

## WEEK ONE - DAY ONE - STUDENT

### **Connect With God - 4 minutes**

Close your eyes and imagine that you and the Lord are both in an open field, about 100 feet apart. Imagine slowly walking toward Him, drawing closer. See how He becomes more visible, more detailed? See Him smiling as you draw near to Him and eventually embrace Him. Allow God to just hold you for a few minutes.

### **Consider This.... - 3 minutes**

What would be the toughest thing God could ask you to do today? Why?

### **Get Into The Word - Jonah 1:1-8 (NLT) - 3 minutes**

The Lord gave this message to Jonah son of Amittai: 2 "Get up and go to the great city of Nineveh. Announce my judgment against it because I have seen how wicked its people are." 3 But Jonah got up and went in the opposite direction to get away from the Lord. He went down to the port of Joppa, where he found a ship leaving for Tarshish. He bought a ticket and went on board, hoping to escape from the Lord by sailing to Tarshish. 4 But the Lord hurled a powerful wind over the sea, causing a violent storm that threatened to break the ship apart. 5 Fearing for their lives, the desperate sailors shouted to their gods for help and threw the cargo overboard to lighten the ship. But all this time Jonah was sound asleep down in the hold. 6 So the captain went down after him. "How can you sleep at a time like this?" he shouted. "Get up and pray to your god! Maybe he will pay attention to us and spare our lives." 7 Then the crew cast lots to see which of them had offended the gods and caused the terrible storm. When they did this, the lots identified Jonah as the culprit. 8 "Why has this awful storm come down on us?" they demanded. "Who are you? What is your line of work? What country are you from? What is your nationality?"

### **Going Deeper - 3 minutes**

1. Nineveh was the capital city of the Assyrians, a brutal empire responsible for the deaths of many of God's people...Jonah's people. Jonah despised these people, and the last thing he wanted to do was warn them or help them in any way.
2. Find two phrases in verse 3 that show Jonah was disobeying.
3. How did God react to Jonah's disobedience? Casually?

### **The Takeaway - 3 minutes**

1. Realize that every decision you make today is a step toward or away from the Lord.
2. Our bad choices affect other people. Jonah's decision to "escape" the Lord put the other men on the ship in danger. Are there decisions you're making (positively or negatively) that are affecting your family or friends?
3. Are there people or groups of people that are hard to love? Let God speak to you on this.

### **Overtime**

Jesus said that His believers should love everyone, including our enemies. Pray that the Lord would help you love everyone, even those who don't believe in God. There are so many who need to be saved, and we may be their only link. Forgive anyone in your life or at school who has offended you. We must be people of forgiveness who, like God, desire everyone to spend eternity in heaven. The moment we say we won't help certain people, we've made the same mistake as Jonah.

## WEEK ONE - DAY TWO - STUDENT

### **Connect With God - 5 minutes**

As you play or sing a favorite worship song, open yourself wide open to the Lord. Spread your arms wide or raise your hands as an act of surrender as you sing or listen. Know that He's right there with you.

### **Consider This... - 3 minutes**

Is there anything you're hiding from the Lord? Why?

### **Get Into The Word - Jonah 1:9-17 (NLT) - 3 minutes**

9 Jonah answered, "I am a Hebrew, and I worship the Lord, the God of heaven, who made the sea and the land." 10 The sailors were terrified when they heard this, for he had already told them he was running away from the Lord. "Oh, why did you do it?" they groaned. 11 And since the storm was getting worse all the time, they asked him, "What should we do to you to stop this storm?" 12 "Throw me into the sea," Jonah said, "and it will become calm again. I know that this terrible storm is all my fault." 13 Instead, the sailors rowed even harder to get the ship to the land. But the stormy sea was too violent for them, and they couldn't make it. 14 Then they cried out to the Lord, Jonah's God. "O Lord," they pleaded, "don't make us die for this man's sin. And don't hold us responsible for his death. O Lord, you have sent this storm upon him for your own good reasons." 15 Then the sailors picked Jonah up and threw him into the raging sea, and the storm stopped at once! 16 The sailors were awestruck by the Lord's great power, and they offered him a sacrifice and vowed to serve him. 17 Now the Lord had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.

### **Going Deeper - 4 minutes**

1. Are there things that need to be thrown overboard in your life?
2. What do you think the phrase, "the Lord had arranged for a great fish to swallow Jonah" means? Why would God "arrange" something like that?

### **The Takeaway - 5 minutes**

In order to stop running and hiding:

1. We need to admit who we are. Jonah's disobedience ended when he said who he was and Who he worshiped. Does everyone in our life know who we are, that we worship Jesus?
2. We need to admit blame. ("This terrible storm is all my fault.") We need to confess our sins to the Lord, who is faithful to forgive them. We need to own what's ours.
3. We need to accept God's help. If God tells us that something needs to go in our life, or we need to leave something, or we need to add something, we need to be willing to do that for the Lord, ourselves, and those around us.

### **Overtime**

How bad will the storm have to get before we finally stop hiding? Ask the Lord to search your heart and examine your life for anything hidden. Be completely honest with the Lord, holding nothing back. Give it over to Him and accept His help with everything in your life today.

## WEEK ONE - DAY THREE - STUDENT

### ***Connect With God - 4 minutes***

Take a few minutes to thank Jesus for saving you from hell and destruction. Think about that. No matter what's going on in your life, you have heaven to look forward to. Think of how different your life would be and what kinds of choices you'd be making if He wasn't your Savior.

### ***Consider This... - 3 minutes***

Jesus has rescued you. Spend a few minutes imagining Him doing that in various ways. Be creative.

### ***Get Into The Word - Jonah 2 (NLT) - 3 minutes***

Then Jonah prayed to the Lord his God from inside the fish. 2 He said, "I cried out to the Lord in my great trouble, and he answered me. I called to you from the land of the dead, and Lord, you heard me! 3 You threw me into the ocean depths, and I sank down to the heart of the sea. The mighty waters engulfed me; I was buried beneath your wild and stormy waves. 4 Then I said, 'O Lord, you have driven me from your presence. Yet I will look once more toward your holy Temple.' 5 "I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head. 6 I sank down to the very roots of the mountains. I was imprisoned in the earth, whose gates lock shut forever. But you, O Lord my God, snatched me from the jaws of death! 7 As my life was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple. 8 Those who worship false gods turn their backs on all God's mercies. 9 But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the Lord alone." 10 Then the Lord ordered the fish to spit Jonah out onto the beach.

### ***Going Deeper - 5 minutes***

1. This prayer of Jonah is really honest. It is from the heart and real about his sins and God's love for him. When is the last time you prayed like that to the Lord?
2. Why did the Lord order the fish to spit out Jonah when He did?
3. Write down 2 or 3 phrases from Jonah's prayer that grabbed your attention. Why did you choose those?

### ***The Takeaway - 5 minutes***

1. Pray and be honest with the Lord about what He means to you.
2. In that prayer, be honest about what you need from Him today.

### ***Overtime***

Write a prayer like Jonah's. Think about everything the Lord has done in your life. Talk about where you'd be without Him and what your life is like with Him. Don't hold anything back.

