



# Sabbath Keeping Youth

## Jonah

*Sung to the tune of  
"I'm a Little Teapot"*

Jonah ran from God to get  
away

He didn't want to hear  
what God had to say.

He climbed on board a  
boat and sailed to sea  
He told the Lord to let him  
be.

God said to Jonah, "not so  
fast",

My time with you has not  
yet passed.

The Lord sent a storm and  
rocked the boat

Jonah fell into the sea and  
tried to float.

A fish swam by and  
swallowed the man

Jonah prayed, "Lord, I'm  
sorry I ran"

God forgave Jonah after  
three days

Jonah thanked God and  
was on his way.



## Jonah & the Big Fish

It's summer! It's hot! It's time to kick back and have some fun! What's one of the best ways to take a break from the summer heat? WATER!!! Sprinklers, pools, lakes, water guns and balloons all create a great way to cool off in the blazing rays of the summer sun.

Someone in the Bible got wet with the ultimate "cooling off." God told Jonah to go to Nineveh and tell the people there all about His love. Jonah wasn't thrilled with the idea of going to Nineveh, so he tried to run away from God. He went to Joppa and got on a ship headed for Tarshish. While on the ship, a mean storm blew in. When the men on the ship discovered Jonah was the cause of the storm, they threw him overboard. Boy did Jonah get "cooled off" when he hit that sea! Even though Jonah made a big mistake, God still looked out for him. God had a big fish come by and gulp Jonah down.

Now the belly of a fish is no place to spend a summer vacation, but then again neither is the bottom of the sea. Jonah's surroundings may have smelled gross and looked disgusting, but they were better than drowning. It was in the belly of that great fish that God gave Jonah a second chance.

While hangin' out with the fish, Jonah got his life straightened out with God. After the fish tossed Jonah onto shore, he headed straight to the streets of Nineveh to tell the people about God.

The lesson to learn from Jonah is to always obey God because He will always lead us down the right path. Take it from Jonah, if you take things into your own hands, you never know where you will wind up.

## The Parents Corner

Hey mom and dad, here are a few tips to help the summer go a little smoother.

- Surprise your child with a frozen smoothie. Mix strawberries, banana, orange slices, and vanilla ice cream or frozen yogurt in a blender. Pour in cups and enjoy!
- To make sure your child doesn't wear all 5 outfits you send with him to camp on the first day, place each day's clothes in a separate 2 gallon Ziploc bag and label with a permanent marker.
- If your child is going to be outside for a while, try freezing a plastic drinking bottle 3/4 full of water. Give it to your child on his way out the door he will have cold water while he plays.

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## Are You Teaching Your Children the Gospel Message?

It is the goal of every Christian to be saved and receive the gift of eternal life. Parents want the same for their children. The goal and the process by which it is attained is called salvation. We learn about salvation through the gospel message. The gospel is the good news “that Christ died for our sins according to the scriptures; and that he was buried, and that he rose again the third day according to the scriptures” (I Corinthians 15:3,4). Are you teaching your children the gospel message?

The sacrifice of Jesus Christ is clearly the focal point of the salvation process. The perfect place to begin to teach your child about salvation is to teach them who their savior is.

- Jesus Christ is the Alpha and Omega (Revelation 22:13). Alpha and Omega is the first and last letters of the Greek alphabet. In our terms, Jesus is everything from “A” to “Z”. He is the beginning and the end. He is the Son of God. He has always existed. He was present before the world began. He created all things. He created man (John 1:1-3; Colossians 1:15, 16).
- Jesus Christ is at the beginning and end of the family tree (Revelation 22:16). Jesus was present at creation. He is the One responsible for David’s existence. Jesus is both the root and the offspring of David. As a human, Jesus was one of David’s descendants and as the Messiah He is “the morning star.” Jesus came to a dark and sinful world and offered it salvation.
- Jesus Christ is the bread of life (John 6:32-35). Bread is a basic food. When we hunger, eating bread will satisfy our need for food. As human beings we also have a spiritual hunger to fill. Only Christ can satisfy our souls hunger. Bread must be eaten to gratify our hunger pains. To fill our spiritual void and hunger pains Jesus must be invited in to our hearts and minds on a daily basis. This is done through prayer and through the study of His Word.
- Jesus Christ is the light of the world (John 8:12). The bad guy is always dressed in black and darkness is always a symbol of evil. Jesus does not say He is one of the lights of the world. Jesus says, “I am the light of the world.”

- Jesus Christ is the door and the Good Shepherd (John 10:7-15). During Jesus’ day, shepherds would keep their sheep in a pen at night. There was only one way into the pen and there was no door. The shepherd would sleep at the entrance of the pen so no one could come or go without him knowing. The sheep were safe as long as the shepherd was guarding the entrance. Jesus is the Good Shepherd guarding the door into the Kingdom. Each of us must trust that He will perform all of His biblical promises including that of granting salvation (Romans 4).
  - Jesus Christ is the resurrection and the life (John 11:25, 26). Jesus has power over everything including life and death. He showed this power when He rose from the grave. If Jesus has power over life and death, He then has the power to forgive sins.
  - Jesus Christ is the way, the truth, and the life (John 14:6). When setting out on a trip, it is a good idea to choose the right road to follow. Jesus is the only way to God the Father. He is the truth because He is the living Word and fulfillment of God’s promises. He is the life because when we accept Him as our Savior, He brings life to our life, now and forever.
  - Jesus Christ is the vine (John 15:5). Every plant has a main vine. The vine is what nourishes the branches. Jesus is our vine and we can produce nothing without Him nor can we have eternal life, which is salvation.
- Salvation is by grace, through faith and dependent upon obedience to our Lord and Savior, Jesus Christ.

