

Jonah Repented

God called Jonah to serve a mission in the city of Nineveh. But Jonah didn't want to go, so he got on a ship heading to a different city. A huge storm came. The sailors were afraid the ship would sink! Jonah knew God had sent the storm. He told the sailors to throw him overboard so the storm would calm down. God sent a whale, and the whale saved Jonah by swallowing him. He was in the whale's belly for three days. He prayed and told God that he would repent and obey God. God told the whale to spit Jonah out on dry land. Jonah went to Nineveh and taught the people there. They repented and started following God again. God was happy when they repented.

Read about Jonah in the book of Jonah.



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Jonah turned to God and repented. I can repent when I make a wrong choice.

- Watch chapter 38 of the Old Testament stories at scripturestories.lds.org.
- As you pray this week, apologize for things you did wrong. Also tell Heavenly Father about what you did right. Ask Him for help. He loves you!
- Next time you make a mistake, think, "What did I learn from this?" and try again.
- I can follow God by . . .
