

# Breakfast Table Menu Avenues Style



## The Journey of Jonah Part I Jonah Runs

This Breakfast Avenues Table Menu formed part of a four part series called 'The Journey of Jonah'. Through the series we looked at the book of Jonah and discovered together more about our own faith journey as we found out about Jonah's journey. Often pitched as a story for children, this Bible story is much, much more and is a story for all times and all ages. Filled with humour, irony and metaphor – we find in Jonah, a person we can relate to and learn from as we carry out our own faith journeying.

### Setting up on the day

Set up tables with 4- 8 chairs around each and cover the tables with brown paper or newsprint  
Place cut out patterned fish shapes and coloured pencils in the middle of each table.  
Arrange a data projector or several linked TV screens and sound system to play video clips and music.  
Set up breakfast buffet table.

### Table Boxes

Each table has its own table box. Each week pack it in backward order so that the items people find as the table menu progresses are easily accessible – provide enough in each table box for 4 – 8 people, depending on the size of your tables.

### Buffet Breakfast

Our typical breakfast buffet looks something like this: two or three different cereals, small pots of yoghurt, bowl of fresh seasonal fruit, wholemeal toast bread with butter & spreads (and a toaster), muffins or danish pastries, fruit juice, milk, coffee, tea, drinking chocolate. We find participants are happy to bring along contributions or go on a roster.

### Opening Activity

The opening activity supports our theme in a very loose way, and is something to do while others are getting breakfast or still arriving. In this Breakfast Table Menu there are shapes of fish on each table and colouring pencils for decorating.

### Media

Make sure you have the appropriate licences you require in your country to show movie clips and play music clips.

### Take Home

We always have a take home option for participants to carry into their week as a reminder of the discoveries of the day. In this Breakfast Table Menu there is a cut-out picture of running shoes to take home.



## Breakfast Avenues - Table Menu – Avenues Style

### The Journey of Jonah Part I – Jonah Runs

#### Opening Activity

Play images of undersea fish or aquariums on your screens. Have cut out colouring-in fish shapes and colouring pencils on the tables.

#### Call to Worship

You willingly forgive,  
and your love is always there  
for those who pray to you.  
You created each nation,  
and they will all bow down  
to worship and honor you.  
You perform great wonders  
because you alone are God.  
From Psalm 86:5,9 & 10 (CEV)

#### Worship Response

Respond with the words **'You are everywhere Lord'**

When I go about my daily life help me to find you.

**You are everywhere Lord**

When I am with my family and my friends help me to find you

**You are everywhere Lord**

When I am alone and miserable help me to find you

**You are everywhere Lord**

When I am trying to do what you want me to do, help me to find you

**You are everywhere Lord**

When I am forgetful and absent minded, help me to find you

**You are everywhere Lord**

When I succeed in my dreams and plans, help me to find you

**You are everywhere Lord**

Help me to find you every day of my life

**You are everywhere Lord**

Amen

#### Drawing on the Tables

Doodle pictures of different modes of transport. How do people move from one place to another place? Talk about your drawings with others at your table.

#### Thinking & Talking Spot

Have you ever tried to run away? What happened? Why did you run away? Do you know runaway stories of others? Why do people run away? Share your stories together at your table.

#### Movie Clip – The Runaway Bride (Running)

Watch The Runaway Bride from 1:29:29 to 1:32:59

In this movie clip we see Maggie walking down the aisle about to get married. She has a reputation for jilting her potential groom's at the altar. This time it's going to be different... or not! The movie clip ends with Ike chasing a Fed-Ex truck down the road, with Maggie hanging on the outside of the truck, running away.

#### Storytime in the Big Chair

Read the story of Jonah from a children's picture book. We used 'The Messenger Inside a Fish' from the Hong Kong Bible Society

#### Bible Reading

Work on your own, or in pairs, trios or the whole table as you read Jonah 1. Use different coloured highlighters to highlight the different spoken parts (God, Jonah, Narrator, Captain)

#### Discovery Spot 1 – Out of Character

How do the different characters in this story act out of character? God? Jonah? The Sailors? The Fish? (If your group needs a starter you could use this example: Jonah is a prophet or a messenger from God. As soon as God gives him a message to tell the people – Jonah runs away. Not quite what would be expected of someone who is a messenger from God waiting for God to give him a message to tell others).

Extra if you need help you in your discovery about what it means to act out of character: Think about the characters in The Runaway Bride. How did they act out of character?