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## Seeking A Sign

Matthew 15:39; 16:4

Mark 8:11-13

Jesus fed over 4,000 people with seven loaves of bread and a few fish and then traveled by boat with His disciples to a place called Magdala [MAG-da-la]. This town was also known as Magadan and Dalmanutha [dal-ma-NU-tha]. It is where Mary Magdalene lived. She was a woman who faithfully followed Jesus.

When Jesus reached the shore, the Pharisees and Sadducees met him. They wanted Jesus to give them a sign from heaven to confirm He truly was the Messiah. People of Jesus' time put miracles in two categories. There were the earthly miracles that could be performed by a demon or false god and there were the miracles that came down from heaven, which were considered from God. An example of a heavenly miracle would be; the sun and moon standing still for Joshua, thunder coming to the aid of Samuel and manna coming down from heaven to Moses and the children of Israel. The miracles of Jesus were one on one—very personal. He would heal the sick, give sight to the blind and even raise the dead.

The Pharisees and Sadducees discounted the miracles Jesus performed and Jesus knew this. Jesus knew there was no point in giving them further signs to prove who He was. He knew what was in their heart. He knew they had made up their minds not to believe in Him. Jesus marveled at their ability to look at the sky and discern what the weather would be, but were unable to recognize the signs of the times. He told them, “an evil and adulterous generation asks for a sign, but no sign will be given to it except the sign of Jonah” (Matthew 16:4). What did Jesus mean by this?

A similar discussion took place with the scribes and Pharisees in Matthew 12:39-41, where Jesus compared the three days and three nights Jonah spent in the fish's belly to the three days and three nights He would spend in the grave. As you have read, Jonah grudgingly went to Nineveh to preach God's message of repentance and the people repented. Jesus came to earth and preached to His people and they refused to repent. Jesus was telling the Pharisees His resurrection would prove He is the Messiah. Just as Jonah was given the opportunity to live again after three days in the belly of a fish, so would Jesus come back to life three days after His death.

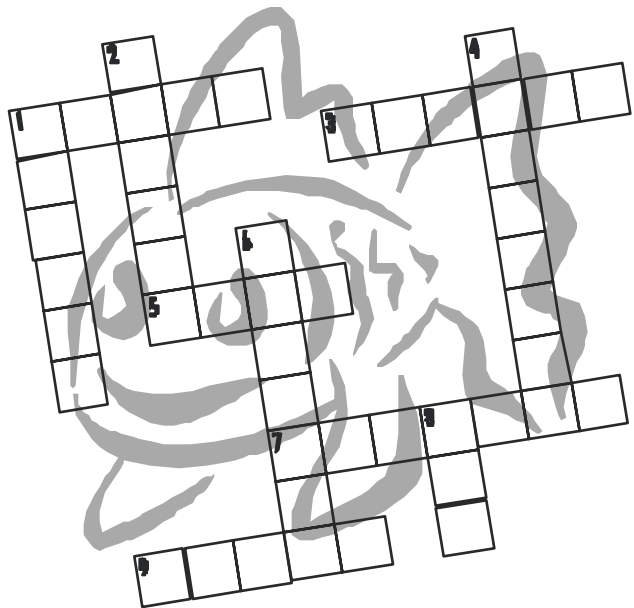
Have you every doubted there is a God? Have you wished for a miracle to help you truly believe in God? The answer Jesus gave the Pharisees is the perfect answer for each of us today. We don't need more miracles or further evidence because we have Jesus' death, resurrection and through that came the promise of salvation.



A school of one fish.

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## Sabbath Keeping Youth



**Across**

1. What did the river Nile turn into during the plagues of Egypt?
3. Rivers of \_\_\_\_\_ water should flow out of our belly.
5. This man built an ark to save all the animals from a flood.
7. Namun was cured of this disease by dipping in the river Jordan.
9. What OT man brought water out of a rock by striking it with his staff?

**Down**

1. The baby Moses floated down the Nile in this.
2. The river Jesus was baptized in.
4. Jesus performed his first one of these by turning water into wine.
6. The sea Jesus walked on.
8. The sea Moses parted

◆ Hey kids! Try these wet-n-wild games, and see if they take a bite off the heat of the sizzlin' summer sun. Round up some friends and water, and get ready for a splashin' good time.

◆ **Bucket Brigade (relay)**

◆ Divide into 2 teams. Each team gets a small bucket with holes punched in the bottom, and a large cup with a ping pong ball inside. One member of each team fills the bucket with water, holds it over their head, and runs to empty it in the cup with the ping pong ball. The first team to float the ping pong ball out of the cup wins!

◆ **Sponge Splash (relay)**

◆ This wet game requires a bucket, sponge, and an empty two liter bottle for each team. Assign one person to sit holding the two liter bottle on his/her head. Everyone else fills their sponge in the bucket, and then runs to wring out the sponge into the bottle over their teammate's head. The team with the most water in the bottle at the end of time wins. Be sure and take turns holding the bottle!

◆ **Splat**

◆ Fill lots of water balloons and find a large piece of pavement. One at a time raise your balloon high in the air and slam it on to the ground. Mark your splat with sidewalk chalk. See who can make the biggest splat!

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