



Discussion Questions by Cathy Dickinson – February 3, 2022

1. What did you learn from the example of Jonah?

2. How do you relate to the feeling of being surrounded by waves of emotions?

a. What tends to make them worse?

b. What tends to help?

3. In what ways does bitterness affect:

Us:

Others:

Why do you think we sometimes hold on to bitterness?

What are some things you have learned to help you "cut off the root of bitterness"?

4. What are the 3 questions Cathy suggested we ask the LORD?

1)

2)

3)

What are your thoughts as you consider spending time with the LORD with these questions?

5. What were the results of Jonah surrendering to the LORD? What might this look like in your life?