The Lord will help me obey Him, even when it's hard (Jonah 1–3).

Color the pictures. Cut out the three parts of the fish on the solid lines, and glue craft sticks or pieces of card stock to the back of them. Use the pictures to tell the story of Jonah.

Jonah was a prophet, tried to run away,

But he later learned to listen and obey.

When we really try, the Lord won't let us fail:

That's what Jonah learned deep down inside the whale.

("Follow the Prophet," *Children's Songbook,* 110–11.)