

# Jonah March

## Materials

- ☐ One copy of the “Jonah March” lyrics (next page)

## Instructions

*Print one copy of the “Jonah March” lyrics. Have students march in place and follow your hand motions as you recite the lyrics in a marching cadence. Students will shout and run in place each time you say, “We can’t outrun God!”*

## Suggested Discussion

Jonah didn’t want to obey God so he tried to get away from him and traveled in the opposite direction.

- ❓ Can we do that? Is there anywhere we can go that God can’t find us? *No!*

God is omniscient; he knows where we are. We can never outrun him. But this doesn’t have to ever be a problem. As we grow to love God, we will want to obey him. And as we follow him, we will grow in our faith and learn to trust him as we see him work through us.

# Jonah March

*(To be spoken in a marching cadence.)*

**Jo-nah was a real live man.**

*March in place and point finger.*

**(Shout!) We can't outrun God!**

*Run in place.*

**Did not want to do God's plan.**

*March in place and shake head, "No!"*

**(Shout!) We can't outrun God!**

*Run in place.*

**On a ship the other way.**

*Point left then cross other arm over to point right.*

**(Shout!) We can't outrun God!**

*Run in place.*

**Soon a storm was under-way.**

*Turn around, waving hands.*

**(Shout!) We can't outrun God!**

*Run in place.*

**Jo-nah was tossed over-board.**

*Hold nose and jump once.*

**(Shout!) We can't outrun God!**

*Run in place.*

**Should have just obey-ed the Lord.**

*Look up and raise hands upward.*

**(Shout!) We can't outrun God!**

*Run in place.*

**God sent a fish to swallow him whole.**

*Open and close arms like jaws.*

**(Shout!) We can't outrun God!**

*Run in place.*

**Jonah prayed, and the fish let him go.**

*Fold hands to pray then open hands up and out.*

**(Shout!) We can't outrun God!**

*Run in place.*

**We must all obey God's Word.**

*Open hands like a book.*

**(Shout!) We can't outrun God!**

*Run in place.*

**So we can glorify the Lord.**

*Put hand over heart then point up.*

**(Shout!) We can't outrun God!**

*Run in place.*

**(Shout!) No! We can't outrun God!**

*Run in place.*