

## Jonah the Groaner

God asked Jonah to go to Nineveh with a message for the people, but Jonah did not want to go to Nineveh. Jonah groaned and tried to run away from God. He went off on a boat and when a storm blew up, Jonah ended up being thrown overboard, and swallowed by a large fish. As Jonah sat in the tummy of the fish, he prayed to God. Jonah said sorry, and three days later, the fish spat Jonah on to a beach.

Jonah obeyed God and even though he groaned when God forgave the people of Nineveh, by the end of the story he realised that God loves all people, and today God still loves all people - and that includes us!

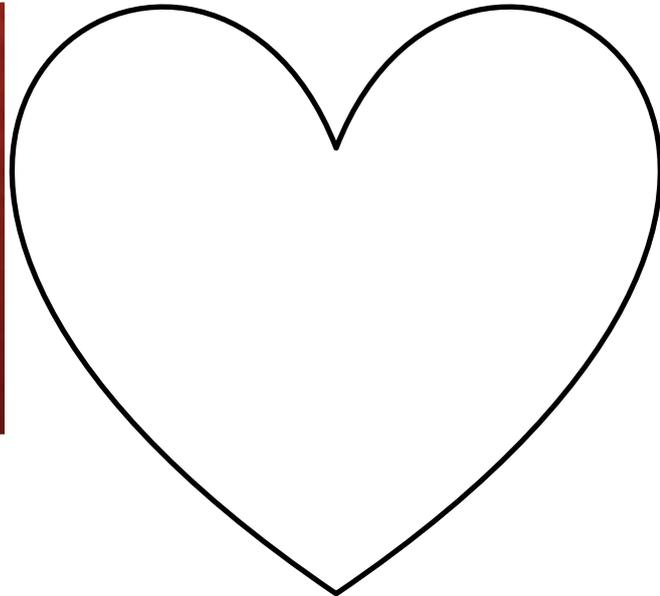
Listen to the full story, with Andrew and friends, on the Hemel Hempstead Methodist Church Facebook page, from 4pm on Sunday 10<sup>th</sup> May. <https://www.facebook.com/Hemel-Hempstead-Methodist-Church-224045384373806/>

**Crafts you can try at home:**

**Heart shaped biscuits** - to remind us that God loves everyone, and that includes us!

### Ingredients

170g margarine or butter  
285g caster sugar  
1 egg  
1 egg yolk  
1tspn vanilla essence  
Grated rind of lemon (optional)  
285g plain flour (you can use self-raising flour if there is no plain flour available)



### Method

- 1) Preheat oven to 180 degrees C / 350 degrees F/ Gas oven 4
- 2) With an electric mixer cream the margarine until soft. Add the sugar gradually and continue to mix until mixture is light and fluffy.
- 3) Using a wooden spoon, gradually mix in the whole egg and the egg yolk.
- 4) Add vanilla essence and lemon rind (if using).
- 5) Add the flour until blended. Gather the mixture into a ball, wrap in greaseproof paper and chill in refrigerator for about 30 minutes.
- 6) On a floured surface, roll out the mixture to about 3 mm (1/8 inch) thick.
- 7) Cut out biscuits with heart shaped cutter (if you don't have a cutter you might like to use the heart shaped template to cut around). Place biscuits on a sheet of greaseproof paper on a baking sheet. Leave space between the biscuits as they 'spread' when they are cooking.
- 8) Bake for about 8 minutes or until lightly coloured.
- 9) You can add icing if you want to decorate your biscuits.

**Fish collage** - to help us think about caring for God's world. We should always try to recycle plastic items, otherwise they can end up in our seas and oceans and can be very damaging to fish and other wildlife.

Look for plastic items and other waste items that we should recycle.



Draw a big fish, like the one that swallowed Jonah. Cut out shapes from the plastic and other items and fill the fish drawing. Jonah was inside the fish for three days and was then spat out. Plastics are swallowed by fish, and can make them very sick.

