



Part 3 – The Great Escape

We can use unhealthy escape mechanisms to try to avoid reality, but the reverse is also true. Sometimes we are living in unhealthy patterns that should be escaped as we pursue a better way to live!

Scripture: Jonah 3:1-10, Matthew 5:38-45

Discussion Questions

1. Have you ever gotten really lost? What did that feel like and how did you find your way back? That's sort of what happened to Jonah. He went the wrong way, and had to start all over again.
2. Read Jonah 3. What would you say the main point of this chapter is? What questions or comments do you have from reading the text?
3. What do you think this chapter (and the whole book) says about God's character? How do you think we should think about some of the characteristics of God that sometimes seem to be in tension? (ex: God's anger and forgiveness)
4. Do you have a hard time believing that God loves and forgives you or other people? What contributes to that way of thinking? How do you think we can remind ourselves that God really is gracious and merciful when we don't feel like that's the case?

Moving Forward

What are some practical ways that could help us to run towards God's love and forgiveness in our everyday lives?