



## The Story of Jonah

To be used with your family or small group

Week 1:  
Running From God—Jonah Part 1  
Week of June 7

### Open

Have you ever been on a cruise ship? If so, where did you go?

### Word

Read Jonah 1:1-3

1. What do we know about Nineveh and Tarshish?



2. Why do you think Jonah ran?
3. Have you ever run from something you believed God was calling you to do? How did that go?

Read Jonah 1:4-10

4. How did God get Jonah's attention?

5. How did Jonah identify himself to the other sailors?

6. How did the sailors respond?

Read Jonah 1:11-16

7. How did Jonah tell the sailors to resolve their situation?

8. How would you have felt if you were one of the sailors?

9. How did the sailors respond?

Read Jonah 1:17

10. What did God provide for Jonah?

11. How might this be an act of grace on God's part?

12. Have you ever had something bad turn into just the right thing for you?

### Apply

Is there something you feel God is calling you to, but you are resisting it? Could it be that God wants to do something amazing through your obedience?



## The Story of Jonah

Week 2:  
Lessons from the Belly! Jonah Part 2  
Week of June 14

### Open

What do you love most about water? What do you least like about water?

### Word

Read Jonah 2:1-4

1. Do you think Jonah was remorseful for running from God?
2. What did Jonah do from inside the fish?
3. What did he think he would never see again?

Read Jonah 2:5-7

4. Put yourself in Jonah's position, water all around, no hope of salvation, feeling the waves, the sea weed...what's happening in your mind?

5. What did Jonah remember in his distress?

6. Can you remember a time when you called out to the Lord in a hopeless situation? What happened?

Read Jonah 2:8-10

7. Why do you think Jonah speaks about worthless idols in vs 8?

8. What is an idol?

9. How is God's love different than idols?

10. What do you know about the word "salvation"?

11. Jonah speaks of praising God even before he escapes the belly, what does this say about the power of praise even in hard times?

### Apply

List some reasons to give thanks/praise right now in your life:



## The Story of Jonah

Week 3:  
**The Shortest Sermon Ever!**  
Jonah Part 3  
Week of June 21

### Open

Describe your best day where you can do anything you want to do.

### Word

#### Read Jonah 3:1-3

1. Reread Jonah 1:1-3. How are these passages vastly different?
2. What specifically was Jonah called to do in the city of Ninevah?

#### Read Jonah 3:3-5

3. What did Jonah do to cause the Ninevites to repent?
4. Do you think that Jonah being in the belly of the fish made a difference in the people's perspective of his message? Why?

#### Read Jonah 3:6-9

4. How did the King of Ninevah respond to Jonah's message?
5. What specifically did he call the people to do in his decree?
6. What is the power of calling on the name of the Lord? Read Romans 10:13.

#### Read Jonah 3:10

7. Why did God relent from sending catastrophe?
8. Read 2 Chronicles 7:14...what can you tell about God's heart and character?
9. How do you think Jonah is feeling about all this?

### Apply

10. Think about the ways God has forgiven you in your life. How should this affect our hearts toward others?



## The Story of Jonah

Week 4:  
Dealing with Bitterness  
Jonah Part 4  
Week of June 28

### Open

Talk about one of your “pet peeves”...what happens to you when you see it happen?

### Word

Read Jonah 3:10

1. How do you feel about God’s mercy to the Ninevites?
2. Who do you think should receive mercy? Who shouldn’t?

Read Jonah 4:1-4

3. Why do you think Jonah was so upset by God showing mercy?
4. How did God confront Jonah? What did He ask?

Read Jonah 4:5-9

4. Talk about the plant, what do you think it represents?
5. Describe how Jonah responded to the plant, why was he so angry?
6. Again, how did God confront Jonah?
7. Have you ever experienced bitterness in your heart? How did it affect your life?

Read Jonah 4:10-11

8. How do you respond to God’s explanation to Jonah?
9. Do you think Jonah understood why God acted the way He did after the explanation?
10. What insight do we also get about how God views animals in this story from the last verse?

### Apply

**How do you let go of anger and bitterness?**

- You first look at how much God has forgiven you  
(Read Matthew 18:21-35)
- You realize forgiveness if first an act of the will
- You realize that when you forgive from the will, freedom follows