

A Helpful Guide for Family Worship

Like many of you, we have been faced with the question of how to lead our families in worship on Sunday morning when our normal routine of going to church has been interrupted. We offer this guide and other resources to help you lead your families in a time of worship. We have included worksheets intended for Nursery-3rd grade, but depending on the age and maturity of the children in your family, you can adjust and adapt aspects of what we have here. We have included a brief lesson based on the passage for the sermon, a related coloring sheet and activities, and even a kids' sermon note page.

For a time of family worship, we can keep many of the elements that make up our usual worship services, namely Songs, Prayer, and the Word.

Worship through Song

- Feel free to use one or more of these songs as a time of worship for your family. There are links for helpful instrumental leads for the songs as well (or sing them a cappella or make a family band!).
- Our recommended songs for this Sunday

Worship through Prayer

- Spend time together in prayer as a family.
- Ask your kids if there is anything they would like to thank God for and if there is anything they would like to ask God for.
- The Model of A.C.T.S. (Adoration, Confession, Thanksgiving, and Supplication) can be helpful as you pray with your family.
- Give each member time to pray or have one person pray.

Worship through the Word

- A worship service with songs will be provided by email and on the website for Sunday morning with a link to this week's sermon at 11am at www.1stpresbyterian.com/sermons. If they normally go to the Nursery or Children's Church, we recommend finding the story of Jonah in a children's Bible such as the Jesus Storybook Bible and use the accompanying worship worksheets as appropriate for their ages. If you do not have a children's Bible, we recommend reading some or all of Jonah 1:17-2:10 in the NiRV version available on various Bible translation websites such as www.biblegateway.com.
- Ask a few questions from the included lesson about the story or about the sermon.

End with a Song or the Lord's Prayer

Worship through Song

Choose one or more of these songs to worship together as a family

“Be Thou My Vision”

www.youtube.com/watch?v=zqYdfoKimeM

Be Thou my vision, O Lord of my heart;
naught be all else to me, save that Thou art.
Thou my best thought by day or by night,
waking or sleeping, Thy presence my light.

Be Thou my wisdom, Thou my true word;
I ever with Thee and Thou with me Lord;
Thou my great Father and I Thy true son;
Thou in me dwelling, and I with Thee one.

Riches I heed not, nor man's empty praise,
thou mine inheritance, now and always;
Thou and thou only, first in my heart,
High King of heaven, my treasure Thou art.

High King of heaven, after victory won,
may I reach heaven's joys, O bright heaven's Sun!
Heart of my own heart, whatever befall,
still me my vision, O Ruler of all.

“This is My Father's World”

www.youtube.com/watch?v=P_rtDu2vpaY

This is my Father's world, and to my listening ears,
all nature sings, and round me rings the music of the
spheres.

This is my Father's world, I rest me in the thought
of rocks and trees, of skies and seas; His hand the wonders
wrought.

This is my Father's world, the birds their carols raise,
The morning light, the lily white, declare their Maker's
praise.

This is my Father's world; He shines in all that's fair;
In the morning grass I hear Him pass, He speaks to me
everywhere.

This is my Father's world, O let me ne'er forget
That though the wrong seems oft so strong, God is the
Ruler yet.

This is my Father's world: the battle is not done;
Jesus Who died shall be satisfied, and earth and heav'n be
one.

“Come Thou Fount of Every Blessing”

www.youtube.com/watch?v=EYrTqBiaZ4

Come, Thou fount of ev'ry blessing, tune my heart to sing
Thy grace;
Streams of mercy, never ceasing, call for songs of loudest
praise,
Teach me some melodious sonnet, sung by flaming
tongues above;
Praise the Mount! I'm fixed upon it, mount of God's
unchanging love.

Here I raise my Ebenezer; hither by Thy help I come;
And I hope, by Thy good pleasure, safely to arrive at home.
Jesus sought me when a stranger, wand'ring from the fold
of God;
He, to rescue me from danger, interposed His precious
blood.

