

Jonah 01 | Colton Jansen | 6/1/25

JONAH CHAPTER 1 | GOD'S PLANS ARE WRECKING MINE

Now the word of the LORD came to Jonah...saying, "Arise, go to Nineveh..."

God's plans may wreck yours but what if it's your rescue?

Hebrew words that add nuance:

Arise = יָרַד (qum) | Down = יָרַד (yarad) | Fear = יָרָא (yare)

"(And) the word of the Lord came to Jonah..."

Read Jonah daily this week.

Ask God:

Where am I resisting You?
What are You asking me to release or step into?

Write what you hear.

Talk It Over:

Discuss these questions with someone – maybe a family member, friend, or member of your LifeGroup. Use a communication method that works best for your situation.

To Start Things off:

• Have you ever made plans that completely fell apart—but looking back, you're glad they did?

Dig Deeper

Read **Jonah 1:1-3**. Why do you think Jonah ran from God's command? Have you ever sensed God calling you to something that scared or challenged you?

Read **Proverbs 16:9**. How do you typically respond when your plans get interrupted? What helps you trust that God's way may actually be better?

Read **Jonah 1:9-16**. How is it ironic that the pagan sailors seem more responsive to God than Jonah, the prophet? What might this say about outward religious identity vs. true obedience?

Personal Reflection

Is there something in your life right now that you suspect God is asking you to do—or stop doing—but you've been resisting? What's holding you back?

What might it look like this week to stop running and take one step in obedience, even if it's uncomfortable?

Do: Jonah | 5-Day YouVersion Bible Plan

June Memory Verse: Jonah?