

REFERENCE:

Read Jonah 1 and open in prayer.

REVIEW: What was one thing from this week's message, or scripture reference, that stood out to you?

REFLECT:

1. Have you ever run, or are you currently running, from God? Explain.
2. Jonah's decision to run from God had dire consequences not just for him but for the people around him. How does running from God affect the relationships in your life? Have you experienced this yourself?
3. Review your notes from the message. Which of the six points from the message notes most applied to you or your situation?
4. Jonah did everything he could to avoid obeying God's command. In fact, he would rather die than do what God told him to do. Discuss the significance of God using unwilling or obstinate servants to accomplish His purposes. What does this say about the character of God?

RESPOND/REINFORCE:

Take an honest inventory of your own life and identify the ways you are being obstinate to God's commands. How is this affecting your walk with the Lord and your relationships? Meet with someone you trust, maybe your Life Group Leader, and talk about this with them. Pray together and ask God to change your heart.