

Sunday (8/18/19) –Sermon on [Jonah ch.2](#). Discuss with friends and family the message from today
(the available group discussion guide can aid with questions/prompts if needed)

- Is there anything specific that God revealed to you (or reminded you of) during today's message?
- Is there any specific response you sense God wants from you? Write that here and pray/respond about that this week!

Monday (8/19/19) –Read [Jonah ch.2](#), go slow...

Remind yourself you are in God's presence and read again; notice how God might be speaking to you through His Word. Dwell on a word or phrase that jumps out at you; how has God's Word moved you? Ponder and meditate what has connected with your heart or mind; pray to God about what it is that has moved you today.

- Now pray through this passage. For example, read [2:2](#), assume that is God speaking, and then pray in response something like, "God, I'm in distress about _____, and I'm realizing I run to _____ instead of You. Holy Spirit help me _____). Read [v.6](#), then pray something like, "God, looking back on life I do see how you have lifted me out of so many pits...."
- Consider writing your own prayer to God. Describe your situation to God with the same degree of detail that Jonah did.

- With this week's passage from Jonah ch.2 capturing Jonah's prayer, make prayer a priority this week.

Tuesday (8/20/19) – explore how Jesus used Jonah's story in His ministry;

Read: [Matthew ch.12:38-41](#); [Matthew 16:1-4](#), [Luke 11:29-32](#) *(go slow, see prompts from Monday)*

- Now pick ONE of those three passages and read the entire chapter it is from. Study it. Look at the context. What was going on around Jesus when He used the Jonah story in His ministry? Who was He addressing it to?

Jesus seems to use the Jonah story as a POSITIVE about Himself (death and resurrection) while pointing to fallen humanity ("...This is a wicked generation..."). In light of that:

Know (what does the text say about God?) **Be** (what does it say about us?) **Do** (what does it call us to do?)

Wednesday (8/21/19) – Read [Hebrews Ch.4 \(with special attention on v.14-16\)](#) (*go slow, see prompts from Monday*)

Study this passage and process through the following three questions:

Know (what does the text say about God?) **Be** (what does it say about us?) **Do** (what does it call us to do?)

- **Find time later and consider the following:** “Even if we are not in a season of known rebellion like Jonah was, it is always in our best interest to pray like the psalmist prayed: ([Ps 139:23-24](#)). Take time to do this. Pray, and then listen. Write down any questions or situations God might point out in your heart.

Thursday (8/22/19) – Read [Hebrews ch.12 \(with special attention on v.5-11\)](#) (*go slow, see prompts from Monday*)

Study this passage and process through the following three questions:

Know (what does the text say about God?) **Be** (what does it say about us?) **Do** (what does it call us to do?)

“Why don’t you end today’s study in prayer? Right now, right where you are, go before our Father in thanksgiving and praise and then ask Him to help you in something specific. He’ll enjoy hearing from you.”

Friday (8/21/19) – Read [Ephesians 1:15-23 & Eph.3:14-21](#) (*go slow, see prompts from Monday*)

- These are two monumental prayers by the Apostle Paul for the Ephesian church.
Study both of them (maybe at two separate points today). Note what parts jump out at you.
- Make it a point to pray for others (as well as for yourself) this way today.
- Make it a point to give God thanks throughout the day based on this prayer.

Saturday (8/22/19) – Read [Revelation Ch.5 \(with special attention on v.8\)](#) (*go slow, see prompts from Monday*)

Study this passage and process through the following three questions:

Know (what does the text say about God?) **Be** (what does it say about us?) **Do** (what does it call us to do?)

- Spend some time ending in prayer/worship. Consider what “worship” should look like for you today based on how God is revealed and worshiped in this chapter

Also, tomorrow’s Sermon will be on [Jonah ch.3](#). Read through it.