# Discuss

How does God’s patience with Jonah encourage you in your walk with Him?

In what ways has Jonah’s story changed your thinking about the way God pursues us?

How does this story give us a glimpse of the gospel?

How has God demonstrated His compassion in your life?

When you think about the way God interacts with Jonah, what would you say it reveals about His utmost concern with His people?

How would you define repentance?

How does Jonah’s prayer demonstrate counterfeit repentance?

How would Jonah have responded if he were truly repentant?

What are some ways we fake repentance today?

How have we used good things (small groups, church, community, etc.) to ignore the areas God wants to change in our lives?

How does a defensive attitude about our failures reflect a lack of repentance?

What are some of the temporary circumstances that distract us today?

What is being “eternally focused”?

Why is being “eternally focused” an important part of true repentance?

What is keeping you from true repentance today?

In what ways can you identify with Jonah’s counterfeit attempts?

How has God vomited you back into a situation to do His will?

How does the good news of God’s patient love encourage you today?

# Live it Out

**Prayer:** Read Jonah 2 followed by 1 John 1:8–9 at least four days this week. After doing so, ask God to reveal to you any false repentance in your life for the sake of healing.

**Confession:** The act of confession is one of agreeing with God’s Word as truth. As He brings to light false repentance in your life, confess it to Him and another trusted believer. Then believe in His promise to cleanse you of all unrighteousness.

**Forgive:** Has someone sinned against you? Have they refused to own the pain they caused? Or falsely repented? By faith, forgive them today and seek to love them with patient kindness, like God did with Jonah.

**Write:** List the top three worldly distractions that shift your perspective from an eternal perspective. Place the list somewhere you will see it on a daily basis and ask God to help you view them differently.

**Community:** Pick one or two trusted believers in your life and ask them to identify any false repentance they see in your life.

**Jonah 1:17 ESV**

17 And the Lord appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

**Jonah 2:1-10 ESV**

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