7 Core Practices

1. SHARE who you are
2. CARE for one another
3. READ and PRACTICE scripture
4. PRAY together
5. INVEST in people
6. SERVE community
7. CREATE and SEND leaders
Mission & Vision

**GATHER** for worship and community

**GROW** in intimacy and understanding

**GO** to serve and to share

**NEW LIFE, through JESUS, for EDMOND and the WORLD.**
The Purpose of a Small Group

There is a lot of misunderstandings about small groups. People think that small groups are places where people sit around and are forced to bear their soul or hold hands and sing kumbaya.

Nope.

The purpose of small groups is to cultivate relationships that share the power of the Holy Spirit. Small groups at First Presbyterian Church exist to share the power of the Holy Spirit expressed through our Seven Core Practices. Faith is not taught. Faith is caught. And it usually happens through relationships. That’s not to say teaching is not important. I would be the last one to say that! But I know a lot of people who have had great teaching who don’t know Jesus. I know fewer who have immersed themselves in Christian community who don’t Him. I really don’t know a Christian whose faith impacts their daily life who cannot name at least 3 or 4 important relationships that changed their world.

We are asking you to be a part of a micro-group (meaning a small group of 3-4 people) because we think it is a great way to grow in Christ. And it is really no more complicated than allowing yourself some time and space to form a Holy Spirit infused and empowered relationship that cultivates our core practices at First Pres. It takes no expertise, just a little bit of time and faith the size of a mustard seed.
“Ten Commandments”
To Get the Most From Your Small Group

1. Read the Scripture lesson beforehand and pray before you read it asking the Holy Spirit to speak with you

2. Attend regularly, make being there a priority

3. Read and pray about the questions beforehand

4. Be fully present in the group, put your phone aside

5. Trustfully and truthfully share who you are

6. Keep what is shared in the group in the group, don’t share outside the group

7. Listen to what others have to say

8. Write down the prayer requests and pray daily for the others in your group

9. Do something together to serve your community

10. Invest in someone in your group, cultivate a friendship
Jonah Flees the Presence of the Lord

1 Now the word of the Lord came to Jonah the son of Amittai, saying, 2 “Arise, go to Nineveh, that great city, and call out against it, for their evil[a] has come up before me.” 3 But Jonah rose to flee to Tarshish from the presence of the Lord. He went down to Joppa and found a ship going to Tarshish. So he paid the fare and went down into it, to go with them to Tarshish, away from the presence of the Lord.

4 But the Lord hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up. 5 Then the mariners were afraid, and each cried out to his god. And they hurled the cargo that was in the ship into the sea to lighten it for them. But Jonah had gone down into the inner part of the ship and had lain down and was fast asleep.

6 So the captain came and said to him, “What do you mean, you sleeper? Arise, call out to your god! Perhaps the god will give a thought to us, that we may not perish.”

God’s call to Jonah was most unexpected and unwelcome. We know this because Jonah took off in the exact opposite direction from Nineveh. This was not a desirable assignment in the least! Jonah ran to the port city of Joppa (also known as Jaffa, just north of modern day Tel Aviv). He paid the fare to go to Tarshish which would have been at the edge of the known world. Immediately, he fell asleep deep in the cargo hold of the boat. As Jonah slept, an unexpected storm descended on the boat. It was such a strong storm that the boat threatened to break apart. This was a life and death situation, with the sailors choosing to throw overboard their precious cargo. They likely would have been responsible for this loss—paying for it out of their meager wages. The captain went down into the cargo hold where he found Jonah fast asleep. He was incredulous that anyone could sleep through such a storm—and we should be too! Jonah was clearly exhausted. The sea captain plead with Jonah to call out to whatever God he worshipped, so that they might be saved.

Step One: Pray Together. Ask the Holy Spirit to lead your meeting and welcome His presence in your community.

