



Watch Video: Superbook - Jonah - Season 2 Episode 1 <https://www.youtube.com/watch?v=YkC2MKfI5Gk>

Devotion: Can we actually run away or hide from God? What made Jonah decide to run away? As a prophet, he should have known better. So why did he not want to go to Nineveh and preach there as God had told him to? In Jonah's mind, the people of Nineveh were enemies—they were evil people that did not deserve God's forgiveness. Jonah thought that if he took a ship going in the opposite direction that nothing, and no one, could get him to Nineveh. Soon it would be 'impossible' for him to get to Nineveh, and he would be so far away that he wouldn't be worried about it anymore. When Adam disobeyed God, he also thought he could go and hide so that God wouldn't find him. It is foolish to hide or run from God: He knows exactly where we are anyway. When we decide to run from God's loving arms we are sure to run into BIG trouble!

Prayer: Father God, please forgive me for all the times that I have done wrong, or been disobedient and have tried to hide and run. Help me to understand that you love me so much, you always want the best for me, and you will always be there for me. In Jesus' Name, Amen. **Adapted from <http://www.truthforkids.com>*



SUPER Church

Today's Activity

Watch Video: Gentleness | The Fruit of The Spirit For Kids <https://www.youtube.com/watch?v=cFJgacjfO8M>

Devotion: How can I keep from turning sour? Do you like eating lemons? If you do, then you would probably like sour grapes too! However, most people plant a vine to get tasty, sweet grapes; and if they do want something sour, they may plant a lemon tree as well. But imagine if you wanted to enjoy a glass of sweet grape juice and it tasted awfully sour. That could be disgusting. We can become sour by having a wrong attitude (like not forgiving someone). But sour people are not friendly, happy people. If you are struggling to be sweet, ask Jesus to cut away and let the Holy Spirit's goodness flow into you, then you will please Jesus—the Gardener of your life—and be a blessing to many as well.

Prayer: Lord, please help me to be kind to others just like Jesus was when He was here on earth. Help me to be quick to forgive others that hurt me, so that I can please God and be more like Him. In Jesus' Name, Amen. **Adapted from <http://www.truthforkids.com>*

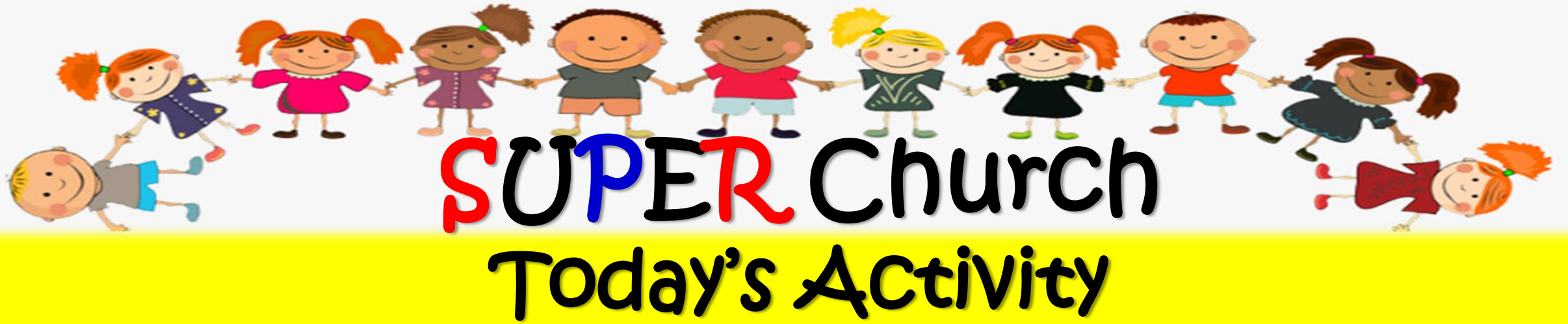
SUPER Church

Today's Activity

Listen to and learn the dance moves for
the song "Echo" on YouTube

<https://www.youtube.com/watch?v=G9n7ll13mp4>





Devotion: What does God expect of me? Do you want to please God by the way you live? What do you think pleases God most? Some people do good things to show how good they are. But that doesn't impress God at all! Jesus lived a perfect example of someone that pleases God. Jesus showed fairness by defending a woman who had sinned and was about to be punished by men who were just as guilty of sin ([John 8:3-11](#)). He showed mercy by healing the ear of a man who had come to arrest Him ([Luke 22:50-51](#)). And Jesus showed service by getting down on His knees and washing His disciples' dirty feet ([John 13:3-5](#)). What God expects of you is not hard to do. This is what He wants from you:

- to be just and fair ([Proverbs 31:9](#));
- to be loving ([Luke 6:36](#));
- to submit to God in a humble way ([1 Peter 5:6](#)).

If you forget these three things, don't worry; you will always please God by doing what this verse says: "Do to others as you would have them do to you" ([Luke 6:31](#)).

Activity: Draw a picture of what God expects of us by choosing from one of the examples above in the devotion.

Prayer: Father God, help me to do things that please you and make you happy. Help me to be fair, loving, humble, and respectful to others. In Jesus' Name, Amen. *Adapted from <http://www.truthforkids.com>



Throwback Day

Watch Video: Superbook Classic - The Giant Killer - Season 1 Episode 19

<https://www.youtube.com/watch?v=NI60toIDlr8>

Activity: Draw a picture of your favorite part of the Superbook video. If you can write, write 1-3 sentences describing your picture.

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Today's Activity

Listen to and learn the song "Way Maker"
on YouTube

<https://youtu.be/BfdOP8139i4>





SUPER Church

Today's Activity

Family Night: As a family, take a walk around your neighborhood, play an outdoor game, watch a movie, play a board or card game, cook dinner together, bake cookies/cake, etc. **If you would like, take a picture and share it on social media to remind others that family time is fun, rewarding, and important!!*