

Dig Deeper @Home – “Jonah – People on the Run”
Complement to sermon on 7/27/25 – “Running Away”

ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. Growing up, when was a time you wanted to run away from home? If you did, how far did you get?
2. If you had a chance to go on a cruise anywhere in the world, where would you go and why?

MEMORIZE – Jonah 2:2

“In my distress I called to the Lord, and he answered me. From the depths of the grave I called for help, and you listened to my cry.”

READ – Jonah 1:1-17

Questions to ponder/discuss:

1. Re-scan the text and consider...
 - a. What did the Holy Spirit cause to “jump off the page” as you read?
 - b. What are the verses revealing about God?
 - c. What are the verses saying about people?
 - d. In light of these, what needs to change in your life? What are you already doing well?
2. What seems both fitting and surprising about God’s command (vs.2)? About Jonah’s evasive effort? Why do you think Jonah disobeyed and tried to run away from God?
3. Jonah tries to run away from “the presence of the Lord”. Read Psalm 139 – Can we ever run from “the presence of the Lord?” How does Jonah’s experience compare with Adam and Eve trying to hide from God in Genesis 3:8?
4. What effect did God's stirring and stilling the storm have on the sailors? In what sense are they saved (compare verses 5 and 16)? Likewise, how is Jonah saved?
5. How did God show grace toward Jonah? (vs. 17) – What might this reveal to us about how God is at work in our lives? For what purpose?

EXPERIENTIAL ACTIVITY – Opposites Game (For adults and children)

Gather everyone in a circle. Have one person be the "leader" (or "God"). The leader will give commands, and the others in the circles must do the opposite.

The leader gives commands like "Up" (people sit), "Down" (people stand), "Turn Right" (others turn left), "Turn Left" (others turn right), "Laugh" (others pretend to cry), "Cry" (others pretend to laugh).

Discuss how Jonah initially disobeyed God by going in the opposite direction of where God wanted him to go. The leader can say, "God says go to Nineveh," and the others (as Jonah) must run away, demonstrating disobedience.

After the "swallowing" part of the story, (1:17), the leader can say, "God says go to Nineveh," and everyone must now follow the command, demonstrating obedience.

Discuss things that are like “Nineveh” in our lives that we may run away from? A difficult person, an unresolved situation, an unpleasant task you are running away from.

What might be something you think God may be asking you to do now? What step can you take this week toward obeying God and with His help doing this?

SING

Spend time worshipping together. Sing your own songs. Look songs up on YouTube for others to be able to sing along. Share a song that has been meaningful to you recently and talk about why. Make this time your own.

Sing to the King – Foote - <https://youtu.be/biLCWOXgl2Q>

O Come to the Altar – Elevation - <https://youtu.be/VUcGrDGYr8>

I Surrender – Hillsong - <https://youtu.be/DukOvX-nQE>

Holy Spirit, You are welcome here - <https://youtu.be/xY7NI38MvWk>

PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

Sending prayer based on Numbers 6:24-26:

‘May the Lord bless and protect you; may the Lord’s face radiate with joy because of you; may he be gracious to you, show you his favor, and give you his peace.’ Amen