Step Two: Read Scripture. Read Jonah 1:1-6 together.
Step Three: Share Who You Are. Discuss the following questions:

1. Has God ever called you to something which did not excite you? What was unexciting? Was Jonah’s fear of God’s call to Nineveh legitimate? (Nahum 3:1-3) Were the Ninevites worthy of grace? How was Jonah illegitimate? How do God’s people struggle holding in tension the singularity and universality of the Gospel? (Luke 4:22-30)

2. Why is it futile to run from God? (Psalm 139:7-10) What causes us to run from God? How long have human beings practiced running from God? (Genesis 3:7-8) Is there any way that you are running from God now? What would waiting on the Lord look like instead? (Isaiah 40:31)

3. How did God frustrate Jonah’s plans? How can frustrated plans be a product of God’s mercy? (1 Corinthians 10:13) How is the sailors’ response telling as to how most people react to crisis? (Jonah 1:5) How is this different than the Christian response to crisis? What does God call upon us to do in crisis? (Philippians 4:6) How is thanksgiving important to thrive during a crisis?

4. How could Jonah sleep during this terrible storm? (Jonah 1:6) What would have made Jonah so tired? What does the captain get right in his request to Jonah? How are we utterly dependent upon God’s grace? (Ephesians 2:8)

Step Four: Take a Next Step. Name one way you are resisting or even running from God’s good plan for your life. What would it look like to stop resisting and running from God? Spend time in prayer asking God to show you how to wait upon Him.

Step Five: Care for one Another. Share prayer requests, commit to pray for each other daily during the week (even if only briefly), and pray for each other before you leave.
Lesson #2
Jonah 1:7-17

Jonah Is Thrown into the Sea
7 And they said to one another, “Come, let us cast lots, that we may know on whose account this evil has come upon us.” So they cast lots, and the lot fell on Jonah. 8 Then they said to him, “Tell us on whose account this evil has come upon us. What is your occupation? And where do you come from? What is your country? And of what people are you?” 9 And he said to them, “I am a Hebrew, and I fear the Lord, the God of heaven, who made the sea and the dry land.” 10 Then the men were exceedingly afraid and said to him, “What is this that you have done!” For the men knew that he was fleeing from the presence of the Lord, because he had told them.

11 Then they said to him, “What shall we do to you, that the sea may quiet down for us?” For the sea grew more and more tempestuous. 12 He said to them, “Pick me up and hurl me into the sea; then the sea will quiet down for you, for I know it is because of me that this great tempest has come upon you.” 13 Nevertheless, the men rowed hard[a] to get back to dry land, but they could not, for the sea grew more and more tempestuous against them. 14 Therefore they called out to the Lord, “O Lord, let us not perish for this man’s life, and lay not on us innocent blood, for you, O Lord, have done as it pleased you.” 15 So they picked up Jonah and hurled him into the sea, and the sea ceased from its raging. 16 Then the men feared the Lord exceedingly, and they offered a sacrifice to the Lord and made vows.

A Great Fish Swallows Jonah
17 [b] And the Lord appointed[c] a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

Having done all they could to save their lives, the sailors desperately cast lots to see who was responsible for the deadly storm. The lot landed on Jonah. The sailors quizzed him trying to determine his sin. Jonah immediately owned up to his identity as a follower of the Lord and admitted he was running from Him. Jonah told the soldiers to throw him overboard to quiet the sea but the sailors refuse. Instead they tried to save all their lives by rowing hard to get to shore. However, the more they rowed, the stormier the waters became. Faced with no other choice, the pagan sailors themselves called upon the Lord pleading for forgiveness before they threw the ‘innocent’ man Jonah into the sea. As soon as Jonah hit the churning waters, the sea fell calm. The sailors offered a vow to the Lord
and made a sacrifice to consecrate it. In the meantime, as Jonah sank beneath the calm waters, he surely thought his troubles were over. Did he see in the distance the huge fish appointed by the Lord swimming from the shadowy deep? God did not relent in His call upon Jonah’s life.

