

**Text:** *Jonah 1:1-16*

1. What do you know about the story of Jonah? What did Jesus say about Jonah in Matthew 12:38-41?
2. Why did Jonah say no to God and try to run? Have you ever had a bad idea like Jonah?
3. Think about a time you tried to run from God. Explain.
4. Why did God send a great storm on the sea? What was the reaction of the sailors?
5. Has God ever sent a storm into your life? Why?
6. What was Jonah doing as everyone prayed? Why?
7. Is there any area of your life where God wants you to wake up? Explain.
8. Was the storm Jonah's fault? Why or why not?
9. How did Jonah "own his own junk?" Why was it important for Jonah to be honest?
10. What does it mean for us to be honest and own our own junk?
11. Why did Jonah tell the sailors to throw him overboard? What other options were there?
12. As soon as Jonah went overboard the seas became calm. Why?
13. In what areas of our lives do we need to acknowledge that God is in control?