

# Come, Follow Me

with

## Living Scriptures

STREAMING

## God is Merciful

Jonah; Micah

### Objectives:

- Learn about God's mercy to Jonah, the Ninevites, and Israel.
- Emphasize God's mercy in our lives and how we can be merciful.

### Reinforces Principles of:

- Mercy

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## Reverence Time

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### Song:

Follow the Prophet (verse 7), Children's Songbook page 110

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/follow-the-prophet>

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### Scripture: Micah 7:18-19

"Who is a God like unto thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? He retaineth not his anger for ever, because he delighteth in mercy. He will turn again, he will have compassion upon us; he will subdue our iniquities; and wilt cast all their sins into the depths of the sea."

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### Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-jonah>

### Lesson

#### Summary:

Jonah was called to cry repentance to Ninevah. Ninevah was in Assyria, and they were enemies of Israel. Jonah didn't want to go there, so he headed in the opposite direction. He boarded a boat headed to Tarshish. While on the ship, a terrible storm arose. Jonah knew it was because he was running away from the Lord. He told the sailors to toss him into the sea and the storm would be calmed. After he was tossed overboard, a giant fish swallowed Jonah. He spent three days in the belly of the fish praying until the fish finally spit him out on the shore. God was merciful to Jonah and gave him a second chance. Jonah repented and went to Ninevah. He called the people of Ninevah to repentance and they listened! God's mercy allowed the Ninevites to repent and be saved.

Micah prophesied about the coming destruction of Israel, and he also prophesied about the coming birth of Jesus Christ, saying that He would be born in Bethlehem. He also prophesied of the last days and God's mercy to the House of Israel.

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#### Quote:

*"Because we are not immune to calamities, we must learn from them. While the scriptures show the consequences of disobedience, they also show what can happen when people listen to the Lord and heed His counsel. When the wicked city of Nineveh heard the warning voice of the prophet Jonah, they cried mightily to the Lord, repented, and were saved from destruction." Joseph B. Wirthlin*

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- Questions:**
- Why did Jonah try to run away from God?
  - What is mercy?
  - How did God show mercy to Jonah?
  - How did He show mercy to the Ninevites?
  - How can we show mercy to others?

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## Activity Time

## *Jonah Finger Puppets*

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**Description:** Your family can retell the story of Jonah with these fun finger puppets.

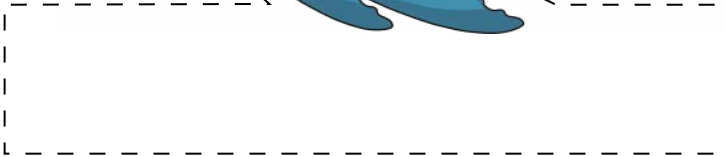
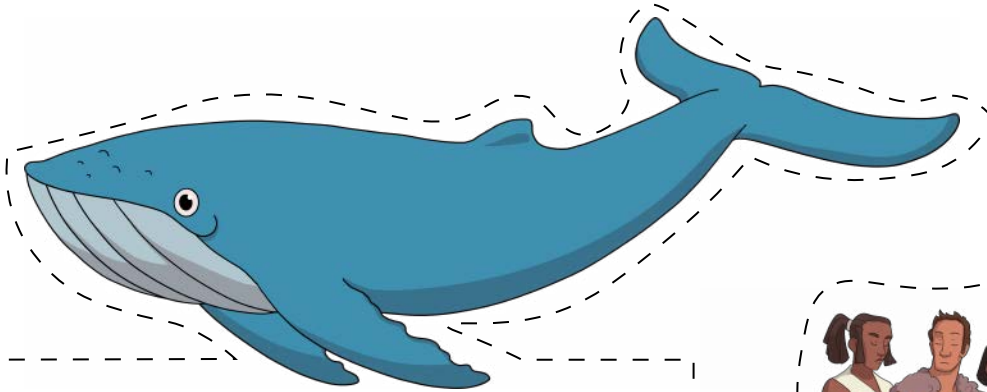
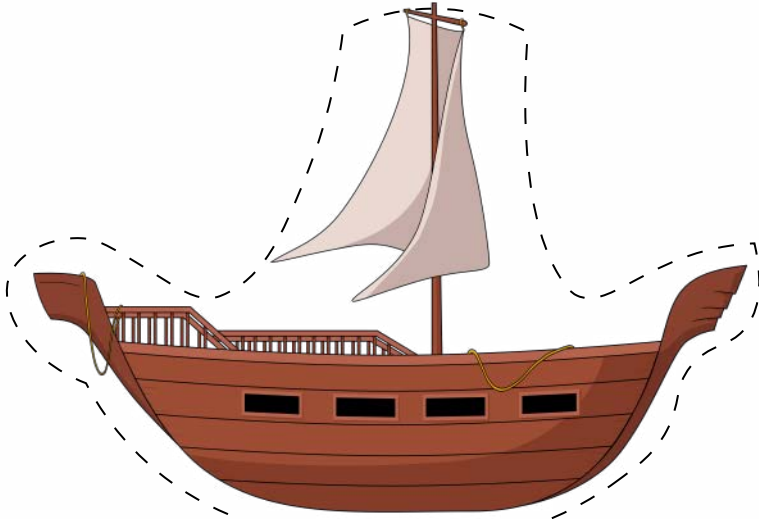
**What you need:** ■ A copy of the “Jonah Finger Puppets” artwork, scissors, tape

**Preparation:**

1. Print out the artwork.
2. Cut along all dotted lines.
3. Bend the long strip at the bottom of each finger puppet into a ring and tape the ends together.

**Activity:** (Younger children will need help from an older sibling or parent.)  
Review the story of Jonah from the video and/or Jonah 1-3. Give each family member a finger puppet. Act out the story together as a family to see what you remember!

Optional: Record a video of your family’s performance and watch it together when you’re done.



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## Treat Time

## *Puffy Ships*

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**Prep Time:** 5 minutes  
**Bake Time:** 10 minutes



**Ingredients:** 2 Large eggs, beaten  
1/2 cup milk  
1/2 cup flour  
1/4 teaspoon salt  
Optional: 1/2 teaspoon almond or vanilla extract  
1 cup sliced strawberries  
Whipped cream  
Powdered Sugar  
6 pretzel sticks

**Instructions:** Preheat oven to 425°. Generously butter or apply cooking spray to a 6 cup muffin tin and an 8" x 8" square cake pan. Combine ingredients in a mixing bowl. Beat until smooth. Pour the batter into prepared muffin tin (3 Tbs. in each cup). Pour remaining batter into cake pan.

Bake for 5 minutes. Turn pan and continue to bake for approximately 5 minutes or until puffed and golden. Turn out the square and cut into six rectangles. Sprinkle with powdered sugar. Turn "Muffins" out and over. There is sometimes a skin of cooked batter that must be removed to reveal the little cup.

Treat Time: Thread a pretzel stick through the center of the rectangle to make the sail. Fill boats with strawberries and whipped cream. Place the sail in the center.