



Key Points :

- God says to Jonah to go to Nineveh (1.2) to bring them a message that will change their lives for good (i.e. it's a good thing!). But Jonah has the choice to say 'Yes' or 'No'. Jonah chooses 'No' until he sees the results and ends up changing his mind.
- **When we say No to God, we move away from God** - in rejecting God's plan, Jonah also rejects God. 3 times in the narrative it uses the term going 'down' to indicate this movement.
- **Saying 'Yes' to God is always the BEST decision** - When Jonah says 'Yes' God saves Him. When Jonah says 'Yes' miraculous things happen. When Jonah says 'Yes' God works through Jonah. So will you say 'Yes' to God today?

Questions:

Conversation Starter

1. What's the hardest or longest journey you've ever been on?

Start Thinking & Sharing

2. What does Jonah's Journey teach us about God?

3. Where do you find it hardest to say 'YES' to God?

4. It took Jonah facing a storm, being thrown overboard and being swallowed by a fish to change his mind - but he did change his mind. If you've said 'No' to God before (it could be being asked to stop a bad habit, or to start a new discipline, or to talk to someone about Jesus), how could you say 'Yes' today?

Start praying. Be bold, and pray specifically.

5. Father, help us to say 'Yes' to you today. We are sorry for when we've said 'No' and gone in the opposite direction and ask that you would bless us as we follow you in the next part of the journey.

Start doing. Commit to a step, and live it out this week.

6. Take some time this week to think about where you've said 'No' to God in the past and where He's calling you right now to say 'Yes'. Write down in a journal or an electronic note what you're going to do and commit this to prayer (ideally with a few others!).