O to grace how great a debtor daily I'm constrained to be;
Let thy goodness like a fetter, bind my wandering heart to
Thee.
Prone to wander Lord, I feel it, prone to leave the God I
love:
Here's my heart, Lord, take and seal it, seal it for Thy
courts above.



Week 2: Jonah Prays Discussion Questions from Jonah 1:17-2:10

Review

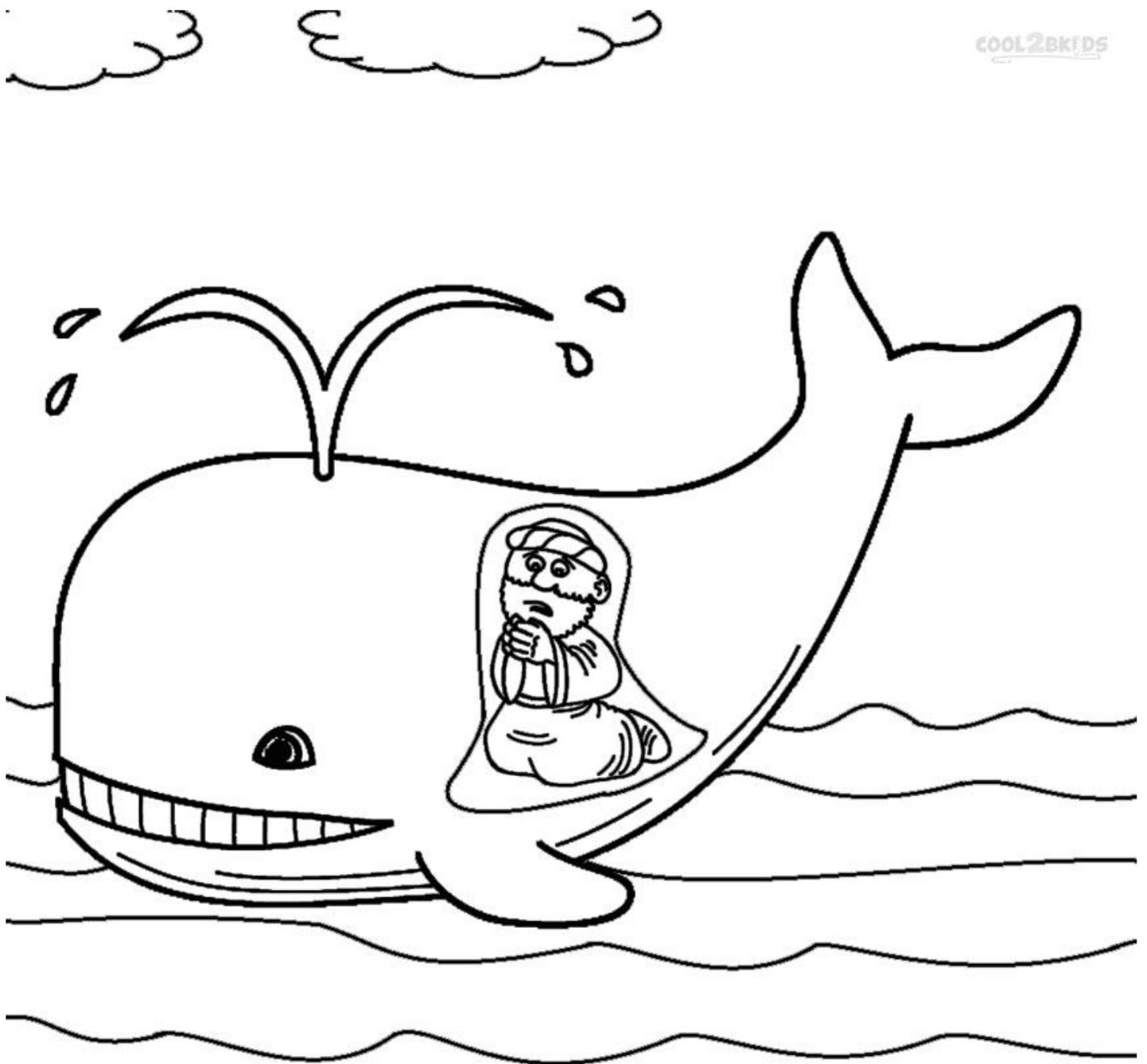
1. Where did God want Jonah to go to preach?
2. Why did Jonah not want to go there?
3. What did Jonah do instead?
4. What happened to Jonah?

