

# ON THE RUN LESSON 1

## **MAIN FOCUS**

God always knows exactly where we are!

## **POWER VERSE**

"Oh Lord...every moment You know where I am!"  
- Psalm 139: 1-3

## **BIG IDEA**

"Don't Run From God, Don't Try To Get Away; God's Got A Plan For You Today!"

## Leader's Info

Jonah received an assignment from God to go preach to the sinners in Nineveh. Jonah wasn't interested, so he ran from God and tried to get away from His call.

Jonah found out something that every one of us needs to know: "You can't outrun God." God sees wherever we run or try to hide. There's nowhere on this Earth that we can go where we are out of His sight.

Even though we try to run, God's love doesn't stop chasing us. He wants the best for our lives and will do whatever it takes to reach us. In this lesson, the children will be encouraged to follow God's plan for their life and not try to run from His call.

## ★ **INTRO VIDEO**

"YOU CAN'T OTRUN GOD!"

## ★ **PUPPET SKIT**

MR. CRABBE'S CHANGE OF PLANS

## ★ **OFFERING TIME**

## ★ **PRAISE SONGS**

## ★ **GAME TIME**

"ON THE RUN RELAY"

## ★ **POWER VERSE REVIEW**

"OH LORD...EVERY MOMENT YOU KNOW WHERE I AM!"

- PSALM 139: 1-3

## ★ **WORSHIP SONGS**

## ★ **ILLUSTRATED MESSAGE**

"YOU CAN'T OTRUN GOD!"

## ★ **"RAP IT UP" VIDEO**

## ★ **REVIEW QUESTIONS**

# ON THE RUN LESSON 1

## MAIN FOCUS

God always knows exactly where we are!

## POWER VERSE

"Oh Lord...every moment You know where I am!"  
- Psalm 139: 1-3

## BIG IDEA

"Don't Run From God, Don't Try To Get Away; God's Got A Plan For You Today!"

### **INTRO VIDEO**

*"YOU CAN'T OUTFRAN GOD!"*

### **PUPPET SKIT**

*MR. CRABBE'S CHANGE OF PLANS*

### **OFFERING TIME**

### **PRAISE SONGS**

### **GAME TIME**

*"ON THE RUN RELAY"*

### **POWER VERSE REVIEW**

*"OH LORD...EVERY MOMENT YOU KNOW WHERE I AM!"*  
- PSALM 139: 1-3

### **WORSHIP SONGS**

### **ILLUSTRATED MESSAGE**

*"YOU CAN'T OUTFRAN GOD!"*

### **"RAP IT UP" VIDEO**

### **REVIEW QUESTIONS**

## ORDER OF SERVICE

1. \_\_\_\_\_  
by \_\_\_\_\_
2. \_\_\_\_\_  
by \_\_\_\_\_
3. \_\_\_\_\_  
by \_\_\_\_\_
4. \_\_\_\_\_  
by \_\_\_\_\_
5. \_\_\_\_\_  
by \_\_\_\_\_
6. \_\_\_\_\_  
by \_\_\_\_\_
7. \_\_\_\_\_  
by \_\_\_\_\_
8. \_\_\_\_\_  
by \_\_\_\_\_
9. \_\_\_\_\_  
by \_\_\_\_\_
10. \_\_\_\_\_  
by \_\_\_\_\_
11. \_\_\_\_\_  
by \_\_\_\_\_
12. \_\_\_\_\_  
by \_\_\_\_\_
13. \_\_\_\_\_  
by \_\_\_\_\_
14. \_\_\_\_\_  
by \_\_\_\_\_
15. \_\_\_\_\_  
by \_\_\_\_\_
16. \_\_\_\_\_  
by \_\_\_\_\_
17. \_\_\_\_\_  
by \_\_\_\_\_

# ON THE RUN LESSON 1

---

## PUPPET SKIT

**Character: Mr. Crabbe** *(an old man puppet who struggles with his attitude; feel free to use any puppet character that your kids are familiar with from your services)*

**Leader:** Jonah really thought he was smart to run away from God, but as we are learning today...

**Mr. Crabbe:** *(pops up)* We're learning that you people need to be a lot quieter! It's hard for an old man to get his beauty rest with so much noise going on.

**Leader:** Well, hey there, Mr. Crabbe! What's going on?

**Mr. Crabbe:** I'll tell you what's going on. You people are being too loud. Sounds like a herd of elephants running around up here.

