

WEEK TWO - DAY ONE - ADULT

Worship - 4 minutes

Speak verbal praise to the Lord aloud. With your mouth, make known the faithfulness of God.

Meditation - 3 minutes

What percentage of your words are helpful/healing to yourself and others?

Scripture Reading - Jonah 3:1-10 (NLT) - Read aloud - 3 minutes

Then the Lord spoke to Jonah a second time: 2 "Get up and go to the great city of Nineveh, and deliver the message I have given you." 3 This time Jonah obeyed the Lord's command and went to Nineveh, a city so large that it took three days to see it all. 4 On the day Jonah entered the city, he shouted to the crowds: "Forty days from now Nineveh will be destroyed!" 5 The people of Nineveh believed God's message, and from the greatest to the least, they declared a fast and put on burlap to show their sorrow. 6 When the king of Nineveh heard what Jonah was saying, he stepped down from his throne and took off his royal robes. He dressed himself in burlap and sat on a heap of ashes. 7 Then the king and his nobles sent this decree throughout the city: "No one, not even the animals from your herds and flocks, may eat or drink anything at all. 8 People and animals alike must wear garments of mourning, and everyone must pray earnestly to God. They must turn from their evil ways and stop all their violence. 9 Who can tell? Perhaps even yet God will change his mind and hold back his fierce anger from destroying us." 10 When God saw what they had done and how they had put a stop to their evil ways, he changed his mind and did not carry out the destruction he had threatened.

Deep Dive - 5 minutes

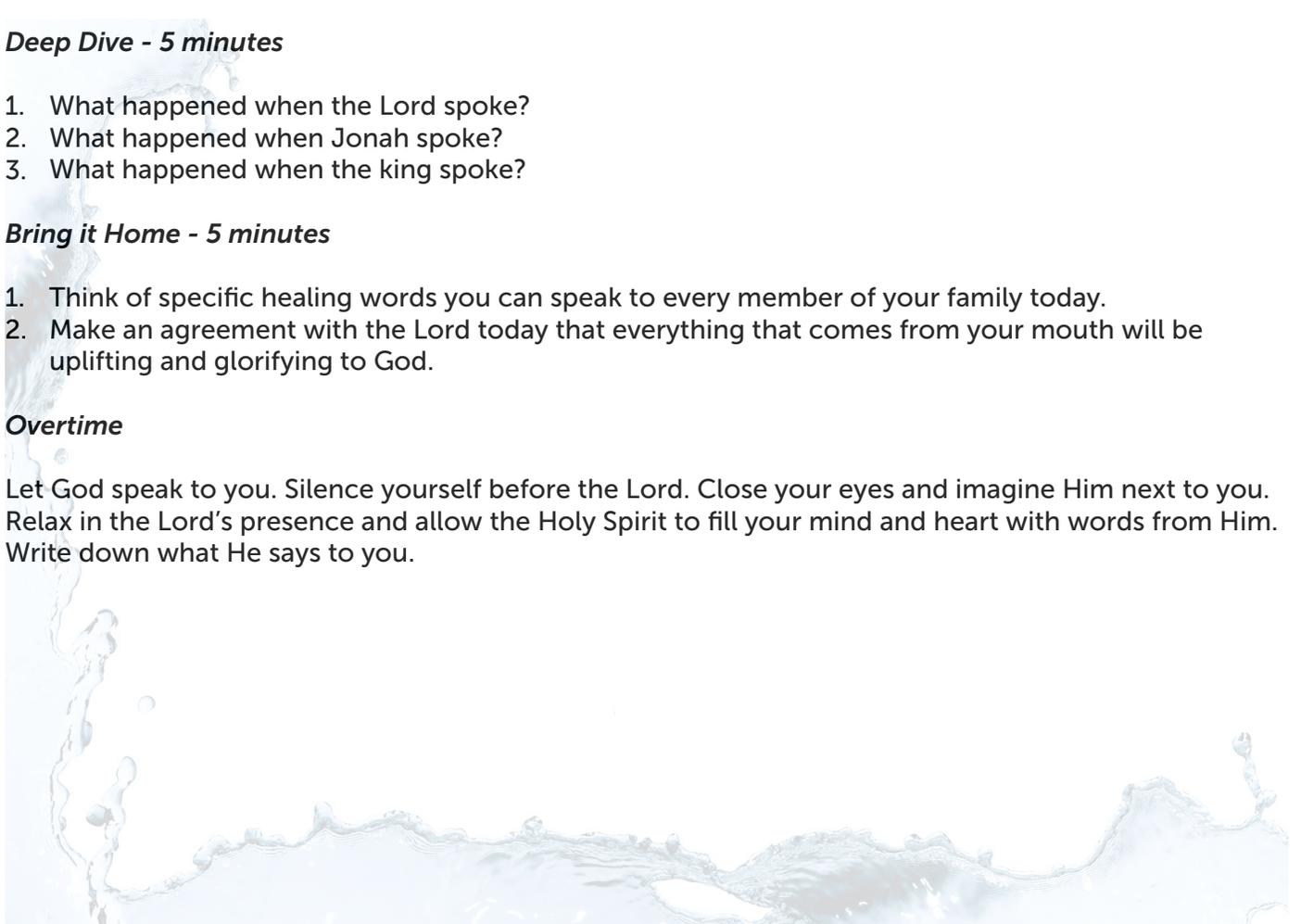
1. What happened when the Lord spoke?
2. What happened when Jonah spoke?
3. What happened when the king spoke?

