



A Fall of PRAISE

- PSALMS -

September 20, 2026

Lesson Summary:

In Psalm 6:1-6, David prayed to God like a child calling out to a loving Father. David was hurting deeply and felt weak and weary because of his troubles. He asked God for mercy, forgiveness, and help. Even while he was suffering, David trusted in God's faithful love and believed the Lord would hear his prayers. Jonah also cried out to God during a frightening and difficult time. In Jonah 2:1-7, Jonah prayed from inside the belly of the great fish after being thrown into the sea. Jonah knew he had disobeyed God by running away from the mission God had given him. Because God loved Jonah, He disciplined him to help turn his heart back toward Him. As Jonah sank into the deep water, he became afraid and realized that his only hope was in God. From the darkness of the fish, Jonah cried out for help, and God heard his prayer. Jonah remembered God's promises and trusted that the Lord would listen from His holy temple. During this time, God was also teaching Jonah something important. The people of Nineveh were lost and needed to hear about God's mercy and forgiveness. God wanted Jonah to share the hope of the Lord with them. Both David and Jonah teach us that we can call out to God in every season of life. Whether we are hurting, afraid, sad, or being corrected for wrong choices, God lovingly hears the prayers of His children.

Series Bible Verse:

Psalm 107:1

**"Give thanks to the Lord, for He is
good;
His love endures forever."**

Questions:

1. How were David and Jonah similar in this passage?
2. Why can we always go to God in prayer?
3. What is something you can praise God for this week?

Announcements:

Come to Impact Kids on Wednesdays from 6:30-8:00 PM

If you have any questions or concerns, please contact:

Sarah Tucker // Elementary Director
STucker@summitpoint.org
Office Phone // 309.713.1700





JONAH PRAYER IN THE DEEP

Discover the hidden words.

B	E	L	L	Y	B	E	E	Y	P	D	K	B	E	S
B	E	S	I	N	V	X	E	E	R	C	Y	T	V	E
Z	I	J	E	I	V	X	Q	U	A	P	O	A	L	A
L	E	O	F	D	Q	E	T	A	Y	H	G	S	E	W
O	W	N	W	O	E	G	L	F	E	C	T	K	W	E
R	G	A	U	L	T	N	F	E	R	Q	T	C	T	E
D	K	H	R	S	O	T	I	Y	L	J	H	U	I	D
P	E	U	I	N	R	K	Y	X	K	D	I	B	U	T
S	O	R	E	N	E	T	E	M	P	L	E	P	P	X
S	A	L	V	A	T	I	O	N	Z	Q	F	Z	L	L
U	R	K	C	R	T	N	H	F	A	Y	D	W	M	M
V	U	A	T	F	K	L	O	V	E	I	Q	B	I	V
T	O	K	K	K	P	Y	H	N	I	N	E	V	A	H
K	F	T	J	H	W	W	N	L	N	A	C	U	T	S
W	A	T	E	R	Z	O	C	E	A	N	K	G	S	T

Word Bank

BELLY

JONAH

WATER

SEAWEED

OCEAN

PRAYER

TEMPLE

LOVE

NINEVAH

LORD

IDOLS

SALVATION



