

# NAVIGATING A TURNAROUND

## Waking Up

The first step to turning things around is acknowledging where we are and how we got there.

## To Discuss

1. What types of things make it hard for us to admit what's really going on when things aren't going well?
2. Read **Jonah 1:1–3** aloud. What do you observe? How can you relate to Jonah?
3. What's an area where, if you're not careful, you can find yourself heading in the wrong direction? Something professionally, relationally, emotionally, spiritually? Would you say you're already headed in the wrong direction in that area? If so, how'd you get there? What might happen if you continue in that direction?
4. Do you have a safe person to confide in when you find yourself heading in the wrong direction? If so, who is it? If not, why do you think that's the case and what can you do about it?