

# JONAH



## LIFE GROUP SESSION 3: JONAH 1:7-16

Have someone read the passage or go around the circle and have everyone read a verse out loud. Take time to write down your own observations and applications before discussing these with the group.

### JONAH 1:7-16 (NIV)

<sup>7</sup> Then the sailors said to each other, "Come, let us cast lots to find out who is responsible for this calamity." They cast lots and the lot fell on Jonah. <sup>8</sup> So they asked him, "Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?"

<sup>9</sup> He answered, "I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the dry land."

<sup>10</sup> This terrified them and they asked, "What have you done?" (They knew he was running away from the Lord, because he had already told them so.)

<sup>11</sup> The sea was getting rougher and rougher. So they asked him, "What should we do to you to make the sea calm down for us?"

<sup>12</sup> "Pick me up and throw me into the sea," he replied, "and it will become calm. I know that it is my fault that this great storm has come upon you."

<sup>13</sup> Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. <sup>14</sup> Then they cried out to the Lord, "Please, Lord, do not let us die for taking this man's life. Do not hold us accountable for killing an innocent man, for you, Lord, have done as you pleased." <sup>15</sup> Then they took Jonah and threw him overboard, and the raging sea grew calm. <sup>16</sup> At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him.

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## LIFE GROUP SESSION 3: JONAH 1:7-16

### PLAY SESSION 2 VIDEO DEVOTIONAL

### GROUP DISCUSSION QUESTIONS

1. What insights did you gain from this week's video?
2. Put yourself in the shoes of the sailors. What would you have felt about Jonah? Why?
3. When was a time in your life that you encountered a person who claimed to be a Christian but did not act like it? How did it affect you?
4. What does God reveal about Himself through Jonah's disobedience?
5. Tell us about a time that you ran from God and what you learned from it.
6. In verse 9, Jonah tells the sailors, "I worship the Lord." Why didn't Jonah's worship of the Lord translate into obedience?
7. Why do you think the unbelieving sailors feared the Lord more than Jonah?
8. There was a disconnect between Jonah's words and actions. How can you safeguard yourself from doing the same?

***End in prayer***

# JONAH



## LIFE GROUP SESSION 4: JONAH 1:17 – 2:10

Have someone read the passage or go around the circle and have everyone read a verse out loud. Take time to write down your own observations and applications before discussing these with the group.

### *Jonah's Prayer*

#### JONAH 1:17-2:10 (NIV)

<sup>17</sup> Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. <sup>21</sup> From inside the fish Jonah prayed to the Lord his God. <sup>2</sup> He said:

“In my distress I called to the Lord,  
and he answered me.

From deep in the realm of the dead I called for help,  
and you listened to my cry.

<sup>3</sup> You hurled me into the depths,  
into the very heart of the seas,  
and the currents swirled about me;

all your waves and breakers  
swept over me.

<sup>4</sup> I said, ‘I have been banished  
from your sight;  
yet I will look again  
toward your holy temple.’

<sup>5</sup> The engulfing waters threatened me,  
the deep surrounded me;  
seaweed was wrapped around my head.

<sup>6</sup> To the roots of the mountains I sank down;  
the earth beneath barred me in forever.

But you, Lord my God,  
brought my life up from the pit.

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## LIFE GROUP SESSION 4: JONAH 1:17 – 2:10

<sup>7</sup> “When my life was ebbing away,

I remembered you, Lord,  
and my prayer rose to you,  
to your holy temple.

<sup>8</sup> “Those who cling to worthless idols  
turn away from God’s love for them.

<sup>9</sup> But I, with shouts of grateful praise,  
will sacrifice to you.

What I have vowed I will make good.

I will say, ‘Salvation comes from the Lord.’”

<sup>10</sup> And the Lord commanded the fish, and it vomited Jonah onto dry land.

### PLAY SESSION 4 VIDEO DEVOTIONAL

### GROUP DISCUSSION QUESTIONS

1. What insights did you gain from this week’s video?
2. Why is it so difficult for some people to own their mistakes?
3. In what situations have you found it difficult to say I’m sorry?
4. What makes for a real and sincere apology?
5. God appointed a storm and then a fish to get Jonah’s attention. In what ways does God try to get our attention?
6. When was a time in your spiritual walk that you realized you needed to make a course correction? What did you experience?
7. Why are people sometimes resistant to change even though they are on a destructive path?

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## LIFE GROUP SESSION 4: JONAH 1:17 – 2:10

8. What action could you take this week that would help you in your spiritual walk?
- a. Be alone with God
  - b. Apologize to someone
  - c. Read Scripture
  - d. Spend quality time with your family
  - e. Forgive someone who has wronged you
  - f. other

***End in prayer***