

# Home Group Discussion Guide for Jonah 2: Emotion & Desperation – An Interview

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25 August 2024

*The following questions are designed to help groups explore the message above by challenging participants to consider how God is wanting them to apply it to their lives.*

*The questions are a **guide** to help lead discussion.*

**Please don't feel that all questions need to be asked**, instead respond to the needs of your group.

*If you have new people in your group, take the opportunity to introduce each other and clarify any expectations that are present in your group (such as confidentiality).*

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## GETTING STARTED

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1. How do you feel / respond when faced with someone expressing deep emotions? (Does it make you uncomfortable, it feels normal etc.)
2. What was the main challenge or idea that stood out to you from the discussion on Sunday?

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## REFLECTING ON THE MESSAGE

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Key Scriptures: *Jonah 2:1-10; Genesis 3:3-11*

1. Take the opportunity to read Jonah chapter 2.
  - a. What stands out to you from Jonah's prayer?
  - b. What are some of the emotions you hear Jonah expressing?
  - c. How do you feel about the emotions God is expressing towards God?
2. As Jonah expresses his emotions, he regularly moves between **distress** and **deliverance**
  - a. Where do you notice these elements in his prayer?
  - b. Can you relate to this movement between distress and deliverance in those times of struggle for you?
  - c. What do we learn from this to help as we support and encourage others experiencing times of deep emotion?
3. What does it look like to **be present** with the emotions people are expressing so that we can best serve and support them?
4. How is **hope** an important part of the journey towards healing and breakthrough?
  - a. Can this hope be shared at the wrong time and cause issues? How?

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## RESPONDING TO THE MESSAGE

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1. What is one thing you can learn from Jonah's story in the midst of desperation and emotion?
2. How will you allow this one thing to shape your practice / faith / care for others?

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## OPPORTUNITY FOR PRAYER

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Please See Next Page.



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## OPPORTUNITY FOR PRAYER

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Over the Month of August we are celebrating what God is doing in our Church, and highlighting our 4 church values. This week's value is:



***We are SENT BY CHRIST to be in mission every day***

1. Pray for our eyes to be open to the People of Peace God is placing in our lives and the courage to share God's Kingdom with them.
2. God, help me to see what You are doing through the Gathered and Scattered parts of our Church. Show me how you are calling me to step out in faith and partner with You to spread the gospel and bring your Kingdom to Central Australia

