



Week 3: Never Really Got It

Changing your thinking changes your direction, which will change your life.

Discussion Questions

1. Have you ever had a thought you just couldn't get out of your head until you acted on it? What was it?
2. What's something positive that has motivated you to take action recently? Or, on the flip side, has a negative thought ever held you back?

Read Jonah 1:1–12; 3:10–4:3.

3. Jonah didn't listen to God and went in the opposite direction. Have you ever ignored what you knew was the right thing to do? Why do you think people do that?
4. Jonah only saw the bad things about the people of Nineveh and didn't understand why God wanted to help them. Have you ever held a grudge or thought badly of someone, which made it hard for you to see them differently?
5. Jonah focused more on his own ideas instead of listening to what God wanted. Do you ever get stuck thinking that only your way is right, even when it might hurt you or others?

6. Jonah changed his heart and mind while inside the fish. Has there ever been a time in your life when things were really tough, but afterward it helped you think or live differently?
7. Jonah had to stop focusing on the negative and look up to God for help. Are there any areas in your life where you need to shift your focus to see things more clearly?

Moving Forward

As you move forward this week, we invite you to follow Rahul's encouragement to "look up" to your heavenly Father. Remember, *changing your mind results in a change of direction.*