**Step One: Pray Together.** Ask the Holy Spirit to lead your meeting and welcome His presence in your community.

**Step Two: Read Scripture.** Read Jonah 1:7-17 together.

**Step Three: Share Who You Are.** Discuss the following questions:
1. The sailors went from casting lots to determine the truth to calling on the Lord. How do you make decisions? Do you find yourself trusting God more than yourself or trusting yourself more than God? (Proverbs 3:5) How does the Kingdom of God factor into what you seek? (Matthew 6:33)
2. How did Jonah’s honesty serve to create the opportunity for redemption? How does the truth create freedom in our life? (John 8:32) How important were the four questions the sailors asked Jonah? How did Jonah’s response answer those four questions? (Jonah 1:9) How do you answer those questions? Why did Jonah’s response put fear in the hearts of the sailors? How would Jonah’s claims about God been different than what they believed about their gods?
3. Are you surprised that the pagan sailors risked their life to save Jonah? How would this act of selflessness shock Jonah? How would it have encouraged Jonah in his mission to the pagan city of Nineveh? Is the Lord the God of just one people or all people? (Genesis 12:1-3) Have you ever been surprised by the people who hear God’s call? What does this teach us about God’s amazing grace? (Romans 10:13)
4. How did God use even Jonah’s disobedient misadventure to make believers? (Jonah 1:15-16) Why did God not just let Jonah go? Is God’s plan for us temporary or permanent?

**Step Four: Take a Next Step.** Ask the Lord to show you where and in whom He is at work. As you go about your day, be mindful of the people around you and in whom God may be working. Be bold and strike up a conversation—about anything—with someone the Lord lays on your heart.

**Step Five: Care for one Another.** Share prayer requests, commit to pray for each other daily during the week (even if only briefly), and pray for each other before you leave. Make sure you follow up on last week’s prayer requests and celebrate victories and share concerns or troubles.
Jonah’s Prayer

2 Then Jonah prayed to the Lord his God from the belly of the fish, saying,

“I called out to the Lord, out of my distress,
    and he answered me;
out of the belly of Sheol I cried,
    and you heard my voice.
3 For you cast me into the deep,
    into the heart of the seas,
    and the flood surrounded me;
all your waves and your billows
    passed over me.
4 Then I said, ‘I am driven away
    from your sight;
yet I shall again look
    upon your holy temple.’
5 The waters closed in over me to take my life;
    the deep surrounded me;
weeds were wrapped about my head
6 at the roots of the mountains.
I went down to the land
    whose bars closed upon me forever;
yet you brought up my life from the pit,
    O Lord my God.
7 When my life was fainting away,
    I remembered the Lord,
and my prayer came to you,
    into your holy temple.
8 Those who pay regard to vain idols
    forsake their hope of steadfast love.
9 But I with the voice of thanksgiving
    will sacrifice to you;
what I have vowed I will pay.
    Salvation belongs to the Lord!”

10 And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.
Chapter Two is one long prayer offered by Jonah from the very belly of the fish. We know that is was given after Jonah spent three days and three nights. If we take it seriously, being in the belly of the fish would have been a horrifying experience—not like Pinocchio at all! The fish’s belly would have been cramped, dark, smelly with perhaps other living creatures in there. The digestive juices from the fish’s stomach would have slowly eaten at Jonah, likely bleaching his skin white. In his prayer, Jonah says he is in Sheol and this would have been an accurate description. God used Jonah’s horrific experience to not only save his life but change his heart and redirect him toward Nineveh. Jesus uses similar experiences in our life to draw us to Him, change our hearts and redirect our steps.

**Step One: Pray Together.** Ask the Holy Spirit to lead your meeting and welcome His presence in your community.

**Step Two: Read Scripture.** Read Jonah 2 together.

**Step Three: Share Who You Are.** Discuss the following questions:
1. How do you think Jonah’s attitude changed after being in the belly of the whale for three days and three nights? (Jonah 2:1) Why do we know that Jonah already feels that God has answered His prayer? (Jonah 2:2) Does Jonah blame God or credit God for being swallowed by the fish? What is the difference? What is a difficult event that God used to change you and draw you to Him?
2. How did Jonah being driven away from the Lord’s sight change him? (Jonah 2:4) Was Jonah really driven away from God’s sight or was Jonah just rendered unable to see God? Did this cause Jonah to lose hope or did he keep his hope? (Jonah 2:4) Why does Jonah want to see the temple again? Why is the temple so important to him? (Psalm 14:7, 65:1) What is a time that you have reached out or called out to see God? How did He answer?
4. Did Jonah have an idol? What was it? How did the time in the fish cause him to forsake it? What does Jonah’s prayer promise that those who cling to idols will forsake? (Jonah 2:8) What does Jonah say is the
alternative to clinging to idols? (Jonah 2:9) Why are these opposites? What is Jonah’s concluding statement of prayer? (Jonah 2:9) Why does this statement precede Jonah being released from the fish? How does Jonah’s declaration “Salvation belongs to the Lord” change his circumstance? How does it apply to Nineveh?

