



Week 1: The Jonah in Us

Scripture: Jonah 1

We all have a little bit of _____ in us.

1. When God comes to you, He will often tell you to do some things that you _____ want to do.

- _____ obedience is still _____.

2. Whenever God does speak, you can always find a boat sailing in the _____.

3. When you are on the run, doing the wrong thing, God may _____ a storm to grab your _____.

4. Jonah's worst _____ was exactly what he _____.

Start talking.

- As a teen, when you were told to do something you didn't want to do, were you more likely to: a) obey out of fear of the consequences b) ignore the command c) make excuses for why you didn't obey d) run and hide until the coast was clear e) say "okay" but conveniently forget f) outwardly comply but inwardly rebel or g) willingly obey because you respected their authority and trusted their judgment?

Start thinking.

- What seems reasonable and surprising about God's command (v 2)? About Jonah's response? Why do you think he refused to take God's message to them?
- What was foolish about Jonah's belief that he could flee from God (v 3)? What do you think Jonah was thinking as he fled to Tarshish? During the turbulent storm?
- How did God use the storm to grab the attention of the sailors? What affect did God's stilling the storm have on the sailors? How did God use the storm to turn Jonah back to him? How did God use Jonah's disobedience to save the sailors?
- What is surprising about how the sailors responded to Jonah's confession? Why did Jonah tell the sailors to throw him into the sea?
- What did God use to save Jonah? What does God's pursuit of Jonah reveal about God?

Start sharing.

- What are some things that God asks us to do, in the Bible, that seem unreasonable or difficult to obey?
- In your spiritual life, which direction are you running: towards God, away from God, with God, or behind God?
- What kind of storms has God used in the past (or present) to get your attention? What did your storm reveal to you? How long did it take for you to have a change of heart? How did God use the storm to change the way you think about Him and His mercy toward others?
- Think about a time when you disobeyed God. Who was affected by your disobedience?

Start praying. *Be bold and pray with power.*

I realize that just like Jonah, sometimes I don't obey. Or my obedience is delayed at best. God help me to follow you fully without hesitation.

Start doing. *Commit to a step and live it out this week.*

- Who or what is currently your Nineveh? With whom in your life have you re- fused to share God's message of mercy and grace?