

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

**Message Recap:** Here's the reality: You are either running towards God, or you are running away from him. There is no middle ground. Even if you're standing still, in God's economy, you're actually moving backward, because God is constantly moving forward. Now, running towards him doesn't mean doing everything right – Jonah proves that. He messes up and doesn't "get it" over and over.

### » Main Points

- On the other side of our obedience, people are waiting.
- Turn around.
- Give grace.

### » Getting Started

- Talk about a positive time you got something you didn't deserve. What made you think you didn't deserve it?

### » Observation

- Read and reflect on [Jonah 1:1-17: 4:11: 2 Kings 15:19: Proverbs 14:12-13](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses?

### reachout

- If you've ever had a negative experience with a neighbor or co-worker, sometimes you let that permanently affect your relationship with them. Are there people close to you that you might need to forgive and move on even if they don't deserve it?

### growdeep

- What is your Tarshish?
  - What's your comfort zone that, you know, is so easy to just retract to?
  - What makes you want to run from God?
  - What are you looking at that may be appealing, easy, and convenient, but deep down, you know it isn't helping?
- What is your Nineveh?
  - What is the thing or the place that you know God is calling you to, but you've yet to take the step or the leap of faith?
- Who are your Ninevites?
  - Who are the people you have a really hard time loving? Who are the "them" in your "us versus them"?
  - Where have you allowed "us versus them" stereotypes to drive the way you think about and treat others?
  - How is God calling you to break down those barriers?

### partner with families

- What is one application you and your family can apply from this week's message to take a step towards God? Maybe it's setting a time to pray before dinner or bedtime. You could join our [reading plan on the Bible app](#) and read along this week as a family. Pick something and take a step forward!

### » Next Steps and Prayer

- Join the [Jonah Reading Plan](#) on The Bible App through YouVersion.
- Close by praying God would help you take a step toward loving someone difficult for you to love.