**Step Four: Take a Next Step.** Take an audit of how you spend your time this week—including how you spend your thought life. Write this down and take a close look. What does this suggest about any potential idols in your life? Confess your idols to God.

**Step Five: Care for one Another.** Leave time this week to discuss how God is answering your prayer requests. Is there any place where God is giving you the opportunity to intervene in someone’s life in your group? Is the Holy Spirit providing you an opportunity to care for one another in some tangible way?
Lesson #4
Jonah 3

Jonah Goes to Nineveh
3 Then the word of the Lord came to Jonah the second time, saying, 2 “Arise, go to Nineveh, that great city, and call out against it the message that I tell you.” 3 So Jonah arose and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly great city,[a] three days’ journey in breadth.[b] 4 Jonah began to go into the city, going a day’s journey. And he called out, “Yet forty days, and Nineveh shall be overthrown!” 5 And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them.

The People of Nineveh Repent
6 The word reached[c] the king of Nineveh, and he arose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. 7 And he issued a proclamation and published through Nineveh, “By the decree of the king and his nobles: Let neither man nor beast, herd nor flock, taste anything. Let them not feed or drink water, 8 but let man and beast be covered with sackcloth, and let them call out mightily to God. Let everyone turn from his evil way and from the violence that is in his hands. 9 Who knows? God may turn and relent and turn from his fierce anger, so that we may not perish.”

10 When God saw what they did, how they turned from their evil way, God relented of the disaster that he had said he would do to them, and he did not do it.

God did not give up on His call to Jonah. Instead we are told God called him a second time to go to Nineveh and Jonah obeyed. Jonah journeyed to this massive city of more than 120,000 people with walls 100 feet tall and seven and a half miles around. Jonah preached a simple message, “40 days and Nineveh shall be overthrown!” The people repented. Word even got to the King of Nineveh and he issued a proclamation that everyone in Nineveh should repent—even the animals were commanded to not eat or drink and wear sackcloth! The King hoped that God would see their repentance relent for His anger. God forgive this wicked and evil Gentiles which set up a conflict with Jonah.

Step One: Pray Together. Ask the Holy Spirit to lead your meeting and welcome His presence in your community.
**Step Two: Read Scripture.** Read Jonah 3 together.

**Step Three: Share Who You Are.** Discuss the following questions:

1. God did not give up on Jonah’s call despite his disobedience. What does this teach us about God’s call on our life? Is God’s call revocable? (Isaiah 54:6-8) Why doesn’t God give up on us? (Romans 8:35-39) How have you experienced God’s eternal love and irrevocable call? Is God more gracious and loving than we even want Him to be?

2. How do you think Jonah felt as he journeyed into the massive city of Nineveh? Can you blame Jonah for thinking God was mistaken? Why can we be confident in God’s call for our life? (Jeremiah 32:17) How does the doctrine of creation factor into our thinking on God’s call? (1 Peter 1:3-5) Is there any area where you are not trusting God and His call because you think it is too hard? How does Exodus 14:13-14 address this fear?

3. What size of miracle does Jonah 3:5 suggest? Is this a small or a major miracle? How does the repentance and belief of the Ninevites speak to Jesus’ mission for the Church? (Matthew 28:20, Acts 2:39) How do we see the ultimate outcome of God’s call and promise to Abram? (Genesis 12:2-3) How does God’s grace for the Ninevites reflect His promise of 2 Chronicles 7:14? Would Jonah have bought this? Why or why not? Who are your Ninevites?

