



Jonah 4 But it displeased Jonah exceedingly, and he was angry. And he prayed to the Lord and said, “O Lord, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. Therefore now, O Lord, please take my life from me, for it is better for me to die than to live.” And the Lord said, “Do you do well to be angry?” Jonah went out of the city and sat to the east of the city and made a booth for himself there. He sat under it in the shade, till he should see what would become of the city. Now the Lord God appointed a plant and made it come up over Jonah, that it might be a shade over his head, to save him from his discomfort. So Jonah was exceedingly glad because of the plant. But when dawn came up the next day, God appointed a worm that attacked the plant, so that it withered. When the sun rose, God appointed a scorching east wind, and the sun beat down on the head of Jonah so that he was faint. And he asked that he might die and said, “It is better for me to die than to live.” But God said to Jonah, “Do you do well to be angry for the plant?” And he said, “Yes, I do well to be angry, angry enough to die.” And the Lord said, “You pity the plant, for which you did not labor, nor did you make it grow, which came into being in a night and perished in a night. And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?”

Start Talking. Conversation starter for your group.

- When you were a kid, how did you usually express your anger or react when you didn’t get your way?

Start Thinking.

- Read **Jonah 4**. What was the main reason for Jonah’s anger? With whom was he angry? How did Jonah handle his anger?
- Did Jonah have a right to be angry about God sparing Nineveh? When have you experienced anger towards God? How did this affect your outlook? How can we resolve our anger towards God?
- What do the plant, worm and hot sun reveal about God? About Jonah? Did Jonah have a right to be angry about the plant? What lesson was God trying to teach Jonah, through the plant?

Start Sharing.

- What percentage of your anger comes from not getting what you want? How do you generally express your anger?(pout, yell, punish, withdraw, stuff it, take it out on others, become irritable, silent, etc.)
- How comfortable are you telling God when you are angry? Why is this important? What can happen when we deny or stuff our anger? What is God’s cure for our anger?
- Life is not about us it’s about Nineveh (those around us). Only God has the right to judge others (or a nation) and the power to control outcomes. How was Jonah’s anger related to his trying to be God, concerning Nineveh? How was he judging and trying to control the outcome?
- Why didn’t Jonah want God to relent His wrath on the Ninevites?
- Like Jonah, we all want to receive God’s forgiveness, but we are not always willing to give forgiveness. To whom are you unwilling to extend God’s grace and forgiveness? What can result when we hold on to anger, even when it seems justified? Why do we struggle with giving forgiveness more than receiving forgiveness? How do we benefit from forgiving?

Start Doing.

- Share with the group some difficult situations going on in your life right now. It could be difficult people, relationships, or situations. How might this be God’s provisions and not life’s problems? Is there anything you can do or you can pray that might help you see the MANAH (provision) in the difficult situation?