

Week beginning 4th October 2020

Jonah

Welcome

Have you ever been at sea in a storm?
Or been at the seaside when the waves are crashing onto the seafront?
What is the most extraordinary sea creature you have ever seen – live or on TV?



15 mins

Worship

Psalm 46 says that with God as our strength and refuge we need not fear even when the 'waters roar and foam'. In the midst of life's storms it encourages us to 'Be still and know that I am God.'

Spend around 5 minutes being still in God's presence.

Take three deep breaths and then allow your breathing to settle into its natural rhythm.

Gently notice your breathing, following each breath from the moment it enters to the moment it leaves – in and out, in and out.

After a minute or so begin silently repeating the vs 'Be still and know that I am God', gently and in time with your breathing, asking the Holy Spirit to help you know God's presence with you now.



20 mins

Word

1. Begin by reading Jonah 1. Share your immediate thoughts with one another.
2. vs 3– why do you think Jonah ran away?
3. Commenting on this passage Timothy Keller says that every sin or act of disobedience 'has a storm attached to it'. What do you think he means?
4. Read vs 4-9. How do the words and actions of the sailors and the prophet compare? What do you think God is teaching Jonah – and us – through this?
5. (Based on Sunday's sermon) Common Grace teaches us that God himself lies behind every act of goodness, wisdom, justice and beauty. That as James 1:17 tells us 'every good and perfect gift comes from our Father in heaven.'
What signs of common grace can you see at work in those around regardless of their race or religion?
6. Read vs 8-9. The sailor's questions remind Jonah who he is. What unexpected or surprising ways has/does God use to remind you of your faith?
7. Read Jonah 2. How has Jonah changed and why? What can we learn?



45 mins

Witness

Jonah was running away from a difficult task. Talk to God this week about anything you are finding hard to face, using Psalm 46 as a basis for prayer.

Ask God to help you see 'common grace' at work this week – particularly in unexpected places.



10 mins