

When coming to this study we ask that you pray first. Take the time to ask God to speak through his scripture. If you don't get to all of the questions but have spent time with God your task is accomplished.

Then before reading the questions read the word. You can use some of the notations below to track your reactions and thoughts as you go:

Inspire: write a (!) beside what stands out positively so far and write a note about why

Inquire: write a (?) beside what doesn't make sense. Ask why it's there. OR by what raises a question for you.

Irk: write a (#!?) beside what rubs you the wrong way or creates dissonance.

Require: write a () beside something that demands change within you

Underline or highlight phrases that stick out.

After you're done going through the passage. Take a few moments to review your notes.

Write one sentence off the cuff. Based on your first impression, what are you thinking? How may God be speaking?

Let these prompts below continue to guide your dialogue with God and lead you into deeper reflection on His word.

JONAH 1: 1-6 REBELLION TO REJECTION

- Prior to the call to go to Nineveh, what experience had Jonah had with the Lord that should have given him the will and confidence to go to Nineveh immediately at the Lord's command? (2 Kings 14-23-25).
- What experiences have you had in life in which the Lord has shown you His power? How might these experiences fuel greater to pull all parts of your life into obedience to his will?
- Sins of commission we often talk about, those things we know we shouldn't do. We sometimes forget about sins of omission, those things we should do,

but do not. Which do you struggle more with? (For Jona it was certainly the second).

- Jonah ran away from the Lord. When do you find yourself consciously or unconsciously hiding from Jesus? What helps bring you back?
- What lines of songs or scriptures help bring you back into focus with God? Take some time to write out one or two.

- Often our disobedience comes from something: our want to have control, fear that God will not show up, not trusting that God's ways are better, and the list could go on. When you've felt prompted by the Holy Spirit to move or repent, what are some of the reasons you've failed to follow through?

- How can you be ready next time?

- Pray:

Try praying while holding your hands, palms up, in front of you. Use this posture as a way to release your desires to God, to receive what he has for you, and to communicate your openness and willingness to obey him.

Ask the Holy Spirit to search your heart and reveal areas of your life where you resist what God desires. Invite him to illuminate your unwillingness to obey, and give him permission to do whatever it takes to show you that he deeply cares for you.

Request forgiveness for those times you have run from God, for your rebellion.

When you are finished, keeping your hands out, listen carefully in the silence.

This week:

Go and live courageously and obediently in God's purposes for your life.