

■ Discuss

How has God been using the book of Jonah in your life over these last two weeks? Where are you feeling convicted to grow? In what ways have you felt encouraged to live differently?

What are some of the ways Jonah 1:7-16 contrasts Jonah's character with that of the sailors?

What does the scene with the sailors casting lots teach you about God? How does it reveal His sovereignty?

Why is it important that our lives actively reflect what we believe?

How have you worked to make the connection between belief and action in your own life? Where could you improve?

What are the consequences for failing to make that connection? How does Jonah's story teach us the ways in which our disobedience affects others?

What are some adjectives you would use to describe Jonah's inner life according to 1:10-16?

In contrast to Jonah, how do the sailors respond?

What does this passage teach us about the importance of repentance?

What does this passage teach us about the character of God?

How have you seen God interrupt your life to draw you to Him?

■ Live it Out

Prayer: Invite God to bring to the surface those areas of your heart where you are resisting His desires for your life. Make that the central theme of your prayer throughout the coming week.

List: Review Jonah 1:7–16 and list out the contrasting character traits covered in the session. Over the next few days, look over your notes and consider which characteristics best resemble your life, all for the sake of identifying where you have the potential to grow in your walk with Jesus Christ.

Connect: Because of our limitations, we cannot always see the ways we resist God's call. Think about a mature believer in your life and invite him or her to speak in honest love about where they see you spiritually. More importantly, invite him or her to point out any ways they see you resisting God's call in your life.

Resolve: If you reached the end of this lesson certain of your resistance of God's call, reflect on the kindness of God to Jonah. Even more, reflect on the kindness of God to you in Jesus Christ. Lay down your fears and resolve to live in obedience in light of His love.

Volunteer: If you reached the end of this session without identifying clear resistance in your life, thank God for that gift. Look for opportunities to pour yourself out even more—volunteer this week for a duty in your church that others often avoid.