

“Life on the Run” Group Guide

Series: Jonah

Passage: Jonah 1:1-17

Speaker(s): Pastor Ryan Paulson

Date: March 23, 2025

ICEBREAKER:

If you could travel anywhere in the world tomorrow, where would you go and why?



Learning His Way

Every week in these studies, we will ask questions about the Scriptures that try to help us Discover the unique Way of Jesus found in the text.

1. Read Jonah 1:1-17. What is challenging, encouraging, or helpful?
2. Summarize this passage in your own words.
3. What did you learn about Jonah? What did you learn about God?



Forming His Heart

This is the part of the study where we work on our hearts. “How does my character need to grow and change because of this passage?”

4. What would you do if God asked you to carry out an act of love to people you hate?
5. Share a time when you acted contrary to something clear that the Lord was asking. Share how this impacted your relationship with Him and with others.
6. We are all “Jonah.” Fill in the blanks: I run from _____ to _____, because _____.



Joining His Mission

This is the part of the study that we ask, “What would God want us to do because of this passage?”

7. Is there anyone in your life that needs to hear the good news of the Gospel? Share their name(s) with the group and pray for them together.
8. Encourage one another with stories of how God pursued you in a time when you were running from His presence.