Now let's add the ship.** Have kids add the butter. **And a dash of sea spray!** Add the vanilla.
3. **What surprising thing happened while Jonah was on the ship? (A sudden storm came up.) Let's create a storm!** Have kids mix the butter and sugar until creamy.
4. **What surprising thing did Jonah tell the sailors to do? (throw him overboard) The storm calmed, but what happened to Jonah? (He was swallowed by a big fish!) How many days did Jonah spend inside of the fish? (three) Let's add the flour in three parts for the three days.** Have kids add the flour, one third at a time, stirring carefully after each addition.
5. **What surprising thing did God have the big fish do after three days? (spit Jonah onto the beach) Let's create a sandy beach.** Direct kids to butter the bottom of the glass and then dip it into sugar.
6. **Jonah finally decided to go to Nineveh. Jonah told the people God was going to destroy their city. The people repented. God had one more surprise for the people. God decided not to destroy the city after all! SURPRISE! There's one more surprising ingredient for our cookies . . . potato chips!** Have kids crush potato chips and mix them into the dough.

Spark Resources

None

Supplies

Bowl
Spoons
Baking sheets
Measuring cups
Measuring spoons
Drinking glass
Baking sheets
Spatula
Cooling rack
Oven mitt

7. **Jonah was upset that God did not destroy the city. He sat outside and pouted. What surprising thing did God do?** (*made a plant grow, then wither*) **God's ways are surprising! Let's bake and eat our surprising cookies!** Have kids spoon dough onto baking sheets and press cookies flat with the glass. Bake cookies for 10-12 minutes, cool, and eat.
8. Have kids straighten up the kitchen while waiting for the cookies. **Have you ever been surprised by God's ways in your life?** Allow kids to respond to this and the following question. **Can you understand how Jonah must have felt? God's ways are surprising!** Have kids wash up before Wrap Up.

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

I'm glad you were here for Cooking today! We heard how Jonah was surprised by God's ways. Jonah was thrown off a ship, swallowed and spit out by a fish, and finally decided to go to Nineveh. Jonah was surprised by God's forgiveness of the Ninevites. We made some cookies with a surprise. God's ways are surprising!

Spark Resources
Family Pages



Supplies
None

Prayer Time

We're going to pray in a surprising way today. Hold your hands or move your body in a way different than you normally would. You can sit, or stand, or strike a funny pose. Just make sure you are comfortable. Pause for a moment so kids can get ready.

Dear God, you surprised Jonah and the Ninevites. Sometimes you even surprise me! Thank you for your surprising ways. Amen.

