

How does a heart that was once alive become indifferent to God?

Jonah runs from the call of God on his life.

Now the word of the LORD came to Jonah the son of Amittai, saying, ² "Arise, go to Nineveh, that great city, and call out against it, for their evil has come up before me." ³ But Jonah rose to flee to Tarshish from the presence of the LORD. He went down to Joppa and found a ship going to Tarshish. So he paid the fare and went down into it, to go with them to Tarshish, away from the presence of the LORD.

Jonah 1:1-3

Jonah's Spiritual Decline

But the Lord hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up. ⁵ Then the mariners were afraid, and each cried out to his god. And they hurled the cargo that was in the ship into the sea to lighten it for them. But Jonah had gone down into the inner part of the ship and had lain down and was fast asleep. Jonah 1:4-5

- He becomes indifferent – He goes below deck.
- He becomes comfortable in his indifference – he lies down.
- Eventually, he falls asleep – He falls into a deep sleep.

What do I do if I realize I've been spiritually asleep?

So the captain came and said to him, "What do you mean, you sleeper? Arise, call out to your god! Perhaps the god will give a thought to us, that we may not perish." Jonah 1:6

- Arise – Wake up and recognize where you are.
- Call out – Humble yourself before God. (Isaiah 66:1-2)
- Share the Gospel and pray for others– Fight for the Lost

Evangelism keeps you dependent. Intercession keeps you alert.

Let's Talk About It

Jonah knew exactly what God wanted him to do—he just didn't want to do it. He became spiritually sleepy. His disobedience led to indifference, and eventually he was unmoved by the people around him who desperately needed God. Jonah challenges us to recognize where we may have become comfortable or spiritually numb. The good news is that God doesn't give up on us—He calls us to wake up, return to Him, and care again about what matters to Him.

Jonah 1; Matthew 28:19; Ephesians 6:18-20; Isaiah 66:1-2; 1 Thessalonians 5:5-6

Discussion questions:

- Which part of the message impacted or challenged you?
- Read Jonah 1:1-3. Jonah's running didn't begin with abandoning his faith—it began with knowing what God wanted and choosing something else. What are some everyday ways we can run from God without realizing it? What are some signs that we might be becoming spiritually complacent or "asleep"?
- Read Jonah 1:4-6. Jonah's disobedience didn't just affect him, it affected everyone on the boat. How can our choices – good or bad – impact the people around us?
- Discuss Jonah's progression from indifference → comfort → spiritual sleep. Why do you think something that once bothered or convicted us can eventually stop bothering us?
- Read Jonah 1:15-17. What has God used to grab your attention? How might the hardships you're experiencing be God's way of bringing you back to Him?
- Who is currently your "Nineveh"? With whom in your life have you resisted God's invitation to share God's message of mercy and grace? Are you withholding God's message because of fear, bitterness, judgment, or something else?

Take a Step

- Is there an area where you might be delaying, avoiding, or resisting something God is asking you to do? What would taking one step of obedience look like this week?

Here's My Prayer

Heavenly Father, thank You that even when I run, resist, or choose my own way, You don't give up on me. Help me recognize the areas where I might be avoiding what You're asking me to do. Give me the courage to trust You, even when obedience is difficult or uncomfortable. Give me Your heart for the people around me, especially those who may be hard for me to love. This week, help me listen to Your voice and take the next step of obedience. In Jesus' name, Amen.