

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

Complement to sermon on 8/10/25 – “Running With”

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

1. Finish the sentence: Running is _____.
2. What does it mean to “run with God?” Share a time when you experienced this in your life.

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 3

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. What happens in Jonah 3 that is surprising? Why is this surprising?
3. Read again the prayer of Jonah from chapter 2: 2-9.
 - a. How does God answer this prayer and continue to answer it in Jonah 3?
 - b. Interesting fact: verses 2, 3, 4, 5, 7, 8 and 9 all come from other parts of scripture. See if you can find them all.
 - i. What does this say about Jonah’s knowledge of scripture?
 - ii. What does this reveal about Jonah’s alignment with the word of the LORD?

EXPERIENTIAL ACTIVITY – Repent

“So Jonah arose and went to Nineveh, according to the word of the LORD.” (Jonah 3:3)

God had a specific job for Jonah. He has a specific job for you as well ... to walk in faithful obedience and to make Him known. Take a look at your typical day/week. Are you living like Jonah in chapter 1 or chapter 3? In chapter 1, Jonah is doing everything in his power to not make God known and he certainly wasn't walking in faithful obedience. In chapter 3, he does walk in faithful obedience. So, which one are you? How do you know? Here's three verses to consider ... how are you doing?

1. Encourage one another and build each other up. (1 Thessalonians 5:11)
 - a. Is this your standard way of interacting with others? Are you known for this?
2. Praise the LORD! Praise God in his sanctuary; praise him in his mighty heavens! Praise him for his mighty deeds; praise him according to his excellent greatness! (Psalm 150:1)
 - a. Did you worship the LORD in this way today? Yesterday?
3. “But if you do not forgive others their trespasses, neither will your Father forgive your trespasses.” (Matthew 6:15)
 - a. Are you forgiving in this way or harboring unforgiveness?

The message to Nineveh was clear... Repent. The message is the same for us for any area where we are unaligned with the LORD's word, will and way. Repent! Align yourself with the LORD's word, will and way in every area of your life.

SING

Living Hope -

https://www.youtube.com/watch?v=9f2FXxDVO6w&list=RD9f2FXxDVO6w&start_radio=1

Come thou Fount, Come thou King -

<https://www.youtube.com/watch?v=jsdX8XNZ7pl&list=RDjsdX8XNZ7pl&index=2>

Give us Your Heart – <https://youtu.be/DukOvX-nQE>

Trust and Obey -

https://www.youtube.com/watch?v=4dh02OnJpIE&list=RD4dh02OnJpIE&start_radio=1

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:

Oh LORD, give us courage to follow you fully and eliminate anything in our hearts that are keeping us from being fully aligned with Your word, will and ways.