**Introduction: Spark interest with a quiz.**

Explain that today’s session covers the Book of Jonah. State something like the following: “We’ve all heard this story, maybe many times. However, let’s take a quick quiz to refresh our memories about the details.”

As a group or in small teams, allow time for everyone to complete the online quiz: [https://www.funtrivia.com/playquiz/quiz38977479380.html](https://www.funtrivia.com/playquiz/quiz38977479380.html)

Open with prayer, inviting the Holy Spirit to soften hearts and make this well-known story refreshing and applicable.

**Point 1: Highlight the lengths of Jonah’s willingness to disobey.**

After reading Jonah 1:1-4,17, show the map from the following link: [https://2.bp.blogspot.com/-g3shSM50k-k/WAOK4Sf0Hpi/AAAAAAAACJ4/tD53tQThu_wSK_wWSmUyDqct2AbfWXE_gCEw/s1600/Tarshish%2Bmap.jpg](https://2.bp.blogspot.com/-g3shSM50k-k/WAOK4Sf0Hpi/AAAAAAAACJ4/tD53tQThu_wSK_wWSmUyDqct2AbfWXE_gCEw/s1600/Tarshish%2Bmap.jpg)

Explain that Jonah lived near Joppa, and that God instructed him to go to Nineveh, which was only 550 miles east. Instead, he attempted to head 2,500 miles west, signifying the lengths he was willing to go to avoid God’s call.

Put the following question before your group in your own words: “Jonah did the exact opposite of what God instructed. When have you done something similar when you received apparent God-given instruction or wisdom?”

**Point 2: Help group members see themselves in Jonah.**

After discussing the passage from Point 2, state something like the following: “Jonah’s story is definitely one of a kind, but it is not isolated. Many men and women have known the call of God, disobeyed, found His correction, and then chosen to follow God’s plan.”
Before meeting, read over the article “Justifications for Avoiding Missions” and highlight some of its key points (or assign a volunteer from the group to do so): [https://www.theaquilareport.com/justifications-for-avoiding-missions/](https://www.theaquilareport.com/justifications-for-avoiding-missions/)

Raise the following questions for discussion:

- Why do we not more seriously consider whether or not our lives align with God’s will and purposes for the world?
- Which of the typical excuses listed in the article speak to you the most?
- What steps can we take toward encouraging and holding one another accountable in prioritizing matters related to God’s mission?

**Conclusion: Address our anger issues.**

Engage learners in discussing Jonah’s anger and lack of compassion in the book’s final chapter. Ask, “Do you ever see yourself as Jonah: angry and unwilling to choose to forgive or show mercy?”

In order to augment the point, show the video “Coffee Outrage” (57 seconds), a scene from the movie *Kicking and Screaming* where a man overreacts in a coffee shop: [https://www.wingclips.com/movie-clips/kicking-and-screaming/coffee-outrage](https://www.wingclips.com/movie-clips/kicking-and-screaming/coffee-outrage)

Say something like the following: “We may laugh, but many of us struggle with anger regularly. More than that, we are angry at God for His mercy toward others.” Confess your own unrepentant anger and encourage group members to lean into God’s grace in choosing to love mercy.

**Teaching Tip of the Week**

This session is better for everyone if all participants have read the entire Book of Jonah (only four chapters!). A day or two before meeting, text everyone in the group and encourage them to read the Book of Jonah before you see one another and work through the session.