

A full-page background image showing a diver in the upper center, looking down at a large whale swimming in the lower half. The scene is set in deep blue water with light rays filtering down from above. A large white 'L' shape is in the top right corner.

J O N A H

LIFE GROUP RESOURCES

The Storm

Read: Jonah 1

About the Text

- What stands out to you about Jonah's response to God's command to go to Nineveh?
- How do the actions of the pagan sailors contrast with Jonah's actions throughout the storm?
- What do we learn about God's character through His pursuit of Jonah, even in disobedience?

Personal Reflection

- When has God asked you to do something you didn't want to do? How did you respond?
- In what ways might you, like Jonah, be "running" from God's purposes whether outwardly or in your heart?
- What emotions or fears often hold you back from stepping into God's call to share His mercy with others?

Application

- How can you cultivate a heart that responds to God's call with willingness rather than resistance?
- What would it look like for you to be a light to those around you, even those you find difficult to love?
- How might you remind yourself this week that obedience to God is not a burden but a partnership in His mission?

Pray

Pray that each of you would be encouraged to radical obedience to God and follow Him faithfully to the people and places He's called you.

The Fish

Read: Jonah 2

About the Text

- How does Jonah's prayer from the belly of the fish reveal both repentance and self-awareness? What role does this play in the life of a Christian?
- What does Jonah mean when he declares, "Salvation belongs to the Lord"?
- How does God's mercy toward Jonah challenge our assumptions about who deserves grace?

Personal Reflection

- When have you found yourself in a "belly of the fish" moment—stuck, humbled, or desperate?
- How do you tend to respond when God uses difficult circumstances to shape your heart?
- How might you let God transform your prayer life in seasons of distress? What would your prayers be marked by if He did transform your response to difficult circumstances?

Application

- How can you remind yourself daily that salvation and transformation are God's work, not your own?
- What practical step could you take this week to express gratitude for God's mercy in your life?
- How might your story of being rescued by grace become a testimony that encourages someone else?

Pray

Pray for each other to experience a fresh surrender to the undeserved grace of God in your life. Pray that your testimony of grace will impact someone specific you will interact with this week.

The City

Read: Jonah 3

About the Text

- What surprises you about Nineveh's response to Jonah's brief message?
- What does this chapter reveal about the extent of God's mercy and compassion?
- How does Jonah's reluctant obedience still result in powerful transformation for others?

Personal Reflection

- Do you ever underestimate what God can do through your obedience, even when it feels small?
- How do you view the people or places in your life that seem "too far gone" for God to reach?
- What emotions arise in you when you see others experience God's grace—joy, jealousy, indifference?

Application

- What's one way you can bring God's message of hope to those you life, work and laugh with?
- How can you position yourself to pray for and believe in revival, even in unlikely places?
- This week, what would it look like to live as if God truly can redeem anyone and any situation?

Pray

Pray radical prayers that God would reach into the most unlikely places to bring redemption and revival.

The Vine

Read: Jonah 4

About the Text

- Why is Jonah angry when God shows mercy to Nineveh, and what does that reveal about his heart?
- How does God use the vine, the worm, and the wind to teach Jonah a lesson about compassion?
- What is the significance of the book ending with God's question rather than a resolution?

Personal Reflection

- When have you found yourself more concerned about personal comfort than about people's salvation?
- What might God be trying to expose or soften in your heart when you resist His compassion for others?
- In what ways is God inviting you to see your world, and your enemies, through His eyes?

Application

- How can you begin to align your heart more closely with God's concern for the lost and broken?
- What could you intentionally surrender this week to move from self-focus to compassion?
- How can your life group actively embody God's heart for your community in prayer and action?

Pray

Pray that we would surrender our own preferences and plans and submit to God's call to the lost, the last and the least.