

**Chris Dalton**

**Explore  
the book of**

# **Jonah**



**Plain & Simple**  
**Devotions**

"These devotionals do exactly what they say on the tin! They are plain and simple, yet not dull or simplistic. These devotions are biblical and accessible, and I wholeheartedly recommend them to you. They fill a great need in the church for those who would love to know more about the Lord but maybe struggle with heavy reading."

**Mez McConnell, Author, *The Least, the Last and the Lost***

"Chris's daily devotions do indeed explore the book of Jonah in a plain and simple format—they are wonderful! For those of us who find reading long, complicated books a challenge, these devotions are perfect. With a consistent structure that simply gets to the heart of the Bible passage, these reflections are laid out in an easy-to-read, clear format. They are truly accessible to all, and I would highly recommend them."

**Pippa Cramer, MBE, Pastoral Care and Seniors Minister,  
Holy Trinity Church, Claygate**

"At last, accessibility-sensitive discipleship materials that include all who seek a closer relationship with the Lord. No one should be excluded from spiritual growth or church life."

**Dave Deuel, Senior Research Fellow Emeritus,  
The Joni Eareckson Tada Disability Research Center**

"These *Plain and Simple Devotions* are very clear and concise daily Bible studies for people who find reading a challenge. I love the easy-to-read format, which makes the truth of the Bible accessible to everyone. The short Bible readings and simple structure provide a great way to encourage anyone to grow in faith. Chris has a gift for writing simply, and this feels like a valuable resource that will help many on their journey with Jesus."

**Tim Wood, CEO, Through the Roof**

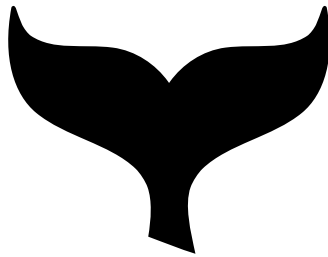
"*Explore the Life of Jonah* proves that *simple* and *simplistic* are two very different concepts. Each daily devotional describes Jonah's experiences in clear language without sacrificing spiritual truths and depth. Questions encourage deep thought about the passages and God. Application of spiritual principles is guided by those questions. Each day's reading is appropriate for new or low-level adult readers. This book provides needed spiritual reading material for adult literacy ministries. I look forward to sharing this resource with such ministries."

**Claudean Boatman, Coordinator,  
SBC National Literacy Missions Partnership**

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**Plain & Simple**  

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**Devotions**

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# Contents

|   |           |
|---|-----------|
| <b>Introduction</b>                             | <b>7</b>  |
| <b>Day 1</b> Jonah's past                       | <b>10</b> |
| <b>Day 2</b> A message from God                 | <b>12</b> |
| <b>Day 3</b> Jonah runs away                    | <b>14</b> |
| <b>Day 4</b> A wild storm                       | <b>16</b> |
| <b>Day 5</b> Whose fault?                       | <b>18</b> |
| <b>Day 6</b> A big shock                        | <b>20</b> |
| <b>Day 7</b> What next?                         | <b>22</b> |
| <b>Day 8</b> Not guilty?                        | <b>24</b> |
| <b>Day 9</b> Man overboard!                     | <b>26</b> |
| <b>Day 10</b> Fish supper                       | <b>28</b> |
| <b><i>Space for my thoughts and prayers</i></b> | <b>30</b> |
| <b>Day 11</b> Help!                             | <b>32</b> |
| <b>Day 12</b> Drowning                          | <b>34</b> |
| <b>Day 13</b> Certain hope                      | <b>36</b> |
| <b>Day 14</b> Saved                             | <b>38</b> |

|               |   |    |
|---------------|---|----|
| <b>Day 15</b> | Just in time                                    | 40 |
| <b>Day 16</b> | God saves                                       | 42 |
|               | <b><i>Space for my thoughts and prayers</i></b> | 44 |
| <b>Day 17</b> | Second chance                                   | 46 |
| <b>Day 18</b> | Warning!  | 48 |
| <b>Day 19</b> | Change happens                                  | 50 |
| <b>Day 20</b> | The king repents                                | 52 |
| <b>Day 21</b> | Call to prayer                                  | 54 |
| <b>Day 22</b> | God answers prayer                              | 56 |
|               | <b><i>Space for my thoughts and prayers</i></b> | 58 |
| <b>Day 23</b> | Jonah is angry                                  | 60 |
| <b>Day 24</b> | Waiting   | 62 |
| <b>Day 25</b> | God's visual aid                                | 64 |
| <b>Day 26</b> | Jonah's heart                                   | 66 |
| <b>Day 27</b> | God's heart                                     | 68 |
| <b>Day 28</b> | The big picture                                 | 70 |
| <b>Day 29</b> | Another prophet from Galilee                    | 72 |
| <b>Day 30</b> | Jesus and Jonah                                 | 74 |
|               | <b><i>Space for my thoughts and prayers</i></b> | 76 |

# Introduction

It is good to spend some time looking at the Bible each day, so that you grow in your faith.

