

The Story of Jonah – Lesson 1 Workbook

Hide & Seek

Jonah 1:1-3

1. How do you think Jonah felt about his assignment from God?

2. What is Jonah's reaction? Why do you think he ran?

3. Who does verse 3 say he is running from?

4. Why might Jonah have been reluctant to do what God wanted him to do?

Jonah 1:4-10

1. According to these verses, what does God cause to happen?

2. How do you think Jonah felt when he realized what was happening because of him?

3. Why do you think the other people on board responded like they did in verse 10?

Jonah 1:11-17

1. What does Jonah instruct his fellow travelers to do?

2. What do his fellow shipmates try to do instead?

3. They cry out to God before throwing Jonah into the sea. What do they call Jonah?

4. Is Jonah, in fact, innocent?

5. What happens when Jonah hits the water?

6. What do you think the other sailors thought at that moment?

7. How does chapter 1 conclude?

MAKING IT REAL

1. Have any of you ever run away from anything you knew you should do? What was it? What happened?

2. Have you ever tried to "hide" from God? Why? In what way?

3. Do you think you can hide from God? Why/why not?

Psalm 46:1

1. What does Jonah end up doing in this story, after he realizes God is going to capsize the boat?

2. What do the other people on board do?

3. Why do you think people always turn to God as a last resort?

4. Can you think of a time when you called out to God and He helped you?

5. When you run from God... where is it that you think you are going? Why is running to God a better option?

6. How does Psalm 46:1 relate to Jonah's story?

7. Is there anything going on in your life right now that you need to run to God with? Anything that you are running from God about?

Homework

- Memorize Psalm 46:1
- Make a list of times when you called out to God and He helped you or someone you know.
- Make a list of reasons why it is better to run to God with problems, rather than to run away from God.

The Story of Jonah – Lesson 2 Workbook

Running to God

Jonah 2:1-9

1. What does verse 1 say that Jonah does first?

2. If Jonah is so miserable, why is he praising God and “with thanksgiving” singing to the Lord?

3. Can you think of any other situations in the Bible where someone was at the end of their rope like Jonah?

Get Into It Jonah 2:1-9

Read Jonah's prayer several more times. Then write down some of the words, images, and emotions that jump off the page.

4. Can you think of a time in your life when you hit rock bottom like this?

5. Have you ever prayed a similar prayer?

6. What do you think it looks like for someone today to run to God?

Proverbs 3:5-6
Spiritual Life Chart - Where Do I Stand?

1. What did you find about your own life? How often have you found yourself running from God? Toward him?

2. What events and situations preceded the moments you've listed? In other words, what caused your reactions?

3. Where are you at right now? Running from God? Running toward Him? Explain.

4. How often do you live out Proverbs 3:5-6? How often do you rebel against these words and attempt to stand on your own two feet?

Homework

- Memorize Proverbs 3:5-6. Review Psalm 46:1
- Take a few moments this week to jot down your own Jonah prayer. How would it be similar? Different?
- Review your list from last week of reasons why it is better to run to God with problems, rather than to run away from Him. What reason can you add after studying this weeks lesson?

The Story of Jonah – Lesson 3 Workbook

Running With God

Jonah 3:1-3

1. How is the second call of God different from the first?

2. Why do you think God called Jonah again?

3. Why do you think God gave Jonah a second chance?

4. What was Jonah's response this time?

Jonah 3:3-5

1. How is the city described?

2. How long does it take to see the whole city?

3. What is Jonah's message? How long is it?

4. What do you think it is that causes such an immediate impact upon the people of Nineveh?

Jonah 3:6-10

1. What is the call of the king?

2. What was God's response?

3. If Jonah came to a great city today, and preached the same message, how do you think people would respond to him? Why?

MAKING IT REAL

1. Have you ever felt like you didn't understand what God was asking you to do? Will somebody share when?

2. How many of you have ever asked God for a sign for something? What happened?

3. What does it usually take for you to obey God, to actually listen to Him and pay attention?

4. Why do you think Jonah chooses to listen this time? If he was willing to obey God later, why didn't he do it at first?

5. How often do you see yourself as walking in step with God, like we did earlier?

Homework

- Memorize Micah 6:8
- Take time to reflect on your walk with God this week. Are you running with God? Look for ways in which you can walk with God more often.
- Make a list of the things God is calling you to do right now. Are you being obedient to His call?

The Story of Jonah – Lesson 4 Workbook

Getting Ahead

Jonah 4:1

1. How did Jonah feel about God's grace?

2. Why do you think it bothered him so much?

Jonah 4:2-3

1. What is the tone of Jonah's prayer?

2. How many times does he use the words "I" or "my" in these verses? _____

3. Why do you think Jonah responds so selfishly?

Jonah 4:4-11

1. Consider Jonah's question and God's response in verse 4. If you were God, how would you have responded to Jonah?

2. Why do you think Jonah goes outside the city?

3. What are some of Jonah's responses?

4. What is God's response to Jonah?

2 Corinthians 5:18-19

1. What do you believe this passage means?

2. What does "reconciliation" mean?

3. Why do you think God has called us to be reconcilers?

4. How good of a reconciler are you? Can you name one person who was far from God that you celebrated with when they came to Him?

Homework

- Memorize 1 Timothy 2:4
- Is there someone with whom you need to reconcile? Take steps this week to begin the reconciliation process.
- Continue praying for those who you think of as not saveable and ask God to change your heart of disbelief and selfishness to a heart of love and grace.