**Leader:** Well, we are sorry about that, Mr. Crabbe. But, why are you trying to sleep in the middle of the day anyway?

**Mr. Crabbe:** It's because I didn't get much sleep last night.

**Leader:** Oh really? Why were you unable to sleep?

**Mr. Crabbe:** Because, I don't have what it takes to do what God wants me to do.

**Leader:** What are you talking about?

**Mr. Crabbe:** Well, the other day I was praying and I really felt like God was telling me that I needed to tell my next door neighbor, Mr. Fitzowitz about Jesus.

**Leader:** That's great, Mr. Crabbe!

**Mr. Crabbe:** No, it ain't great! It's terrible! That old man Fitzowitz is the meanest man this side of the Mississippi River. He's so mean...if you kicked him in the heart, you'd break your toe!

**Leader:** Mr. Crabbe!

**Mr. Crabbe:** He's so mean he had three phones installed in his house just so he could hang up on more people.

**Leader:** Oh, Mr. Crabbe, he can't be that mean.

**Mr. Crabbe:** Yes, he is! And I can't talk to him about Jesus. So, I decided I am just going to move away. I am going to move to Barbados and become a fruit jar inspector. I will go wherever I have to go to get away from what God wants me to do.

(CONTINUED ON NEXT PAGE)

# ON THE RUN LESSON 1

---

## *PUPPET SKIT (CONTINUED)*

**Leader:** Well, Mr. Crabbe, I understand you are worried. But, the truth is that moving to Barbados isn't going to get you out of God's sight. God is in Barbados, too. God is everywhere. You can't outrun God.

**Mr. Crabbe:** Well then, what am I supposed to do? I can't do what God wants me to do! That old man Fitzowitz will hang me by my toenails and shoot marshmallows up my nose if I talk to him about Jesus.

**Leader:** Well you know, Mr. Crabbe, Jonah felt the same way about the people of Nineveh. He tried to run from God and got on a boat going the opposite direction. But, he soon found out that he couldn't outrun God's plan for his life. So, you can learn the same lesson either the easy way or the hard way. But either way, you are going to realize that the only right thing to do is to follow through with God's plan for your life and let Him give you the strength you need to do it.

**Mr. Crabbe:** But, I can't do it. I will be all alone when I talk to Mr. Fitzowitz. I will be scared.

**Leader:** Well, the good news is you won't be alone at all. God will be there. God is everywhere. Not only can you not outrun Him, but you are never away from Him. He will be there to help you talk to Mr. Fitzowitz.

**Mr. Crabbe:** In that case, I guess I don't have to move to Barbados.

**Leader:** No, you sure don't. What you need to do is follow God's plan for your life and don't try to run from Him.

**Mr. Crabbe:** That's exactly what I will do. I am going to pop right over to old man Fitzowitz and say, "Jesus loves you, you mean old snake!"

**Leader:** Well, I don't think you ought to put it that way. I think you should show him God's love.

**Mr. Crabbe:** You're probably right. I will do my best. See you later, everybody!

**Leader:** See you later, Mr. Crabbe!

# ON THE RUN LESSON 1

---

## GAME TIME

### "ON THE RUN RELAY"

**Items Needed For Game:** The Music CD (*cue one of the extended game songs*); batons (*or anything that can be used as a baton for the relay race*)



**How To Play:** Choose three boys and three girls to play in this game. Let them know that this is a “running” relay race. However, it has a bit of a twist. They have to run backwards.

The first person runs to the other side of the room and back and passes the baton off to the next person in line. Each team continues until all three members of the team have run all the way to the end of the room and back. The first team to have all three team members complete the race wins.

# ON THE RUN LESSON 1

## ILLUSTRATED MESSAGE

*"YOU CAN'T OUTFRAN GOD!"*

**Materials Needed:** The Data CD; a microphone stand; DVD of "Jonah: A Veggie Tales Movie"; the Music CD

**Preparation:** Open the PowerPoint presentation on the Data CD titled "Lesson One," begin with the slide titled "You Can't Outrun God!"; cue the movie to the point right before Jonah is swallowed by the whale; cue the Music CD to Track #6 "storm sound effects"



**The Message:** *(title slide)*

One of my favorite games when I was a kid was "Hide & Seek." How many of you kids love to play "Hide & Seek?" *(allow the children to respond)* It was awesome because I always found the best hiding places. I could sit there for hours, even days if I had to, and no one would ever find me! I love to play "Hide & Seek."

