

- 1) Take some time to discuss how your IC has been and will live out the Kingdom of Jesus together.
  - In what ways have we been living like family recently? How will we live out our family identity in the coming week?
  - How have we lived as servants to one another or to our world this past week? What needs or opportunities to serve is God is asking us to lean into?
  - How have we lived on mission where we live, work, play, or went this past week? Who do we know that needs to hear the good news of Jesus?
- 2) What did you find significant or helpful about the message? Did the message surface any questions for you?
- 3) Read Jonah chapter 1. What do you think Jonah was thinking and feeling when God told him to “go to Nineveh”. Can you recount a time when you sensed God telling you to do something? What feelings did this raise for you at the time?
- 4) How does Jonah respond to God’s directive? What is the result of Jonah’s decision? Why is the pain of obedience better than the pain of disobedience? How does Christ model this for us? Read John 15:10-11.
- 5) Read Jonah 2:8 and Jonah 4:2. What is going on in Jonah’s heart as it relates to God’s command to go to Nineveh? How can you relate to Jonah? What does “Going to Nineveh” look like for you today?
- 6) Discuss the veracity of the statement: “Disobedience is always rooted in unbelief or wrong belief.” Do you agree or disagree? Read Romans 1:18-32.
- 7) Read and discuss how the Gospel speaks into this issue in Galatians 2:16-21. How does resting in the truth of this grace lead to greater freedom and obedience?
- 8) What is God saying to you today? What actions steps do you need to take today to rest in God’s grace and respond in obedience?

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## SEQUOIA NOTES

### Today's Sequoia @10:10 Message

#### Running from God

With Ryan Dawson, Lead Pastor  
Feb. 19, 2017



#### What can we learn from Jonah?

- Disobedience can be active and passive.

Jonah 1:1-3 The Lord gave this message to Jonah son of Amittai: <sup>2</sup> “Get up and go to the great city of Nineveh. Announce my judgment against it because I have seen how wicked its people are.” <sup>3</sup> But Jonah got up and went in the opposite direction to get away from the Lord. He went down to the port of Joppa, where he found a ship leaving for Tarshish. He bought a ticket and went on board, hoping to escape from the Lord by sailing to Tarshish.

1 John 3:4

James 4:17

- The pain of obedience is always better than the pain of disobedience.

- Unbelief or wrong belief is always the root cause of disobedience.

Jonah 4:2 “I knew that you are a compassionate God, slow to get angry and filled with unfailing love.”

Jonah 2:8 “Those who worship false gods turn their backs on all God’s mercies.”

Ephesians 2:8-9 (The Message) Saving is all [God’s] idea, and all his work. All we do is trust him enough to let him do it. It’s God’s gift from start to finish! We don’t play the major role. If we did, we’d probably go around bragging that we’d done the whole thing! No, we neither make nor save ourselves. God does both the making and saving.

- Disobedience brings storms, which threaten us and others.

Jonah 1:4-16

- God is working in the midst of our sin and brokenness.

v. 4 “But the Lord hurled a powerful wind over the sea, causing a violent storm that threatened to break the ship apart.”

v. 17 “Now the Lord had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.”

**Big Idea: Running from God ruins us, but resting in Christ redeems us.**

- Where have you been running from God?

- Choose to stop running and to start resting in Christ!