**Session Theme:** God & Our Attention

**Scripture Story:** Jonah 2:1, 10; Chapter 3:1-10

**Activity:** Helium Stick

**Video Clip:** Cloudy With a Chance of Meatballs

Chapter 2:1 Then Jonah prayed to the Lord his God from the belly of the fish... 10 and the Lord spoke to the fish, and it spewed Jonah out upon the dry land.

Chapter 3:1 The word of the Lord came to Jonah a second time, saying, 2 "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." 3 So Jonah set out and went to Nineveh. Now Nineveh was a very large city. It took three days to walk across it. 4 Jonah went a day’s walk into it and he cried out, "Forty days more, and Nineveh shall be overthrown!"

5 And the people of Nineveh believed God; they proclaimed a fast (this meant no one ate), and everyone, great and small, put on sackcloth (very itchy, ugly clothing). 6 When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. 7 Then he had a proclamation made in Nineveh: "I command that no human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. 8 Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All will turn from their evil ways and from the violence that is in their hands. 9 Who knows? God may change his mind; he may turn from his fierce anger, so that we do not die." 10 When God saw what they did, how they turned from their evil ways, God changed his mind about the disaster that he had said he would bring upon them; and he did not do it.

**NOTES:**
- The Jonah story is a story of repentance.
- To repent simply means “to turn around.”
- How many changes of direction in this story (use last week's story, too) of the different characters do you count?
- Last week we looked at how our paying attention to God is advantageous for us.
- This week we see that paying attention to God is also advantageous for those around us (i.e. Because Jonah pays attention to God that then provides the opportunity for the people of Nineveh to pay attention to God).