4. Why do you think the King led the people in repentance? (Jonah 3:6-9) Why was his repentance so important? (Romans 13:1-3) Did God appoint the Ninevite king? Can animals sin? How are animals and the whole of creation impacted by the Fall of humanity into sin? (Romans 8:22) What was the purpose in having the animals repent? Is there anywhere our repentance is less than total? How can we change that? If God forgives us no matter what, why is repentance urgent? (John 10:10)

**Step Four: Take a Next Step.** Take a step of faith this week to do something that scares you. Is there something you feel like Jesus has been calling you to do for a while but you resisted, that’s best. But it may also be something simple like asking your server at a restaurant if you can pray for them before your meal or sending an encouraging note lifting up Jesus to a friend who is struggling.

**Step Five: Care for one Another.** As you have grown to know one another in your group and heard each other’s prayer requests, ask if there is a consistent theme that emerges. Ask how you can work together to meet that need and do it!
Lesson #5
Jonah 4:1-4

Jonah’s Anger and the Lord’s Compassion
4 But it displeased Jonah exceedingly,[a] and he was angry. 2 And he prayed to the Lord and said, “O Lord, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. 3 Therefore now, O Lord, please take my life from me, for it is better for me to die than to live.” 4 And the Lord said, “Do you do well to be angry?”

These four short verses fill us in on so much of Jonah’s backstory. After the Ninevites totally repent—even down to their livestock—Jonah was not filled with joy. Instead we are told that Jonah was ‘filled with evil’ and ‘burned with rage.’ Then Jonah prayed to God, accusing Him of being too loving, forgiving, and grace-filled. We also learn the real reason Jonah fled (although it does not rule out other reasons as well). Jonah wanted nothing to do with being an instrument of grace and forgiveness for the Ninevites. He wanted to see the city and the people burn in God’s wrath. Unfortunately for Jonah, things really slid off the rails as he asked God to take his life because he would rather die than see the Ninevites receive God’s favor and blessings. Finally, God asks Jonah a very open-ended question designed to convict, “Do you do well to be angry?”

Step One: Pray Together. Ask the Holy Spirit to lead your meeting and welcome His presence in your community.

Step Two: Read Scripture. Read Jonah 4:1-4 together.

Step Three: Share Who You Are. Discuss the following questions:
1. What does Jonah understand so well about the Lord’s character? (Micah 7:18-20) What does Jonah not understand about God’s character? (Isaiah 60:1-5) What does Jonah not understand about his own sinfulness and need for God’s grace? (Psalm 130:3-4, Romans 3:23) What does Jonah not understand about the mission of God’s people? (Genesis 12:2-3)
2. Why do you think Jonah waited until this moment to tell God why He was angry and resisted His plan? Did Jonah know how wrong and fruitless he was? (Psalm 139:4) Do you ever resist God’s plan? How? Why is this a
terrible idea? (Romans 9:19-21)

3. Jonah asks God to kill Him because His grace is great. Why does Jonah so despise His life so much? (Jonah 4:3) How does resisting God’s grace for others cause us to despise our own life? (Luke 6:37-38) Is there any way you are withholding grace from someone? How is it impacting your relationship with God?


**Step Four: Take a Next Step.** Ask the Lord to show you someone in your life whom you need to forgive. You may want to contact them to offer forgiveness, if that’s appropriate or possible. If it is not, simply ask Jesus to give you the ability to forgive them and allow the Holy Spirit to carry away the wrath from your heart. If your answer is, “There is no one you need to forgive,” then ask again.

**Step Five: Care for one Another.** Share with one another how it felt to serve a member of your group and meet their need. How did it bond you together? Where did you see the Holy Spirit show up? Make what you felt explicit and plain.
5 Jonah went out of the city and sat to the east of the city and made a booth for himself there. He sat under it in the shade, till he should see what would become of the city. 6 Now the Lord God appointed a plant[a] and made it come up over Jonah, that it might be a shade over his head, to save him from his discomfort.[b] So Jonah was exceedingly glad because of the plant. 7 But when dawn came up the next day, God appointed a worm that attacked the plant, so that it withered. 8 When the sun rose, God appointed a scorching east wind, and the sun beat down on the head of Jonah so that he was faint. And he asked that he might die and said, “It is better for me to die than to live.” 9 But God said to Jonah, “Do you do well to be angry for the plant?” And he said, “Yes, I do well to be angry, angry enough to die.” 10 And the Lord said, “You pity the plant, for which you did not labor, nor did you make it grow, which came into being in a night and perished in a night. 11 And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?”

