

NAVIGATING A TURNAROUND

Diving Deep

To better understand where we are, it's helpful to figure out how we got here.

To Discuss

1. Growing up, what's something you were scared of (monsters, the dark, etc.)?
2. Do you typically dive deep to find the root cause, or do you lean toward behavior modification? What makes you say that?
3. If you had to pick one thing, what's a monster you are currently facing? Is it something you can face on your own, or does it require more help, such as counseling?
4. Read **Jonah 2:1–9** aloud. What about Jonah's prayer stands out to you? Is there anything in that prayer you can relate to?
5. Is there something you've faced in the past and are on the other side of now? If so, what was it? Could your story help someone else with theirs?