Journaling

Guided Journaling Prompts for Jonah

1. Understanding Jonah's Story
- Write or draw about what happened to Jonah in the big fish. How do you think Jonah felt?
- Why do you think God wanted Jonah to go to Nineveh? How do you think Jonah felt about this task?

2. Reflection on Obedience
- Have you ever been asked to do something you didn’t want to do? How did you feel? What did you do?
- Think of a time when you changed your mind and did the right thing. How did it make you feel?

3. Personal Application
- Jonah prayed to God while inside the fish. When do you pray? What do you like to talk to God about?
- God gave Jonah a second chance. Have you ever given someone a second chance or experienced one yourself? How did it make you feel?

4. Compassion and Forgiveness
- How did God show love to the people of Nineveh? How can you show love and kindness to people around you, even if it's hard?
- Write about a time you forgave someone and how it affected both of you.

5. Understanding Emotions
- Jonah was upset when things didn’t go his way. Have you ever felt upset when things don’t go the way you planned? What did you do to feel better?
- What can you do to manage a big feeling like anger or frustration? Make a list of things that help you calm down.

6. Prayer Time
- Write a prayer about something you might be worried about and trust God with it.
- Thank God for the people who give you second chances and help you learn from your mistakes.

7. Moving Forward
- What lesson did you learn from the story of Jonah that you can use this week?
- Who can you share the story of Jonah with, and what would you want them to learn from it? Write their name and plan how you will share it.

Encourage each student to take their time as they write, reflect, and find personal connections to the story of Jonah.