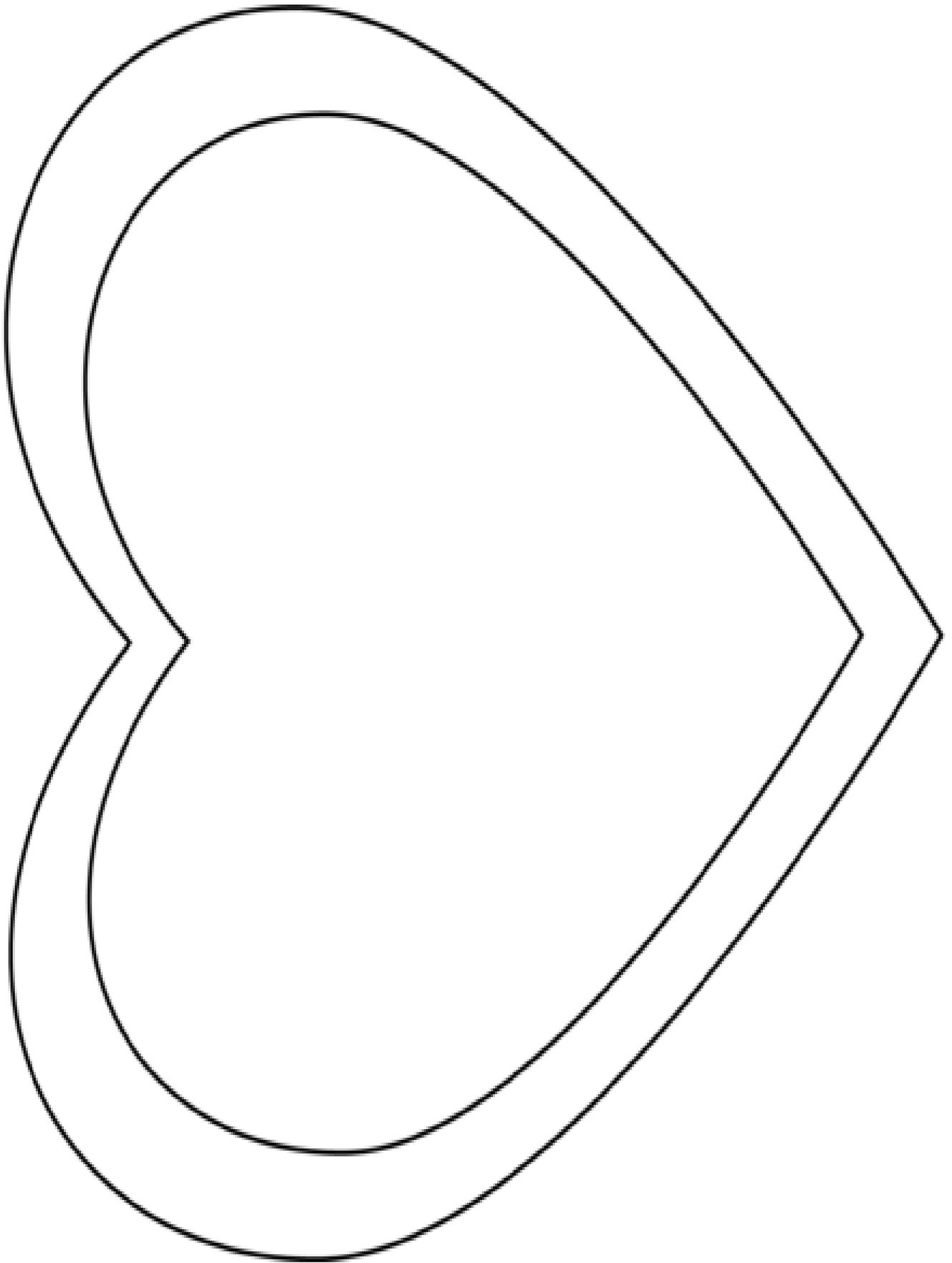


**Heart shaped collage** - this picture is made from things I have found in the garden and on the sea shore when I was on holiday last year. It reminds us that God loves everyone and everything he has created on land and in the sea.