Lesson 2: Read Jonah 2:1-10

5. What does Jonah thank God for in his prayer from the belly of the fish?
6. How was being swallowed by the great fish a good thing for Jonah?
7. How do we see Jonah's heart begin to change in this prayer?
8. What does God want all people to do?
9. What is a time that seemed bad that God used for good?



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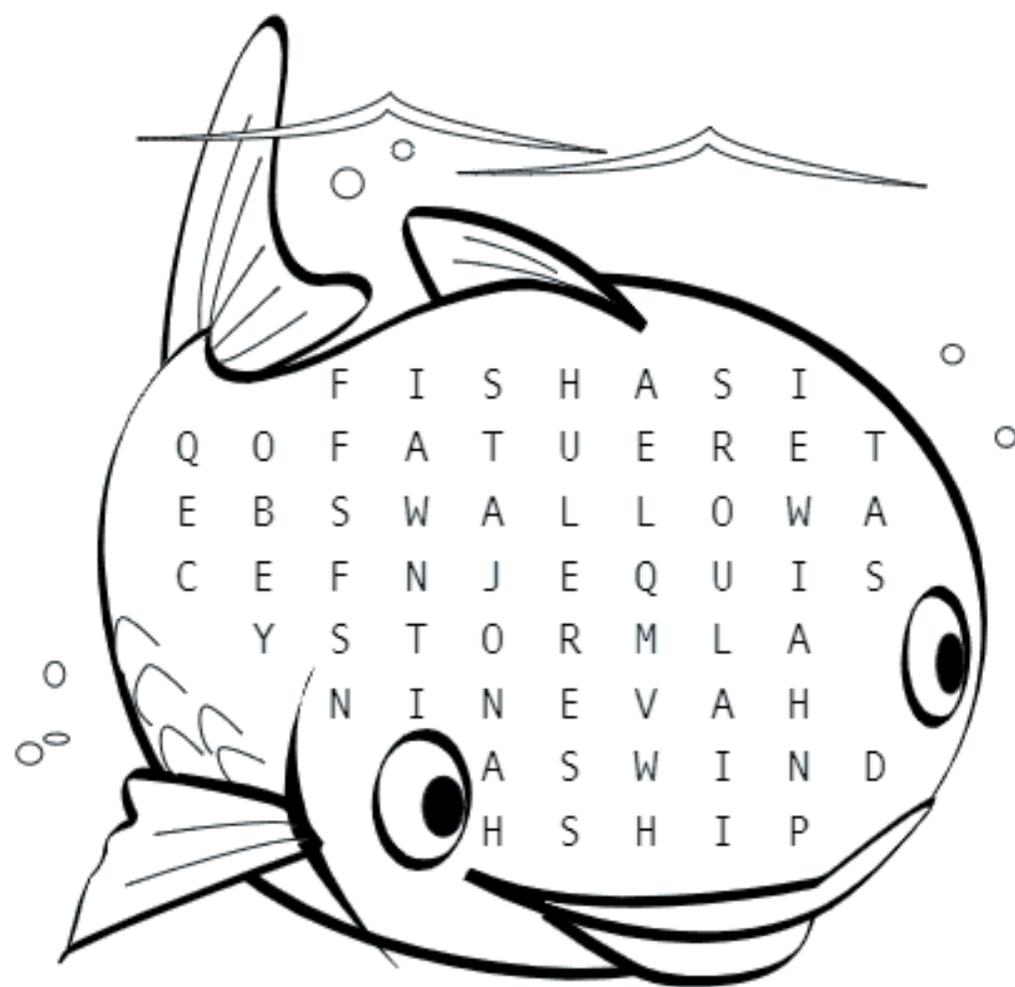


