



# Home Teams

DISCUSSION GUIDE



# DETOX

March 9 & 10, 2019

# Detox: Week 1

## *Anger*

**BIG IDEA:** Get rid of things that hold you back.

**SCRIPTURE:** Jonah 1

### OPENING QUESTIONS

1. Have you or someone close to you ever been poisoned? Describe what happened.
2. What is one thing that you would hesitate to give up, even if God asked you to?

### IN THE WORD

1. In [Jonah 1:1-3](#), we see Jonah fleeing from the Lord. Name some of the reasons you believe Jonah did this.
2. Reading on in [Jonah 1:7-13](#), what stands out the most to you about the other sailors with Jonah?
3. What is the truth that you see in [Jonah 1:13](#)?
4. In [Jonah 1:14-16](#), we see pagan sailors acting differently than we might expect. How can we apply that to our life today?

## MAKING IT PERSONAL

1. In your experience, what causes people to have “Selective Auditory Attention Disorder” when it comes to listening to God?
2. Who can you relate to most in your life right now: those with Jonah in the storm or Jonah running from God’s commands?
3. Is there something in your life that you are trying to pretend is a suggestion when it is actually a command from God?
4. How can your Home Team help you not run from God? Also, how can they help you deal with the storm of someone else’s disobedience?

## GOD IS ONE STEP AWAY

Share an invite update with the group.

## CONTINUED LEARNING

[John 9](#) talks about both physical and spiritual blindness. Look for similarities between blindness and being unwilling to follow God’s commands.

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# Notes & Prayers



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