



# God's Plan > My Plan

April 12, 2026

## Read & Reflect

**READ: Jonah 1:1–17**

(Optional: Luke 14:25–33 for “counting the cost”)

God calls Jonah—a real prophet with a real history—to go to Nineveh, a place known for extreme evil. Instead of obeying, Jonah runs in the opposite direction. This opening moment reveals a tension we all feel: God often calls us where we don't want to go, to do what we don't want to do, for people we may not want to love.

## Understand the Moment

Following Jesus isn't always safe, comfortable, or predictable. Jesus Himself warned us to *count the cost* (Luke 14). Like Jonah, we may hear God clearly—but still resist because we don't like where obedience will lead.

Jonah's story is less about a fish and more about **God's relentless mercy**—toward both the rebellious prophet and the undeserving people of Nineveh. It's also a mirror: revealing how often we run, justify, or distract ourselves rather than follow.

When we run from God, we don't escape—we just drift “downward” spiritually. Yet even in that, God pursues us, not to punish us, but to bring us back.

## Process Together or Alone

- What stands out to you most from Jonah's response to God?
- Why do you think we resist God even when we know He is good?
- When have you experienced “unintended consequences” from your own choices?
- In what ways do people today try to run from God?
- Why is it often easier to judge others than to examine our own hearts?

## Follow Jesus This Week

### Listen

- Where is God speaking to you right now—through Scripture, conviction, or others?
- Is there something you've been trying to ignore or avoid?

### Obey

- What is one step of obedience you know God is asking of you?
- What would it look like to “arise and go” instead of delaying or redirecting?

### Share

- Who might God be sending you toward—even if it's uncomfortable?
- How can you reflect truth and grace in that relationship this week?

### Care

- Who needs prayer, encouragement, or compassion from you right now?
- How can you begin to see people the way God sees them?



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## Live It Out

This week, identify your “**Nineveh**”—the place, person, or calling you’ve been resisting. Then identify your “**Tarshish**”—where you tend to run instead.

Take one intentional step toward obedience, even if it feels small. Don’t wait for perfect clarity—respond to what you already know God is saying.

## Pray

- Ask God to help you hear His voice clearly
- Ask for courage to obey, even when it’s difficult
- Ask for compassion for people you struggle to love
- Ask God to redirect anything in your life pulling you away from Him

*Jesus, help me stop running and start following. Give me the courage to go where You lead, trust Your ways, and reflect Your mercy to others. Amen.*

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## Group Leader Optional Questions

### Opening Question:

What’s something in life that sounded good at first—but turned out harder than expected?

### Closing Reflection:

What is one step of obedience you will take this week—and who will help keep you accountable?