

JONAH

PART 1: RUNNING AWAY

WIN

To recognize our temptation to resist God and see how he pursues us even when we run.

CONNECT

Take a few minutes to discuss this question in your group:

What's something people commonly avoid because it feels uncomfortable, awkward, or difficult?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, thank you for being patient with us even when we resist you. Help us recognize the places where we may be avoiding what you're asking us to do. Give us the courage to trust you instead of running away. Amen.

After praying, watch the video for Part 1.

APPLY

After the video, discuss the following questions as a group:

1. What's a situation where you avoided something you knew needed to be addressed? What story did you tell yourself to make avoidance feel easier?
2. Read **Jonah 1:1–3** aloud.

The word of the Lord came to Jonah son of Amittai: "Go to the great city of Nineveh and preach against it, because its wickedness has come up before me."

But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.

What stands out to you most about Jonah's response to God's instruction? Why do we sometimes resist what we know is right?

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3. Jonah saw the people in Nineveh as undeserving of mercy. Can you think of a time when you didn't want someone who hurt you to have things go their way? Why is it often easier to receive God's mercy for ourselves than to want it for certain other people?
4. Jonah's running involved a lot of small decisions that moved him further from where God wanted him to be. What are some ways people gradually drift spiritually?
5. Looking back, what are some warning signs of drift that you've seen in your own life?
6. Do you sense that God may be inviting you to stop running and begin trusting him in a specific area of your life? If so, what's your next step?

PRAY

Share prayer requests as a group. Then, close your time in prayer. Here's a simple prayer you can use:

Heavenly Father, thank you for continuing to pursue us even when we resist you. Help us recognize the places where fear, bitterness, pride, or comfort are pulling us away from you. Give us courage to trust you and take the next step you're asking us to take. Amen.

BEFORE NEXT TIME

Read Jonah chapter 2.

As you read, consider this question:

Why do people often wait until things fall apart before turning toward God?