#### Discovery Spot 2 – You be the Detective

Why did Jonah run? Work together at your table. Lay the 'You Be the Detective' cards face down on the table. Turn them over one at a time. Consider whether each was a valid reason for Jonah to run? What can we learn from this?

#### Discovery Spot 3 – Where is God?

Jonah tried to run from God. Did he succeed?

Where is God?

Where can we worship God?

Where can we pray to God?

Using the stones and the washbowl of water, say aloud places where you find God and drop your stones in the water.



### Discovery Spot 4 – If we can't run from God, can we run from obeying God?

Jonah knew what God wanted him to do and he tried to run from God.

What do you think God wants from you?

How could you find out what God wants from you?

Fold a rectangle of paper and make a paper boat. Write on it some of the things that you think God is wanting you to be and do right now or write down some of your questions if you're not sure what it is God wants from you. Float your boat in the washbowl of water as your prayer to God

### Intercession - Praying for others with Inflatable Globe

What Jonah thought he knew was that he belonged to the people of God. What he didn't know was that God's love is for all people.

The story of Jonah encourages us to widen our focus. Talk together at your table about people and countries in the world with needs right now.

Pass the globe around your table. When you are holding the globe, pray for specific people groups and countries around the world where there is need.

### Movie Clip – The Runaway Bride (Turning in her Running Shoes)

Watch The Runaway Bride from 1:35:00 – 1:40:56. This movie clip starts with Ike returning to his apartment and finding Maggie has broken in. She has some things she has to tell Ike. Compared to other grooms from whom she'd run away from, Ike knew the real Maggie. But the problem was that Maggie didn't know the real Maggie. The clip ends with Maggie turning in her running shoes to Ike.

### Response and Take Home

Write your name on the back of a pair of running shoes as a prayer to God that you are 'Turning in your Running Shoes' and want to obey God and be open to doing what God wants you to do in your life. Put this prayer response image somewhere where you will see it frequently this week and remember that you are not running from God.

### Benediction

You are the people of God  
Go into the week ahead refreshed  
and encouraged  
Know that God loves you and cares for you  
Love and serve God in your daily life  
Find strength in your faith.  
Journey with the knowledge  
that God is with you.  
Amen

### PREPARATION

#### Movie Clips, Storybooks & Music

- Children's Picture Book "The Messenger Inside a Fish" published by the Hong Kong Bible Society (or other children's book about the story of Jonah)
- Runaway Bride DVD \*
- Music playlist\*<sup>A</sup>
  - "Six Months in a Leaky Boat" – Split Enz
  - "I will follow" by U2
  - "Whale of a tale" by Mary Rice Hopkins
  - "Whaling" by DD Smash
  - "Grace" by U2
  - "North, South, East & West" by Hi-5

\*Make sure you have the appropriate licences you require in your country to show movie clips and play music clips.  
<sup>A</sup>This music list is suited to New Zealand and has a couple of songs by New Zealand bands, but make up your own playlist suited to your church group

### Equipment you will need in your Table Boxes

Each table has its own table box. Each week pack it in backward order so that the items people find as the table menu progresses are easily accessible – provide enough in each table box for 4 – 8 people, depending on the size of your tables

- Container of crayons
- Individual copies printed of Jonah Chapter 1 CEV version of the Bible. Use a font and font size suitable for early readers to be able to read such as Century Gothic 16. <http://www.biblegateway.com/passage/?search=Jonah+1&version=CEV>
- Different coloured highlighter markers (at least 4 different colours per table)
- Pre-printed and cut 'You Be the Detective' cards
- Small wash bowl and water to fill the wash bowl
- Container of polished stones
- Coloured rectangle pieces of paper
- Instructions to make a paper boat
- Pencils or marker pens
- Inflatable globe (1 per table) (Available from \$2 shops)

*If you've enjoyed using this Breakfast Avenues table menu and would like to see more of this kind of resource on the Kereru Club Page please let us know by email to [andrew@kererupublishing.com](mailto:andrew@kererupublishing.com) or [caroline@kererupublishing.com](mailto:caroline@kererupublishing.com)*

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<p>He was scared of God's call</p>	<p>He was uncertain about his mission</p>
<p>He was insecure about his ability</p>	<p>He was afraid of how the power of God might influence others</p>
<p>He wanted to go to Spain to do some sightseeing</p>	<p>He liked boats more than God</p>
<p>He didn't know that God wanted him to go to Nineveh</p>	<p>He thought God was joking</p>
<p>He had a better idea than God's idea.</p>	<p>He was planning on doing what God wanted eventually but he thought he'd have some fun first</p>





