

FIRST 15

**Fifteen minutes with your Creator can change your entire day.
Use this resource to guide your time with God this week.**

DAY 1: THE BOOK OF JONAH (4 short chapters)

- In one sentence, what do you think is the main theme of this story?
- Ask God to use the story of Jonah to change you this week.

DAY 2: JONAH 1

- Where do you see God show up in Jonah's life, even when he was running from God?
- Was there a time in your life when God kept pursuing you even when you ran from Him?
- How do you feel knowing you can't outrun God's love for you?

DAY 3: JONAH 2

- How would you describe Jonah's attitude in his prayer to God?
- Jonah believes that God rescued him through the fish. How has God worked in unexpected ways to redirect your life toward Him?
- Thank God for what He has done to rescue you.

DAY 4: JONAH 3

- What did Jonah tell Nineveh and how did they respond?
- What do you learn about God from His response to Nineveh's repentance?
- Talk to God about your need for His mercy and forgiveness.

DAY 5: JONAH 4

- Why is Jonah is angered by God's compassion toward Nineveh?
- How does verse 2 reveal what God wants for all people?
- Who do you run away from when it comes to sharing God's compassion?
- Ask God to give you One person to share His love with today.

FAMILIES

After reading the story of Jonah from a Children's Bible, ask your kids who they have a hard time loving. Help them identify one way to show God's love to that person this week.