



### MESSAGE SUMMARY

Bible Reading: Jonah 1

Jonah runs the complete opposite way from Nineveh, the place God had called him to go. Which way do you often find yourself running: away from the presence of the Lord, or towards it?

To follow Jesus, means to abandon all others and seek to live a life of 'long obedience in the same direction'  
(Eugene Peterson)

Jonah sleeps on the ship, as the sailors frantically seek to save themselves. It is everyone else who suffers from Jonah's disobedience and apathy, until he finally is thrown into the ocean.

God is reaching out to everyone in this story: the Ninevites, the sailors and even Jonah. No one is beyond redemption and God is relentless in His mission to draw all humanity to himself.

### DISCUSSION

**READ:** Jonah (the whole story – it's only four chapters)

**ICE BREAKER:** What surprised you about the story of Jonah? Anything that stood out for the first time, anything you didn't know? What stood out to you from the recent messages on Jonah?

- **What does it look like in our lives to jump on the ship to Tarshish? How do we deliberately and intentionally disobey God?**
- "The only haven of safety is to have no other will, no other wisdom, than to follow the Lord wherever he leads. Let this, then, be the first step, to abandon ourselves, and devote the whole energy of our minds to the service of God." (John Calvin)  
**Firstly, what does it actually mean to 'abandon ourselves'? If this is the first step, what does it look like in our lives? What are some practical steps we can take to grow in devoting our 'whole energy' to following Jesus?**
- **How is God reaching out to the different characters and people in this story? Do you see this in your life, do you see God reaching out to you or those around you? How can you 'get on board' with this mission, or 'keep in step with the Spirit'? (Galatians 5:25)**

Decide on one action point for each person from this session. Share them together in pairs and pray for each other heading into the week ahead.

**PRAY:** Praise God that he reaches out to disobedient sinners. Pray that God would capture our whole hearts and minds, and that we would follow Him wherever He leads.