

Discussion Guide | Jonah | What It's Like to Run Away | Jonah 1:1-3

Gathering Question

What is one way you have encountered God this week?

Gathering Prayer

Father, by Your Spirit, would You guide us into all truth. Help us to hear and be attentive to Your voice as we work through this study. In the name of Jesus, Your Son, we pray, Amen.

Opening Questions

What stood out to you in the sermon?

What insights did you gain?

What questions did it raise?

Read Jonah 1:1-3

What Faith Really Is

- Read James 2:14-19
- What's the difference between believing in God and trusting God?
- What are some ways that living faith shows up differently from just believing the right things?

The Question Jonah Isn't Asking

- Reflect on The Westminster Catechism: "the chief end of man is to glorify God and enjoy him forever." What are some practical ways this statement challenges how you normally think about your life and decisions?
- The world sees the Jonah way of life as normal: putting yourself first, choosing what's comfortable, and avoiding what's costly. Where do you see that pull most strongly in your own life right now?

If This Can Happen to Jonah, What Hope Do We Have?

- Read Philippians 2:5-11
- Jonah goes down and keeps going down. Jesus also travels down. He willingly descends into enemy territory for our sake. How does the contrast between Jonah and Jesus change how you think about your own failures and your running?
- Reflect on the Wesley Covenant Prayer below. What lines stand out to you? What are some specific areas of your life where you might need to pray this prayer and surrender to God's call of faith?

Wesley Covenant Prayer

I am no longer my own, but yours.

Put me to what you will, rank me with whom you will.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee,

exalted for you or brought low for you.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things to your pleasure and glory.
And now, O glorious and blessed God, Father, Son, and Holy Spirit,
You are mine, and I am yours.
So be it.
And the covenant which I have made on earth,
let it be ratified in heaven.
Amen.