



## 1. What are you running from that you know God is calling you to run toward?

📖 *Jonah 1:3* – “But Jonah ran away from the Lord and headed for Tarshish.”

- Jonah wasn’t afraid of failure—he was afraid of God’s mercy. Rather than face Nineveh, he ran in the opposite direction, resisting what he knew he should do.

- **Follow-up:** What’s one area in your life—maybe a conversation, a calling, or a next step—you’ve been avoiding? What would it look like to stop running and start trusting?

---

## 2. How have your choices affected more than just you?

📖 *Jonah 1:12* – “I know that it is my fault that this great storm has come upon you.”

- Jonah’s private disobedience had public consequences. The sailors were caught in the storm of Jonah’s rebellion—reminding us that our decisions ripple outward.

- **Follow-up:** Can you think of a time when your avoidance, pride, or stubbornness impacted someone else? How does recognizing this help you move forward differently?

---

## 3. Where have you seen God’s mercy—even in your mess?

📖 *Jonah 1:15–16* – “Then they took Jonah and threw him overboard... At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him.”

- God used Jonah’s lowest moment to reach others. The storm didn’t disqualify Jonah—it became a turning point for him and for the sailors.

- **Follow-up:** Where in your story has God met you with mercy instead of judgment? How might your past resistance become part of someone else’s redemption?