



Sermon Discussion Guide – Jonah 1

Title of the Sermon: Resisting God

Series Name: Jonah

Main Text: Jonah 1

Introduction

This guide can be used on your own or with a small group to reflect on the weekend Scripture passage and apply it to your life. Choose the questions that work best for your group—there's no need to go through them all. To learn more, visit silverdale.com/smallgroups.

Icebreaker Options

- When have you tried to avoid something God (or someone in authority) was asking you to do? How did that turn out?
 - What's something you used to resist, but now you see it was for your good?
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Running From God Leads Us Downward

Key Scripture: Jonah 1:3, 1:5

“But Jonah rose to flee to Tarshish from the presence of the Lord... and went down to Joppa... Jonah had gone down into the inner part of the ship and had lain down and was fast asleep.”

Discuss:

- What are some subtle ways people “run” from God in everyday life?
- How can you tell if your spiritual life is drifting downward?

Leader’s Note: Jonah’s choice to flee from God took him further and further down—spiritually, emotionally, and physically. Running from God never takes us to a better place.

Our Rebellion Affects Others

Key Scripture: Jonah 1:4, 1:12

“But the Lord hurled a great wind upon the sea... ‘Pick me up and hurl me into the sea; then the sea will quiet down for you.’”

Discuss:

- Why do you think God sometimes allows storms to come when we resist Him?
- What are some examples of how sin done by us can affect those around us?

Leader’s Note: Jonah’s rebellion brought chaos to everyone on the ship. Our sin doesn’t just hurt us—it impacts those around us. Yet even in discipline, God is pursuing our hearts.

God Pursues Us With Relentless Grace

Key Scripture: Jonah 1:17

“And the Lord appointed a great fish to swallow up Jonah...”

Discuss:

- Why is it comforting to know God pursues us even when we run from Him?
- How has God used a “storm” in your life to draw you back to Him?
- What does this chapter teach you about God’s patience and grace?

Leader’s Note: Even as Jonah sank in the sea, God was already providing rescue. God doesn’t give up on us—He pursues us, disciplines us, and prepares a way back to Himself.

Closing Prayer

Invite someone to pray, thanking God for His relentless grace and patience. Ask Him to help each person stop running, turn back to Him, and trust His plan even when it's hard.