



“Jonah” - Week 1: *Why We Run*

Introduction (*Read aloud before discussion.*)

The book of Jonah is about God’s unbelievable compassion and mercy, along with our unbelievable ability to act nothing like God when it comes to those people that we don’t like. Let’s talk about loving those that we struggle to like.

Sermon Discussion (*Use as a guide for dialogue, let God lead, and read the verses aloud.*)

1. Think about your past, recent or distant. Who (a person or group) was difficult for you to love or be kind to?
2. Read Jonah 1:1-3. Jonah ran the opposite direction of Nineveh. Why did Jonah run? This question is not answered until the end of the book. But, what’s your guess?
3. Read Jonah 1:4 & 12. Looks like God really wants Jonah to go to Nineveh! Who in this season is difficult to love yet you know God is calling you to love them? Speak anonymously if appropriate.
4. God fully reveals himself in Jesus on the cross. How might we describe who God actually is as we reflect on the cross?
5. We all have excuses or justifications for not loving those that we struggle to like. What is your excuse for refusing to act like God toward them?
6. Read Jonah 1:17. Some of us have no problem with this verse and some of us wonder, “did that really happen?” Is Jonah historical or a parable? Wherever you land, what is the “point” of the book of Jonah?
7. Who is your enemy and what does it look like to “practically” love them today?



Ministry Time (*Invite the Spirit of God to come. Say, “Come Holy Spirit.”*)

God, break my heart for the things that break your heart. God, give me your heart for those that are difficult for me. God, what does it look like to love them?

Spiritual Formation (*This is a weekly practice as we seek to be with and like Jesus.*)

Love is an action. What small action could you do this week to communicate love to someone that you find difficult to like?

Daily Reading (*Tune into the daily “Together On Mission” podcast, and let’s start every day with Jesus.*)

MON

Jonah 1 | Psalm 100

TUES

Luke 10 | Psalm 101

WED

Matthew 26 | Psalm 102

THUR

Matthew 27 | Psalm 103

FRI

Jonah 1 | Psalm 104

SAT

Catch up on daily reading or choose a passage, any passage and enjoy

Tune in next week for “Jonah” – Week 2: *Idols, Vows and Second Chances*