Old habits die hard and Jonah, after a miraculous conversion of his own, either reverts to old habits and perspectives or at least shows his true self. Jonah takes up residence upon a hill outside of the city to get in a test of wills with God. Jonah waits God out to see what the Lord will do. God is not done working on Jonah and He disciplines him by showing the general self-centeredness of Jonah’s perspective. The Lord is God of everything, even the plant and the worm, that He uses to show Jonah how his lack of compassion is out of line with God’s heart. The book ends with a lingering question that leaves the tension unresolved. We aren’t sure how the story ends for Jonah. We are left to wonder in mystery where Jonah goes and how he lives next.

**Step One: Pray Together.** Ask the Holy Spirit to lead your meeting and welcome His presence in your community.

**Step Two: Read Scripture.** Read Jonah 4:5-11 together.

**Step Three: Share Who You Are.** Discuss the following questions:
1. Why do you think Jonah decided to go and wait outside of the city? Did Jonah misunderstand God’s character or did he simply want God to
be different? What does this tell us about Jonah’s perspective upon his own salvation? Does he believe he is saved by grace or works? What do you believe about yourself? (Ephesians 2:8-9)

2. How does God display His sovereignty over all the earth as He disciples and disciplines Jonah? Can you name three ways? (Jonah 4:6-8) What does it say about God’s compassion for Jonah in that He continues working on him even after the task of calling Nineveh to repentance has been accomplished? How does God show His love for individuals as well as communities? Can you name a way in which Jesus has shown compassion specifically for you? How do we need God to be gracious and good to our community?

3. Why is Jonah so angry? Is it just about the plant or do you think it is something greater? How does all our unrighteous anger lead back to a flawed picture of God? Why does Jonah keep trying to die? How does this highlight the choice of living by grace or by our own works? (James 1:15) How does self-righteousness cultivate despair and anger in our life?

4. What unresolved questions do you have? Is there any unfinished business you have with God? What do you think it would take to live in the tension of that unresolved question? How is living with questions for God and even waiting on the Lord the mark of a mature disciple? What does Scripture promise about waiting on the Lord? (Isaiah 40:30-31)

Step Four: Take a Next Step. Take a risk for Jesus. Do something that requires you to give up something to follow God. That may be taking a faithful stand at work or it may be forming a friendship with someone different than you.

Step Five: Care for one Another. Hold each other accountable for the person the Holy Spirit laid on their heart to forgive. How can you encourage and strengthen that person in your group to take that important step of forgiveness.
The only prophet with whom Jesus drew a direct comparison with himself was Jonah. As Jesus was being tested by some of the Pharisees, He responded in a way that did not play into their game. By comparing Himself to Jonah Jesus was laying claim to the greatest revival in recorded history as well as the miracle of resurrection. He was also very directly claiming a worldwide mission, the good news of God's love for all, not just the nation of Israel. This would have outraged the Pharisees who had defined the rest of the world as 'the other.'

Old habits die hard and Jonah, after a miraculous conversion of his own, either reverts to old habits and perspectives or at least shows his true self. Jonah takes up residence upon a hill outside of the city to get in a test of wills with God. Jonah waits God out to see what the Lord will do. God is not done working on Jonah and He disciplines him by showing the general self-centeredness of Jonah's perspective. The Lord is God of everything, even the plant and the worm, that He uses to show Jonah how his lack of compassion is out of line with God's heart. The book ends with a lingering question that leaves the tension unresolved. We aren't sure how the story ends for Jonah. We are left to wonder in mystery where Jonah goes and how he lives next.

