

Following God: A Study of Jonah – Back from the Bottom

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1. Read Jonah 1:17. Why is it difficult for us to believe this part of the story?
2. In what ways have you run from God? How are you running from his will today?
3. Where has your running taken you? How has running changed you?
4. Read Jonah 2:1-2. When in your life have you called out to God in the midst of distress? How have you seen God's response to your call?
5. Read verses 3-4. Why does it matter that Jonah acknowledges God's sovereignty over his circumstances? Why is this usually a barrier to trusting God in our culture?
6. Read verses 5-7. In what ways are you avoiding thinking about God? When you finally do, what characteristics do you remember?
7. Why does the gospel matter when we're in distress? How has remembering the cross been instrumental in bringing you back from running?
8. Read verses 8-9. What have you been chasing after in your running from God? Have you found what you were looking for? In what ways has it failed to fulfill your needs?
9. In what ways have you experienced God's steadfast love? How does this differ from other loves?
10. What does a commitment to surrender to God look like in your life?