Bring it Home - 5 minutes

1. Think of specific healing words you can speak to every member of your family today.
2. Make an agreement with the Lord today that everything that comes from your mouth will be uplifting and glorifying to God.

Overtime

Let God speak to you. Silence yourself before the Lord. Close your eyes and imagine Him next to you. Relax in the Lord's presence and allow the Holy Spirit to fill your mind and heart with words from Him. Write down what He says to you.



WEEK TWO - DAY TWO - ADULT

Worship - 5 minutes

Think of five of the mightiest, most powerful people on earth. Picture their faces. Now picture the Lord in all His brilliance towering over them, performing acts they can't do.

Meditation - 2 minutes

If God's message and Word is so powerful, why don't we share it more often?

Scripture Reading - Jonah 4:1-4 - read twice - 3 minutes

This change of plans greatly upset Jonah, and he became very angry. 2 So he complained to the Lord about it: "Didn't I say before I left home that you would do this, Lord? That is why I ran away to Tarshish! I knew that you are a merciful and compassionate God, slow to get angry and filled with unfailing love. You are eager to turn back from destroying people. 3 Just kill me now, Lord! I'd rather be dead than alive if what I predicted will not happen." 4 The Lord replied, "Is it right for you to be angry about this?"

Deep Dive - 5 minutes

1. We mistakenly believe that the story of Jonah is about fear. But from this scripture, why did Jonah actually run away from God?
2. Jonah despised the Assyrians and wanted them punished. When is the last time you felt that way about someone or a group of people?
3. What are some positive qualities about God that has Jonah ticked off in this scripture?

Bring it Home - 5 minutes

1. Think about God's grace. Thank Him for His mercy and compassion toward you. Aren't you glad you didn't receive the punishment you deserved?
2. Are there things we are angry about that aren't worth the energy we're devoting to it?

Overtime

If you are angry with God over something, it's OK to "have it out" like Jonah did. Even if our attitude isn't perfect, it is better to have honesty in our relationship. Lay it out before the Lord. But once you do, give Him a chance to respond and listen to His direction.



WEEK TWO - DAY THREE - ADULT

Worship - 3 minutes

Imagine the Lord walking 100 feet in front of you at all times, moving things out of your way and preparing people and situations to your good. Go through your entire day ahead, knowing He's prepared the way for you.

Meditation - 3 minutes

Think about everything you have to do today. How involved do you think God is in each task?

Scripture Reading - Jonah 4:5-11 (NLT) - 4 minutes

5 Then Jonah went out to the east side of the city and made a shelter to sit under as he waited to see what would happen to the city. 6 And the Lord God arranged for a leafy plant to grow there, and soon it spread its broad leaves over Jonah's head, shading him from the sun. This eased his discomfort, and Jonah was very grateful for the plant. 7 But God also arranged for a worm! The next morning at dawn the worm ate through the stem of the plant so that it withered away. 8 And as the sun grew hot, God arranged for a scorching east wind to blow on Jonah. The sun beat down on his head until he grew faint and wished to die. "Death is certainly better than living like this!" he exclaimed. 9 Then God said to Jonah, "Is it right for you to be angry because the plant died?" "Yes," Jonah retorted, "even angry enough to die!" 10 Then the Lord said, "You feel sorry about the plant, though you did nothing to put it there. It came quickly and died quickly. 11 But Nineveh has more than 120,000 people living in spiritual darkness, not to mention all the animals. Shouldn't I feel sorry for such a great city?"

Deep Dive - 5 minutes

1. What are the three things that "God arranged for"?
2. Why do you think He "arranged" each one?
3. What was the source of Jonah's anger?

Bring it Home - 5 minutes

1. Notice how God views the people of Nineveh (v.11). Do you view the people in your world or your work with spiritual eyes?
2. How much does anger play a role in your daily life? What is the real source of that anger?

Overtime

If anger is a persistent issue in your life, ask the Holy Spirit to search your heart and reveal where it might come from. Be patient and still in the Lord's presence, knowing the Lord ultimately wishes to bring healing to your life.

