

Yonah and the Whale

1. Many years ago, when the Jewish people lived in the land of Israel, there was a man named Yonah. Yonah was a Navi, a prophet from Hashem.



2. One day Hashem told Yonah to go to the land of Nineveh and tell the people there to do teshuvah (repent). The people of Nineveh were very wicked and if they didn't repent, Hashem would destroy the city.



3. Yonah did not want to go, and instead he decided to run away. He boarded a ship heading to the land of Tarshish. But you cannot escape from Hashem! Hashem sent a big storm. Giant waves threatened to overturn the ship. The people on the ship were afraid.

Yonah realized the storm came because of him. He told the sailors to throw him overboard. As soon as he touched the water, the sea became calm and the storm stopped.



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4. A large fish swallowed Yonah. Yonah stayed in the fish for three days. After three days, he started praying and begging Hashem to save him. He promised to go to the people of Nineveh and tell them to repent. He promised to always listen to Hashem.



5. The large fish spat Yonah out onto the land. Yonah went to Nineveh. He told them Hashem's words. He told them to do Teshuvah.



6. The people of Nineveh listened. They put on sackcloth, fasted, prayed and repented their wicked ways.

We read this story in the Haftorah on Yom Kippur. It teaches us the power of teshuvah - repentance.

