

## **WEEK 5 - ROCK SOLID - PRESCHOOL & KINDERGARTEN**

**Lesson in a Word:** Follow

### **What Should I See?**

God wanted Jonah to go to the city of Nineveh and preach against all the bad things that were happening there. Jonah decided that he didn't want to do that. Instead, he got on a ship to try to escape from God. Then God sent a big wind over the sea. The only way the sailors on the boat could get the storm to stop was to throw Jonah overboard. Then God sent a huge fish to swallow Jonah. He lived inside of this fish for three days and three nights. While he was in the fish, Jonah did a lot of praying and asked God to forgive him. Finally, the fish spit Jonah out onto the shore and Jonah made the choice to obey God and go to Nineveh.

(Source: Jonah 1-4)

### **Memory Verse:**

*So put out of your life every evil thing and every kind of wrong you do.* James 1:21a NCV

### **What's The Key?**

Jonah did not want to obey and follow God. He thought he could push God away. However, we can never get away from God. He sees and knows everything we do. The good news is that He loves us no matter what! However, God may try and get our attention, just like He did with Jonah.

### **What's That To Me?**

God wants us to pull up and draw closer to Him. When we listen and follow what God wants us to do, we get closer to Him.

### **How Should I Be?**

We pull closer to God by going to church regularly, choosing good friends, and praying regularly. Just like a friend, we can tell Him anything. Another great way we can learn how to follow God is by reading the Bible every day.

### **Practice Point:**

I will pull up to God  
and I will obey!

Week #5:

“So put out of your life  
every kind of wrong you  
do”

James 1:21a NCV

## Pull Up!

Fri – Read the Bible story to your child:

### **Jonah**

God wanted Jonah to go to the city of Nineveh and preach against all the bad things that were happening there. Jonah decided that he didn't want to do that. Instead, he got on a ship to try to escape from God. Then God sent a big wind over the sea. The only way the sailors on the boat could get the storm to stop was to throw Jonah overboard. Then God sent a huge fish to swallow Jonah. He lived inside of this fish for three days and three nights. While he was in the fish, Jonah did a lot of praying and asked God to forgive him. Finally, the fish spit Jonah out onto the shore and Jonah made the choice to obey God and go to Nineveh. (Source: Jonah 1-4)

Sat– Memorize Bible verse with your child:

*“So put out of your life every kind of wrong you do.”*

James 1:21a NCV

Sun – Pray with your child:

*It's hard to listen when we are distracted. When we pray, we close our eyes so we are not looking around. We fold our hands so we are not busy playing with toys.*

Dear Jesus, Help me to pull up to You so that I can follow You more closely. Give me the strength I need to obey You and do what is right. Thank You for helping me each day. Amen.

Mon – Play “Pull Up” with your child:

Say to your child, “You copy everything I do when I'm the leader. Then you'll be the leader and I will copy everything you do”. (Jump up and down, run in place, hop on your left foot, walk like a duck, etc.) When you are done playing, ask your child, “Which was more fun, following or leading?”

Tues – Be with your child:

Bake cookies together and take some to a new or lonely neighbor. Talk to your child about how it feels to follow God's plan by showing love to others.

Wed – Practice the memory verse with your child

**TALK TO US! WE WANT TO HEAR FROM YOU!**

(We will remove and keep this form. No one will see this except for your Kids Rock teacher. **You must turn this in to receive all points for turning in your packet.** Answers may be as short as one sentence, but please write SOMETHING and be honest! You do not have to have a prayer request, comment, and question. Circle at least one each week though; even if you just circle 'comment' and write, 'I liked Tuesdays activity.' *Parents of preschoolers and kindergarteners:* You can help your child write their answers and / or give us your thoughts.)

**Name (First and Last):** \_\_\_\_\_

How has God spoken to you this week?

How have you responded to what He has said?

**I HAVE A...**  
**(circle all that apply)**

Prayer Request

Comment

Question

Please write your prayer requests, questions and/or comments on the back.

**Thanks for coming to Kids Rock this week!**  
**We had a great time. We hope you did too.**  
**We will see you next time!**