**Then Jonah prayed to the LORD his God from the belly of the fish,
saying, “I called out to the LORD, out of my distress, and he
answered me” (Jonah 2:1-2a)**

Jonah and the Big Fish

Word Search

Find the words on the list that are hidden in the puzzle. The words can be left to right, up and down, or diagonally.



FISH
JONAH
NINEVAH

OBEY
SEA
SHIP

STORM
SWALLOW
WIND

Sermon Notes FOR KIDS

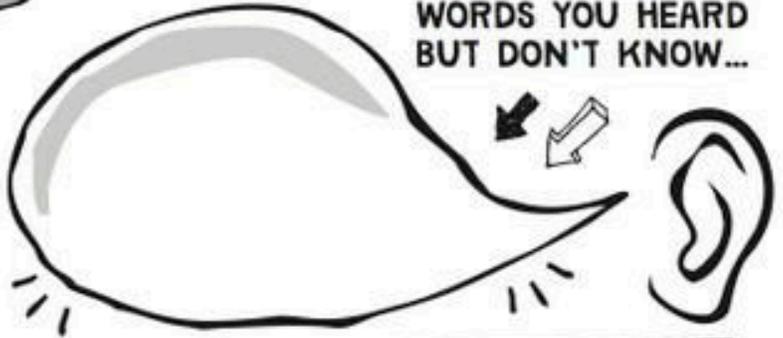


AS YOU ATTEND CHURCH SERVICE WITH YOUR FAMILY, USE THIS SHEET TO HELP YOU PAY ATTENTION AND LEARN. WE WANT YOU TO WORSHIP WITH US BY SINGING TO GOD AND LISTENING TO THE MESSAGE.



WHO IS SPEAKING?

WORDS YOU HEARD BUT DON'T KNOW...



WHAT IS THE MAIN PASSAGE WE ARE READING TODAY?

BOOK:

CHAPTER:

VERSE:

WHAT ARE WE LEARNING ABOUT GOD FROM THIS PASSAGE?

WHICH SONG FROM TODAY'S SERVICE IS YOUR FAVORITE AND WHY?

WRITE OR DRAW SOMETHING THAT YOU HEARD IN THE SERMON OR IN A SONG TODAY.



FILL IN THE BLANKS BELOW WHILE IN SERVICE AND THEN, ON THE WAY HOME, TALK ABOUT WHAT YOU HEARD AND THE NOTES YOU WROTE DOWN.



I HEARD _____

_____ TODAY
BUT WAS CONFUSED OR HAD A HARD TIME BELIEVING IT.



HEARING AND BELIEVING THAT GOD IS _____

CHANGES THE WAY I _____

Let's Play!

Additional Activity

- 1) Use painter's tape, masking tape, or similar item you have at home to outline a fish shape on the floor.
- 2) Have your children line-up on one side of the room to lay this version of *Mother, May I?*
- 3) You stand across the room in "Nineveh" and give commands to one child at a time such as, "Take two hops toward Nineveh," The child should respond with the words, "I'll obey what you say" before doing what is commanded. If any player does a command without saying, "I'll obey what you say" the player must sit inside the big fish until the game is over. Continue giving commands to the players one at a time until everyone either makes it to Nineveh or is "swallowed" by the big fish!
- 4) Remind the children that we all disobey. That's why we need Jesus. Jesus is the only one who never disobeyed. He obeyed perfectly. He died to forgive our disobedience and give us a new heart that wants to trust and obey.

Let's Pray

Lead Your Children in Saying This Prayer

Dear God, thank you for loving us and being with us wherever we go. Help us to trust you and do what you say. In Jesus' name, amen.

