

Grace Groups: Jonah Weeks 1–2

Theme: You can run from God's mission, but you can't outrun His mercy. Sometimes you must be brought low before you can be lifted up.

Texts: Jonah 1–2

Leader Reminder

These questions are a tool, not a checklist. Please pick and choose the ones that best serve your group. You will not cover them all.

The order of importance in your group is:

1. Prayer (seek God together)
2. Connection (share life and listen well)
3. Questions (engage Scripture and sermon themes)

Don't sacrifice the first two in order to rush through all the questions.

Warm-Up

1. Share a time when you tried to hide (as a kid or as an adult). How did that turn out?

Leader Note: Keep it lighthearted; this sets a relational tone and eases people into sharing.

Dig Deeper

2. Jonah ran not out of fear, but out of resentment that God loves His enemies (Jonah 1:3). Where are you tempted to resist God's call because of who He's asking you to love?

Leader Note: Help people think about real "enemies" (political, relational, cultural). Invite honesty without forcing anyone to share specifics.

3. In the sermon we talked about "grace storms"—moments when God disrupts our lives to protect us, not punish us (Jonah 1:4, 17). How have you experienced a "grace storm," and what did God teach you through it?

Leader Note: Encourage testimony here. Some stories will be raw—allow space for that.

4. Jonah prayed from the depths of the fish (Jonah 2:1–6). Have you had a time where Jesus met you in your darkest moment? How did His presence shape you? (See Psalm 23:4; Matthew 28:20)

Leader Note: Not everyone will have a dramatic story. Affirm small, everyday ways Jesus has been present.

5. Jonah 2:9 declares, "Salvation comes from the Lord." Why is this central to Jonah's story and to ours? How does it confront our tendency to try to save ourselves? (See Ephesians 2:8–9; Titus 3:5)

Leader Note: Keep the focus on grace—not effort. Watch for "try harder" answers and gently point back to the gospel.

6. Jesus said He would give “the sign of Jonah” (Matt. 12:39–40). How does Jonah’s three days in the fish point to Jesus’ three days in the grave? What difference does that gospel truth make for us today?

Leader Note: This is the gospel anchor. If pressed for time, prioritize this question.

Application

- Where might you be tempted to run from God’s call right now?
- How might God be using a humbling or difficult situation to draw you closer to Him?

Leader Note: Be ready to model vulnerability by sharing personally first. Encourage practical next steps.

Prayer Focus

Thank God for His relentless mercy—that He chases us with storms and meets us in the depths. Pray for humility to surrender control and for courage to share His mercy with others.

Leader Note: End with prayer as the non-negotiable. Invite multiple voices, not just one.