**Step One: Pray Together.** Ask the Holy Spirit to lead your meeting and welcome His presence in your community.

**Step Two: Read Scripture.** Read Matthew 12:38-42 together.

**Step Three: Share Who You Are.** Discuss the following questions:

1. Does it surprise you that Jesus would compare Himself to a reluctant, even disobedient prophet? What does this suggest to us about Jesus? (Philippians 2:5-7) What does this suggest to us about Jonah?

2. Why was Jonah’s mission to Nineveh so closely tied to Jesus’ mission to the world? (John 3:16-17) Why was this mission to offensive to the Pharisees and even the people of Jesus’ hometown of Nazareth? (Luke 4:23-30) Who are our ‘Gentiles?’ Why do we consider them Gentiles?

3. Why would it be shocking for Jesus to claim He would spend three days and nights in the ‘belly of the earth?’ (Matthew 12:40) How does Jesus’ conquering of death give us comfort about the death that infects our
life? Is there any place in our life where we need to die to make room for new life? What does Scripture promise about those who die in Christ? (Romans 6:3-5)

4. Do you have any ‘superman’ or ‘superwoman’ tendencies in your life? How does Jesus grace of Jonah’s story challenge those tendencies? Is there some place you need to repent?

Practicing Scripture
Either go to a place that you consider a hang out for folks you consider ‘Gentiles’ and spend some time in prayer for the people there or pray for someone you know who you consider a ‘Gentile.’ Write down your specific prayer and write down what the Lord revealed to you.

Step Four: Take a Next Step. Have a conversation with your group about what God is calling you to do next. Is He calling you to continue to forming your relationships? Is He calling you to meet in some way or serve your community in some way?

Step Five: Care for one Another. Take down prayer requests again and commit to pray daily for the next month for one another. Are there any continuing ways for you to care for one another or is there any unfinished business that you need to continue on each other’s behalf? Don’t miss this opportunity to serve your sisters or brothers in Christ.
**Jesus**

**State:** And she gave birth to her firstborn son and wrapped him in swaddling cloths and laid him in a manger, because there was no place for them in the inn.  
Luke 2:7  

**Mission:** For the Son of Man came to seek and to save the lost. Luke 19:10  

**Death:** For just as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth. Matthew 12:40  

**Scapegoat:** He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 1 Peter 2:24  

**Cry Out To God:** And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lema sabachthani?” that is, “My God, my God, why have you forsaken me?” Matt. 27:46  

**Resurrection:** But the angel said to the women, “Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead,” Matt. 28:5-6  

**Jonah**

**State:** Minor prophet, son of Ammitai, from the town of Gath-Hepher, Jonah 1:1  

**Mission:** “Arise, go to Nineveh, that great city, and call out against it, for their evil has come up before me.”  
Jonah 1:2  

**Death:** And Jonah was in the belly of the fish three days and three nights. Jonah 1:17  

**Scapegoat:** So they picked up Jonah and hurled him into the sea, and the sea ceased from its raging. Jonah 1:15  

**Cry Out To God:** Then Jonah prayed to the LORD his God from the belly of the fish, saying, “I called out to the LORD, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice.” Jonah 2:1-2  

**Resurrection:** And the LORD spoke to the fish, and it vomited Jonah out upon the dry land. Then the word of the LORD came to Jonah the second time, saying, “Arise, go to Nineveh, that great city, and call out against it the message that I tell you.” Jonah 2:10-32
You

State: By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.” Genesis 3:19

Mission: Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” Matthew 28:19-20

Death: For as in Adam all die. 1 Corinthians 15:22

Scapegoat: If we say we have no sin, we deceive ourselves, and the truth is not in us. 1 John 1:8

Cry Out To God: And it shall come to pass that everyone who calls upon the name of the Lord shall be saved. Acts 2:21

Resurrection: For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. Romans 6:5

Superman

State: Either born of power and privilege or possess within the will to power.

Mission: To glorify self and draw other men unto themselves by their own greatness.

Death: Immortality is obtained through good and great deeds—eulogized and memorialized through the ages.

Scapegoat: Need to create an “other” upon which to blame the ills of the world.

Cry Out To God: Religious piety of a distant deity Is a good and useful virtue, but I will remain standing upon my two feet.

Resurrection: A person must prove themselves to get a second chance.