

Dig Deeper @Home – “Jonah – People on the Run”

Complement to sermon on 8/17/25 – “Running Away...Again!”

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

1. What is something that makes you *super* angry?
2. Time to get vulnerable: Have you ever been angry *with God*?

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 2

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. In Jonah 4:5, Jonah goes out and sits **east of the city**. Throughout the Old Testament, eastward movement often symbolizes moving away from God’s presence (see Genesis 3:23–24; 4:16; 13:11–13). Even the tabernacle and temple entrances faced east, so worshipers approached God by moving westward — a reversal of the eastward path of exile. Look up these passages — what might Jonah’s location be telling us about the state of his heart?
3. Jonah is a short, 4-chapter book, but God is *very* active:
 - a. List all the times you’ve seen God acting.
(ie: God “came” - 1:1, God “hurled” - 1:4, God “appointed” – 1:17, etc.)
 - b. Do you see any trends in God’s actions?
 - c. How do you experience God actively at work in your life? Are you looking for it?
4. In Jonah 4 we see that the prophet has a self-centered heart.
 - a. Where do you see this in the chapter? How does it reveal itself?
 - b. Do we struggle in similar ways?

EXPERIENTIAL ACTIVITY – A Disproportionate Love

In Jonah chapter 4, the Lord pointed out how Jonah cared more about a plant he neither created nor tended than 120,000 people created in the image of God. When you put it that way, it seems obvious where his priority should be!

Let's stop pointing the finger at Jonah and instead turn the mirror on ourselves. Perhaps we don't wish for our enemies to die, but certainly some reflection on our own lives will reveal a disproportionate love for selfish things. As the Lord reveals these idols in our own lives (Jonah 2:8), set them aside and instead act in love. These may not even be *bad* things... just disproportionately valued. If you are prone to doom scroll online, set down the phone and write a thank you note to someone who has shown you the love of God. If you are tempted to indulge in "retail therapy," instead go purchase some items to donate to a food bank. Before you engage in an online fight, instead think of ways to be a light in the spaces God has you.

It will look different for each of us, but trust that the Spirit will lead in ways that glorify Him!

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.

Give Us Your Heart – <https://www.youtube.com/watch?v=UfuiBuusquw>

Create In Me A Clean Heart – <https://www.youtube.com/watch?v=6MIAuyyhKcQ>

Take My Life And Let It Be Consecrated – Mennonite Hymnal # 358

Listen: Wolves at the Gate: Lowly – https://www.youtube.com/watch?v=GvXY2oM_7o0

Listen: 12 Stones: Broken – https://www.youtube.com/watch?v=7-MAkEm_Oic

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 the passage:

God, reveal to me the ways that my heart is not in alignment with yours and empower me by your Spirit to be transformed. Thank you for the grace and mercy you have shown me all the many times I fall short. Help me to act justly, love mercy, and to walk humbly with You, all the days of my life. (Micah 6:8)