

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

Complement to sermon on 8/3/25 – “Running Towards”

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

1. What do your prayers sound like in the depths of despair?
2. Do you enjoy eating fish? Why or why not?

Would you like to be swallowed by a great fish? Why or why not? 🐟 🙏

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. Who cast Jonah into the sea? (Reread Jonah 1:14-15 and 2:1-3)
 - a. Do these verses contradict?
 - b. What do they reveal about God’s role in Jonah’s story?
3. God gave Jonah a second chance! Recall the many ways that He has done the same for you.
 - a. When have you “cried out to the LORD”? (v1)
 - b. How did He respond?
 - c. How did you respond to His response? How did Jonah?
 - d. How does reflecting on this experience, and that “salvation belongs to the LORD” affect how you live your everyday life? (v9)
4. How does Jonah compare to Christ in this chapter? Is this a coincidence?

EXPERIENTIAL ACTIVITY – Where’s my “Nineveh”?

As Christians, we can talk a big game about “loving our neighbors,” but what about those we don’t like – let alone love? This week, it’s time to put our preferences aside and walk in obedience. Find someone you don’t like, you often find yourself in debate with, or who quite frankly drives you nuts - and bless them. Let them have their way when the issue isn’t a matter of right and wrong. Generously gift them something. Pay them a sincere compliment, or whatever the Holy Spirit prompts you to do. Whatever it is, do it in the love of Christ for them, knowing that He wants for none to perish. (2 Peter 3:9)

This may seem like a small step, but every journey starts with the courage to begin.

Who knows... maybe you will experience your heart becoming aligned with God’s heart for them?

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.

The Spark: Awesome God – <https://www.youtube.com/watch?v=UTHI9Of0xJc>

Kristian Stanfill: Always – <https://www.youtube.com/watch?v=YZsRU6-3MTc>

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

Listen: Wolves at the Gate: Embracing Accusation – <https://www.youtube.com/watch?v=gc3klstdtz5Y>

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:

Read Jonah’s prayer in chapter 2, then write your own version, following this example.

- Begin with your honest cries from the depths of your current struggle or distress.
- Recall and describe how God has heard you and met you in that place.
- Reflect on your own turning back toward God— how He’s drawn you out of hopelessness, fear, or sin.
- End with a declaration of praise and thankfulness for God’s mercy, presence, and saving power in your life.

Let Jonah’s words guide your structure, but let your life and story fill the lines.