



Home Teams

DISCUSSION GUIDE



DETOX

March 16 & 17, 2019

Detox: Week 2

Guilt

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

SCRIPTURE: Jonah 2

OPENING QUESTIONS

1. As a kid, what secret were you afraid that your parents would find out?
2. How has God surprised you when admitting a sin to Him?

IN THE WORD

1. How do you think Jonah's recommendation in [Jonah 1:2](#) might help to alleviate his guilt over not obeying God? Did it work?
2. Who else in the Bible cried out to God like Jonah did in [Jonah 2:1](#)? What was the outcome in those times?
3. What is Jonah really saying in [Jonah 2:4](#) and [Jonah 2:7](#)?
4. How do [Jonah 2:9](#) and [1 John 2:1-2](#) complement one another?
5. Why do you think God responded the way He did in [Jonah 2:10](#)?

MAKING IT PERSONAL

1. What are some of your responses to guilt?
2. Why do we not cry out to God in the midst of our guilt?
3. What have you found helps you call on God when you are hurting and feeling guilty about a mistake?
4. How have you cried out to the Lord as Jonah did from the belly of the great fish?
5. Share how God has responded when you reached out to Him with guilt, shame, or just feeling far from Him because of something you have done.

CONTINUED LEARNING

[Psalm 51](#) is about David pouring out his guilt and shame for committing adultery and murder. Look for one element that can help remind you of God's unfailing love and mercy.

Subscribe to receive Daily Devotionals from Pathway Church:
pathwaychurch.com/devotionals.

Notes & Prayers



pathwaychurch