

Angry at God's Grace

May 10, 2026

Read & Reflect

READ: Jonah 3:10–4:11

Nineveh repents, and God relents. Instead of celebrating, Jonah becomes angry. He knew God was gracious and compassionate—and that is exactly what frustrated him.

Then God gives Jonah a living parable. A vine grows and gives him shade. Jonah is happy. But when the vine dies and the scorching wind comes, Jonah burns with anger again.

God ends the story with a question: *Shouldn't He care about people who are lost?*

Understand the Moment

Jonah 4 exposes something uncomfortable in all of us. We love receiving God's mercy for ourselves—but sometimes struggle when He gives it to people we think do not deserve it.

Jonah cared deeply about his comfort, his shade, and his sense of justice. But God cared about an entire city full of people who were spiritually lost. And that tension still exists today. *Sometimes our anger reveals that we are more focused on protecting our comfort than joining God's mission.*

This chapter reminds us: *God's mercy is bigger than our preferences, our bitterness, and even our sense of fairness.*

Process Together or Alone

- What stands out to you most about Jonah's reaction to Nineveh's repentance?
- Why do you think Jonah struggled to celebrate God's mercy?
- What kinds of things tend to make you angry most quickly?
- Have you ever received grace from God while struggling to extend it to someone else?
- What does Jonah 4 reveal about God's heart for people far from Him?

Follow Jesus This Week

Listen

- Where might God be exposing anger, bitterness, or lack of compassion in your heart?
- What "shade" or comfort are you most protective of right now?

Obey

- What is one practical way you can show compassion this week?
- Is there someone you need to forgive, pray for, or stop avoiding?

Share

- Who in your life needs encouragement about God's mercy?
- Who can you talk with honestly about what God is teaching you?

Care

- Who have you quietly stopped caring about spiritually?
- How can you begin praying for people the way God sees them?



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Live It Out

Pay attention to what has been frustrating or angering you lately.

Ask God to reveal whether your heart has become more focused on comfort than compassion.

Then take one intentional step toward someone else this week: a conversation, a prayer, an act of kindness, or extending forgiveness.

Remember: *God did not just call Jonah to receive mercy. He called Jonah to participate in it.*

Pray

- Thank God for His patience and mercy toward you
- Ask Him to soften areas of anger or resentment
- Pray for compassion toward difficult people
- Ask God to align your heart with His mission

God, thank You for being gracious and compassionate, slow to anger, and full of love. Forgive me for the times I care more about my comfort than people who need You. Give me Your heart for others and help me live out Your mercy this week. Amen.

Group Leader Optional Questions

Opening Question:

What is something small that can unexpectedly ruin your mood or frustrate you quickly?

Closing Reflection:

Where might God be asking you to choose compassion over comfort this week?