

HANG OUT (10 MINS)

- Welcome people as they arrive.
- Spend a few minutes making small talk/offer snacks.

ICE BREAKER (10 MINS)

- If you had the chance to vacation anywhere in the world, where would you go and why?

SERMON DISCUSSION (40 MINS)

- Worship and Prayer (Read Jonah 1)

God will often ask you to do things you don't want to do.

- What are some things that God asks us to do, in the Bible, that seem unreasonable or difficult to obey?
- Share something God asked you to do that you didn't want to do, but you did. What was the result? Who or what is currently the Nineveh in your life?

There's always a boat sailing in the wrong direction.

- In your spiritual life, which direction are you running: towards God, away from God, with God, or behind God?
- Share a time when you thought you could ignore or run from God? Where did you end up?
- What does our running from God reveal about our concept of God?

God may send a storm to grab your attention.

- What kind of storms has God used in the past (or present) to get your attention?
- What did your storm reveal to you? How long did it take for you to have a change of heart?
- How did God use the storm to change the way you think about Him and His mercy toward others?

Your disobedience will affect more than just you.

- Share some examples of how the consequences of our disobedience can affect others.
- Think about a time when you disobeyed God. Who was affected by your disobedience?
- What has God asked you to do that you haven't done? (Is there any area of disobedience in your life?)
- How is your disobedience harming others?
- Are you presently suffering because of someone else's disobedience to God? How do you need to pray for this person?

GOD'S GRACE WILL ALWAYS TRACK YOU DOWN.

- What was God's purpose in sending the storm and the great fish?
- In the past, how has God used your worst circumstances to turn your life around?
- What nightmare are you currently going through and how could this be exactly what you need (from God's perspective)?

CLOSING CHALLENGE (10 MINS)

Are there people in your life whom God has told you to bring to Jesus or invite to church but you're scared to do so? What lesson from this study should you apply?

NEXT STEP(YOUR JOURNAL TIME)

□ What is God asking you to do that you don't want to do? In what way are you running from God? What do you need to surrender and what attitudes do you need to change in order to be obedient to God? What steps will you take this week to be obedient?

Share this with your DGroup or someone who will pray for you and hold you accountable.

□ Who or what is currently your Nineveh? With whom in your life have you refused to share God's message of mercy and grace? Are you withholding God's message because of fear, bitterness, judgment, or something else? Confess your disobedience to God and receive His grace to obey. Forgive your enemies and pray for them. Ask God to give you another opportunity to share His message of love and grace.