

HANG OUT (10 MINS)

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

ICE BREAKER (10 MINS)

- When it is really hot out, what is your favorite way to beat the heat?

SERMON DISCUSSION (40 MINS)

- Worship and Prayer (Read Jonah 4)

How has God been challenging you through the study of Jonah?

- Which week's message has made the biggest impact and why?
- Which do you think was Jonah's biggest problem: anger, pride, selfishness, depression, prejudice, or something else?
- Which of these issues do you struggle with personally?
- About what situations do you sometimes find yourself angry at God? What does this story reveal about God? His ways?

Share a time when you, like Jonah, became angry at God and depressed over what seemed like an unjust situation?

- How did you get over these feelings and how long did it take? How do you resolve your angry with God?
- Is there anything currently going on in your life that you are angry or depressed about? (Pray for those in your group who are struggling with anger.)

What percentage of your anger comes from not getting what you want?

- How do you generally express your anger? (pout, yell, punish, withdraw, stuff it, take it out on others, become irritable, silent, etc.) How comfortable are you telling God when you are angry? Why is this important?
- What can happen when we deny or stuff our anger? What is God's cure for our anger?

Life is not about us. Only God has the right to judge others (or a nation) and the power to control outcomes.

- How was Jonah's anger related to his trying to be God, concerning Nineveh?
- How was he judging and trying to control the outcome? Why do you think Jonah was angry and depressed about the Ninevites repenting and turning to God? How would you have felt in Jonah's situation?

Like Jonah, we all want to receive God's forgiveness, but we are not always willing to give forgiveness.

- To whom are you unwilling to extend God's grace and forgiveness?
- What can result when we hold on to anger, even when it seems justified?
- Why do we struggle with giving forgiveness more than receiving forgiveness? What are some reasons (or excuses) we use for not forgiving? How do we benefit from forgiving?

CLOSING CHALLENGE (10 MINS)

What can you learn from Jonah's experience? What is revealed about God in this chapter? How will you apply this to your life?

NEXT STEP (YOUR JOURNAL TIME)

1. Unresolved anger leads to a host of problems, like bitterness and depression. Ask the Holy Spirit to reveal to you any unresolved anger. Make a list of each situation, who you are blaming and what expectations were blocked. Honestly acknowledge your anger to God and choose to forgive all parties involved (cancel the debt they owe you). Ask the Lord to give you His perspective of the situations about which you are angry. Surrender your right to stay angry and be willing to extend His mercy and grace to those whom you have forgiven.

2. Now that we belong to Christ, we are to be about our Father's business (Matthew 6:33). To whom does God want you to show his love and mercy? In what ways is your life centered on what you want instead of what God wants? What will you do this week to focus more on God's will? What expectations or rights do you need to surrender in order to put God first? Each morning, before you start your day, surrender your life, your expectations and your rights to God. (Romans 12:1).

3. Who are the people God is calling you; to pray for them or possibly, to invite or personally deliver the good news to? What steps will you take to become more involved in reaching others with the message of Christ?