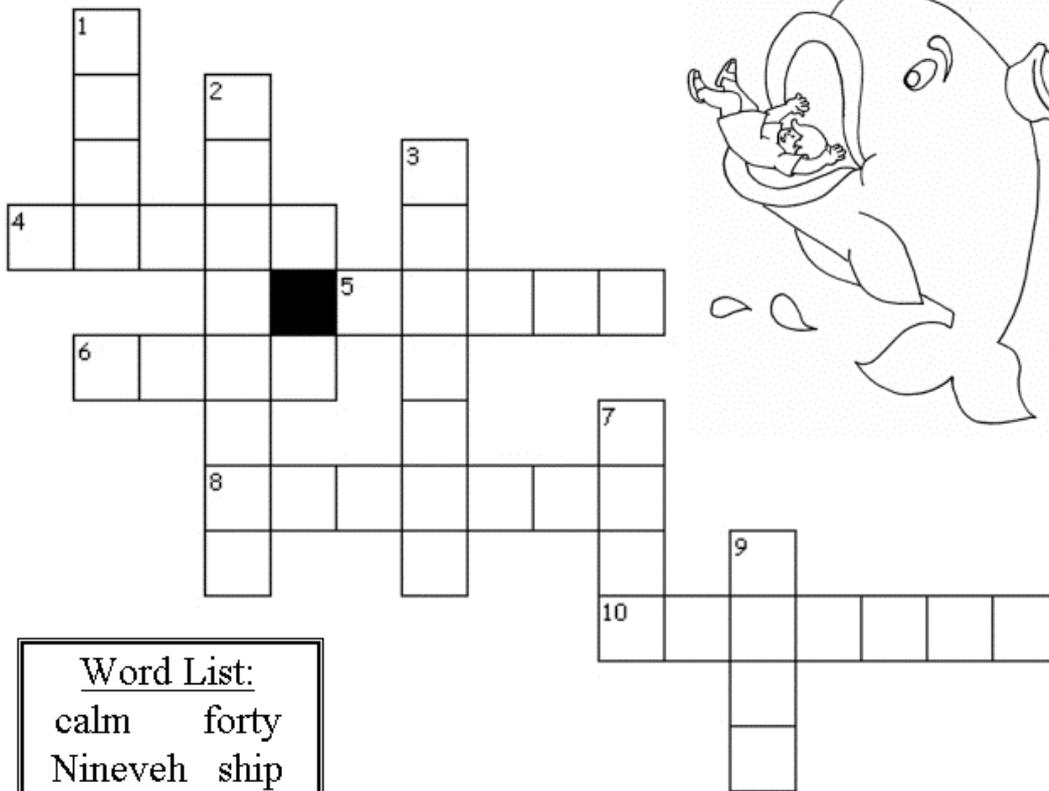
### What to do

1. Print the heart shape (which is on the next page) on to plain white paper or card, or draw your own heart shape. If you don't have any card you could glue the printed paper with the heart on it, to a piece of card perhaps from a cereal packet. Make sure it is glued all over the underside of the heart.
2. Collect things from your garden, or when you go out for your exercise walk (while we are self-isolating). I collected some different kinds of leaves, some twigs, some seeds and some shells that I found on the beach when I was on holiday last year.
3. Carefully decorate the outside edge of the heart with crayons, felt tips or paint.
4. Put lots and lots of glue on the inner heart.
5. Arrange all your 'special finds' on the heart and allow to dry overnight.
6. In the morning carefully cut around the outside of the heart.
7. If everything is well glued on, you may like to put a small hole in the top of the heart, thread some thread (cotton or wool) through the hole and hang the picture on a window.





# Jonah Crossword



Word List:  
 calm    forty  
 Nineveh    ship  
 obedient    spit  
 fish    praying  
 prophet    three

**Across**

- 4. Jonah lived inside the belly of a fish for this number of days.
- 5. This is the number of days the people of Nineveh had to change and repent.
- 6. The fish did this to Jonah to get rid of him.
- 8. This is the name of the city Jonah was to send a message to.
- 10. Jonah spent most of his time inside the fish doing this.

**Down**

- 1. Jonah was swallowed by a very large \_\_\_\_.
- 2. It's better to be \_\_\_\_ to God then not to listen and go your own way.
- 3. Jonah was called this because he gave messages from the Lord.
- 7. Instead of going to Nineveh Jonah ran away on this instead.
- 9. The water became \_\_\_\_ as soon as Jonah was thrown overboard.