But it is not always easy to do this on your own.

Some people can read but don't like to 😞

Some people find it hard to finish long books with big words.

Some people find it hard to focus on long sentences.

If any of those feel familiar,

then these notes have been written for you!

## A good habit

As we read the Bible, we see what God is really like and how much He loves us.

So, it's really good to read the Bible every day.

It helps to find a time that suits you, and then stick with it!

Some people like to do this first thing in the morning.

Other people choose to do it in the evening or at bedtime.

Whatever works for you is fine. If you miss a day, don't worry!

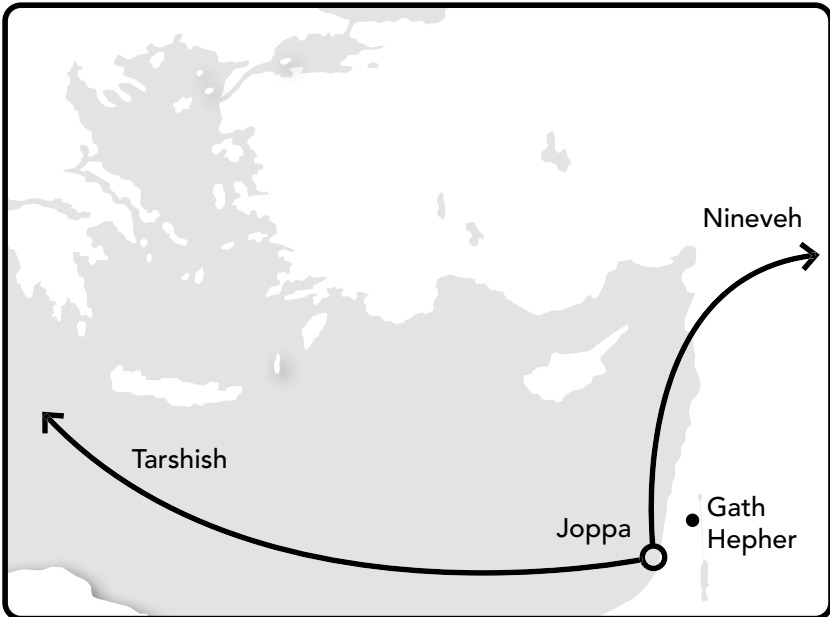
## All about Jonah

In this book we are going to read the true Bible story of Jonah.

Here is what happens in the story.



Jonah was a prophet who lived 2,800 years ago.  
He came from Gath Hepher—you can see it on the map below.  
God called Jonah to go to Nineveh,  
a place where people were doing many evil things.  
God told Jonah to give the people in Nineveh a warning:  
God was going to judge the people of Nineveh  
and punish them for all the evil things they were doing.  
But Jonah didn't want to warn them, so he ran away!  
He got onto a ship and went on a long sea journey.  
He thought he could hide from God.



After a big storm and a 3-day visit to the inside of a fish,  
Jonah changed his mind and went to Nineveh.  
He warned the people and they repented.  
This means they changed their minds  
about what they were doing, and stopped doing it.  
God saw they were really sorry, so he did not punish them.  
He forgave them.

## **How this book works**

We will look at a few Bible verses each day.  
We'll think about what Jonah's story tells us about him  
and what it tells us about God.  
Then we will ask some questions  
to see how it can challenge or comfort us.

## Day 1     **Jonah's past**

### **2 Kings 14 verses 25-27**

- 25 Jeroboam, the son of Jehoash,  
made the borders of Israel  
the same as they were before.  
They reached from Lebo Hamath  
all the way to the Dead Sea.  
That's what the LORD, the God of Israel,  
had said would happen. He had spoken that message  
through his servant Jonah.  
Jonah the prophet was the son of Amittai.  
Jonah was from the town of Gath Hepher.
- 26 The LORD had seen  
how much everyone in Israel was suffering.  
It didn't matter whether they were slaves or free.  
They didn't have anyone to help them ...
- 27 So he saved them by the hand of Jeroboam.



### **Some things to notice**

This is the first time Jonah is written about in the Bible.  
He's called God's servant.  
He spoke to the people when God told him to.  
God saw that the people were suffering.  
He sent Jonah to tell them that He had a plan to help them.  
The plan was to do with Jeroboam, the king of Israel.

God cares deeply about His people.

Jonah's message from God came true.

### **More info**

When LORD is written like this, in capitals,  
it always means God.

God is the LORD. That means He is powerful and in charge.

Lebo Hamath and the Dead Sea  
were places at the edges of Israel.

Jonah was from the town of Gath Hepher.

That was in a region called Galilee.

Jesus came from there too!



### **Some questions to think about**

- How do I think Jonah felt when God's word came true?
- What has God promised me that has already come true?
- Do I believe God cares deeply about me?  
What difference does it make?



### **Some words to pray**

Loving Father, thank You that You care for us  
and You work to bring about good things in our lives.

You are amazing.

Please speak to me and through me today.

Please help others to see how amazing You are.

I ask these things in Jesus' name. Amen.