

■ Discuss

What does the fact that God “appointed” the great fish tell us about His character?

How has God demonstrated His compassion in your life?

How does God’s patience with Jonah encourage you in your walk with Him?

In what ways has Jonah’s story changed your thinking about the way God pursues us?

How does this story give us a glimpse of the gospel?

When you think about the way God interacts with Jonah, what would you say it reveals about His utmost concern with His people?

How would you define repentance?

How does Jonah’s prayer demonstrate counterfeit repentance? How would Jonah have responded if he were truly repentant?

What are some ways we fake repentance today?

How have we used good things (small groups, church, community, etc.) to ignore the areas God wants to change in our lives?

How does a defensive attitude about our failures reflect a lack of repentance?

What are some of the temporal circumstances that distract us today?

Why is an eternal focus an important part of true repentance?

What is keeping you from true repentance today? In what ways can you identify with Jonah’s counterfeit attempts?

How does the good news of God’s patient love encourage you today?

■ Live it Out

Prayer: Read Jonah 2 followed by 1 John 1:8-9 at least four days this week. After doing so, ask God to reveal to you any false repentance in your life for the sake of healing.

Confession: The act of confession is one of agreeing with God's Word as truth. As He brings to light false repentance in your life, confess it to Him and another trusted believer. Then believe in His promise to cleanse you of all unrighteousness.

Forgive: Has someone sinned against you? Have they refused to own the pain they caused? Or falsely repented? By faith, forgive them today and seek to love them with patient kindness, like God did with Jonah.

Write: List the top three worldly distractions that shift your perspective from an eternal perspective. Place the list somewhere you will see it on a daily basis and ask God to help you view them differently.

Community: Pick one or two trusted believers in your life and ask them to identify any false repentance they see in your life.