But, I have one question for you? Is it smart to play "Hide & Seek" from God? *(allow the children to respond)* Of course not! God can see everything and He knows everything. There's no way to hide from God even if you wanted to. It would be like to trying to play "Hide & Seek" with your friends and choosing to hide behind this microphone stand. *(act like you are hiding from your friends and stand behind the mic stand. Obviously, everyone can see you, but play it up a bit like you really think you have a great hiding spot)*

No, hiding from God is useless. God sees all and knows all. But, that is exactly what Jonah tried to do. God told Jonah to go preach to the people of the city of Nineveh. Jonah knew that the Ninevites were mean and evil people and he didn't want to preach God's love to them. So, he got on a boat that was going the opposite direction to a land called Tarshish. He crawled down in the bottom of the boat and went to sleep. I guess he thought he found a good hiding place where God couldn't see him. Was he right? *(allow the children to yell "NO!")* That is right! God saw him there in that boat. You see...

### 1. You Can Run From God, But You Can't Outrun God *(slide)*



God saw right where Jonah was and He sees right where we are. Boys and girls, some of you might be trying to run and hide from God. Maybe you don't want to live the way God wants you to live and so you think if you just ignore God then maybe He will forget about you. But, God doesn't forget

(CONTINUED ON NEXT PAGE)

# ON THE RUN LESSON 1

## ILLUSTRATED MESSAGE

(CONTINUED)

Forget about His children. He loves His children. Even though you try to run from God and hide the fact that you are doing wrong and sinning, God still sees you and knows exactly where you are. And, He will follow you wherever you run to. Why? Because...

### 2. God Wants To Get You Back *(slide)*



God doesn't want to punish you or yell at you. The reason He will follow you and run after you when you try to run from Him is because He loves you and wants to get you back. He wants to tell you how much He loves you. He wants to get you back living for Him.

God wanted to get Jonah back as well. That's why he sent a great storm to surround the boat where Jonah was sleeping. *(play track #6 on the Music CD while you tell the story)* The captain and crew of the ship knew that something must be causing this storm, so they woke Jonah up and brought him up on deck. They said, "God has sent this storm upon us because He is angry with someone on this boat. We are going to find out who it is." So, they all drew straws to see who would get the shortest. They figured whoever got the shortest straw was the one God was upset with.

Jonah drew the shortest straw, so the men of the boat knew that he was the one who was the reason for the storm. So, they picked Jonah up and threw him off the boat. As soon as Jonah hit the water, the storm stopped *(stop the storm sound effects)*.

There Jonah was, floating in the water. He figured he would just die in the middle of the sea eventually. But, while he was floating there in the water...something amazing happened. *(play the clip of the whale coming up and swallowing Jonah; stop the clip right after the whale swallows him)* God sent a great fish to swallow Jonah. Why would he do that? Well, because when we run from God...

### 3. God Will Do Whatever It Takes To Get Your Attention *(slide)*



God wanted to get Jonah's attention, so he sent a great fish to swallow him. Jonah had nowhere to go. He had to sit and listen to God. God wanted to tell him how much He loved Jonah and had a great plan for his life. And, God will do the same thing for you. No, he probably won't send a whale to swallow you, but He will do whatever it takes to get your attention. He wants you to know how much He loves you. He wants you to listen to Him. You can run from God, but you can't outrun Him. He knows right where you are today. He loves you and has a great plan for your life.

### ALTAR RESPONSE: *(play soft music)*

Ask for those who have been running from God to come down to pray. Have your leaders pray for them to be reminded of God's love for them. Pray that they will stop running and turn to God. Pray that God wouldn't have to do something drastic to get their attention.

# ON THE RUN LESSON 1

---

## REVIEW QUESTIONS

- 1. What was today's Big Idea?**  
Answer: "Don't Run From God, Don't Try To Get Away! God's Got A Plan For You Today!"
- 2. What was the name of the prophet we learned about today?**  
Answer: *Jonah*
- 3. God told Jonah to go preach in what city?**  
Answer: *Nineveh*
- 4. Did Jonah want to go to Nineveh?**  
Answer: *no*
- 5. Where did Jonah sail to instead of Nineveh?**  
Answer: *Tarshish*
- 6. What did the boat's crew do to determine who cause the storm?**  
Answer: *drew straws*
- 7. Who got the short straw?**  
Answer: *Jonah*
- 8. When Jonah hit the water, what happened to the storm?**  
Answer: *it stopped*
- 9. What did God send to swallow Jonah?**  
Answer: *a great fish/whale*
- 10. Where was our Power Verse found?**  
Answer: *Psalm 139:1-3*