



Journey Church
Jonah | Jonah 1-4
August 16, 2026

Context for the Journey

Jonah 1:1-3

If you want to run from God, the devil will always offer you a ride.

Jonah 1; Genesis 3:1-4; Matthew 4:1-11

- **Rationalizing sin: When our mind makes an excuse for what our spirit knows is wrong.**

Sometimes what we call a problem, God calls provision.

Jonah 2; Psalm 119:67, 71; Romans 8:28

- **God doesn't always give us what we want, but he does give us what we need.**

We serve a God of second chances.

Jonah 3; Ephesians 2:8; Romans 10:13

- **We can never outrun God's grace.**

The closer we get to God, the more our heart should look like His.

Jonah 4; Exodus 34:6-7; 2 Corinthians 3:18

- **The ultimate expression of God's heart is Jesus.**

Matthew 12:38-41; John 3:16

Small Group Questions:

1. What stood out to you most from the message this week, and why?
2. Why do you think we sometimes resist God even when we know what He wants from us?
3. What differences do you see between Jonah's heart toward Nineveh and God's heart toward Nineveh? What does this reveal about God's character?

Be Intentional:

What are some practical signs that a person's heart is becoming more like God's? Where would you most like God to make your heart more like His?

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God's Word as you pray for each other.