



LIFE GROUP STUDY MATERIAL

JONAH

THE MISSIONARY HEART OF GOD

**SESSION #4:
THE RESTLESS HEART OF AN ANGRY PROPHET**

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THE RESTLESS HEART OF AN ANGRY PROPHET

LESSON AIM

To examine the condition of our hearts and allow God to bring them into alignment with His.

VIDEO LESSON

Link to video: <https://youtu.be/6xU7GjBuswE?si=Ww3GfjbSWxkDRiAi>

SCRIPTURE READING

Jonah 4:1-4

1 But it displeased Jonah exceedingly, and he was angry. **2** And he prayed to the LORD and said, "O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. **3** Therefore now, O LORD, please take my life from me, for it is better for me to die than to live." **4** And the LORD said, "Do you do well to be angry?"

Jonah 4:1-4 ESV

INTRODUCTION

In Jonah 3, the people of Nineveh responded to Jonah's warning with repentance, and God showed mercy by relenting from the judgment He had announced. One might expect the story to end there with celebration, but the book continues into chapter 4. This chapter reveals that while Nineveh needed revival, Jonah himself also needed transformation.

Although Jonah obeyed God outwardly by going to Nineveh and preaching His message, his heart was not aligned with God's heart. Instead of rejoicing that an entire city had turned to God, Jonah became angry and resentful. Through this moment, God patiently confronted and taught His prophet.

This passage reminds us that God is not only interested in what He does through us, but also in what He is doing within us. Jonah's response reveals three important movements of the heart that we can reflect on in our own lives: the problem of an offended heart, the pattern of an obstructed heart, and the pathway to an opened heart.

Three Movements

A. Problem of An Offended Heart (Jonah 3:10-4:1)

10 When God saw what they did, how they turned from their evil way, God relented of the disaster that he had said he would do to them, and he did not do it. **1** But it displeased Jonah exceedingly, and he was angry.

Jonah 3:10-4:1 ESV

Jonah's response shows that his problem was not ignorance about who God is. In fact, he clearly understood God's character, describing Him as gracious, merciful, slow to anger, and abounding in steadfast love. Jonah's theology was correct, but his heart was offended.

This passage reminds us that it is possible to know the truth about God while still struggling with the posture of our hearts. Jonah obeyed outwardly, yet inwardly he resisted God's mercy toward people he disliked.

We may also wrestle with similar feelings when God works in ways we do not expect, or when we find circumstances difficult to accept. This passage invites us to examine whether offense or resentment is shaping the posture of our hearts.

B. Pattern of An Obstructed Heart (Jonah 4:1, 3)

Jonah's reaction reveals a deeper struggle within his heart. The passage shows intense emotions and repeated statements of despair, including Jonah saying that it would be better for him to die than to live. These responses suggest that something within Jonah was obstructing his ability to align with God's heart.

The principle is this: **"Wounds unhealed become walls unseen."**

At times, our hearts can become obstructed in similar ways. Unhealed wounds may harden the heart. Disappointment can lead to cynicism and doubt. Fear may paralyse our will, and busyness can overcrowd our souls. When these struggles remain unresolved, they can quietly form barriers within us. Though we may continue serving outwardly, inwardly our hearts may resist the work God desires to do within us.

C. Pathway to An Opened Heart (Jonah 4:4)

In Jonah 4:4, God responded with a question: "Do you do well to be angry?" Rather than confronting Jonah harshly, God invited him to reflect on the condition of his heart.

This passage calls us to examine our own attitudes, motivations, and responses before God. Sometimes our greatest resistance to God is not what we say, but our unwillingness to respond. Yet God patiently invites us to bring our hearts before Him, allowing Him to soften, heal, and realign them with His heart.

DISCUSSION QUESTIONS

Instructions for group facilitators: Every group is different. You may modify the discussion questions to suit your group and you do not need to use all the questions in the group discussion.

Question 1: What stands out to you about Jonah's reaction in Jonah 4:1–4? Why do you think he responded this way?

Question 2: Jonah clearly knew God's character (v.2). Why do you think someone can know the truth about God but still struggle with the posture of their heart?

Question 3: Have you ever struggled when God worked in a way you did not expect or when His mercy was shown to someone you found difficult to accept? How did you overcome your struggle? Share your experience to encourage others.

Question 4: The passage suggests that wounds, disappointment, fear, or busyness can obstruct a believer's heart. Which of these do you think most commonly affects believers today?

Question 5: What are some areas in your life where unresolved hurt, fear, or disappointment might be forming barriers in your heart? How can you address them?

Question 6: What is one step you can take this week to bring your heart honestly before God and allow Him to soften or realign it?

NEXT STEPS

Take time this week to reflect honestly before God about the condition of your heart.

Ask the Lord to reveal any areas which offense, unresolved wounds, fear, or disappointment may be shaping the posture of your heart. Bring these areas to Him in prayer, trusting in His grace to soften, heal, and realign your heart with His. As you continue walking with God, ask Him to help you respond with humility and openness so that your heart remains aligned with His mercy and purposes.