



LIFELINE Discussion Guide

Week of March 31, 2025

1. What is one of your biggest or most annoying “pet peeves” committed by people? Is it slow drivers? Loud chewing? Lateness? Poor table manners? Bad grammar or spelling? Explain your answer.
2. Read Jonah 1:1-16. Have each person in your group read one verse each.
3. Where was Jonah called to go and preach God’s message? Where did Jonah attempt to run to? How would you describe the distance between these two places?
4. Have you ever purposefully avoided something that you just “knew” the LORD wanted you to do? What was the thing you were being prompted to do? Did you obey— delay — or try to escape? What happened?
5. Why did Jonah run? Based on what you know of the Assyrian Empire, what was Jonah’s underlying reason for refusing to preach in Nineveh? Is it possible to escape the presence of God? (see Psalm 139:7-12)
6. What was the source or origin of the great storm that struck the ship Jonah traveled in? What truths was Jonah forced to admit to the sailors in verses 9-10? (see also Psalm 148:8)
7. As the storm raged and their lives were threatened, we might have expected the pagan sailors to curse the Lord’s name or respond in outbursts of anger. What was their actual response in verse 14? Why is this so unexpected?
8. Who is a frustratingly “unlovable” person in your life, at your workplace, or inside your circle of acquaintances— who feels like the most unlikely candidate for God’s salvation? How could you pray for this person with love and not hatred?
9. Once Jonah was thrown overboard and the sea turned quiet, how did the sailors respond? What does this scene teach us about God’s ability to reach people who are far from him? If God could transform these rough-neck sailors, couldn’t He reach the pagan people of Nineveh too?

Brainstorm some real-world, tangible ideas that you could show God’s love and compassion to some “unlovable” person in your circle this week. How might this lead to a conversation about Jesus?

God loves all people and has the power to change even those we think are beyond hope.