

RUNNING FROM GOD

Restraint

Message 2

Perry Duggar

January 24, 2021

2. Reveal _____.

(Jonah 1:7-12. C/R: Numbers 32:23; Proverbs 28:13;
1 John 1:9)

► Outline

*"... O LORD, You have sent this storm upon him for Your own
good reasons.*

Jonah 1:14 (NLT)

Storms from God...

(Jonah 1:3. C/R: Hebrews 2:1-4)

1. Restrain _____.

(Jonah 1:4-6. C/R: Isaiah 59:2; John 16:7-8;
1 Corinthians 10:13; Philippians 1:6)

3. Reflect God's _____.

(Jonah 1:13-17. C/R: Deuteronomy 8:5; Proverbs 3:11-12;
Hebrews 12:5-6; Revelation 3:19)

Answers: 1. rebellion 2. sin 3. love

Resource Information: Scripture quotations marked (NLT) are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved. C/R refers to a 'cross reference.' Today's outline and discussion guide are available through the Brookwood Church app.

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► Discussion Guide

Use this guide by yourself or with friends to pursue a deeper relationship with Jesus. To connect with others, visit brookwoodchurch.org/adults.

Conversation Starter

Name someone whose life has had either a positive or negative impact on you.

Begin your study with prayer

Pause for a few minutes to quiet your heart and mind. Ask God to help you experience His love and hear His voice as you reflect on this week's lesson.

Bible Study and Group Discussion

Read [Jonah 1:4-17](#).

1. How do you think Jonah was able to sleep through the storm?
2. What were the sailors' view of God before the storm? What impact did the storm have on the way they viewed the world?
3. Has God ever used a great *storm* to get your attention? Explain.
4. Jonah's sin affected the sailors. How is this relevant today?
5. After studying this chapter, why do you think the Lord brought about the violent storm? For further insight, read [Psalm 33:6-12](#) and [Matthew 8:23-27](#).
6. What did God want Jonah to know? What did God want the sailors to know? What does God want you to know?
7. What are ways you can help others experience God's grace and mercy?

Digging Deeper

Read [Acts 9:1-19](#). How are Jonah and Ananias the same? How are Jonah and Ananias different? What do you learn when comparing these passages?

Spiritual Practice

Spiritual Practices help us experience the Holy Spirit's work in our lives. They're meant to be more than one-time actions, becoming a natural part of our lives.

Just like any relationship, developing intimacy with God is cultivated over time. While there's no magic formula, here's a simple process you might follow to help you draw closer to God.

1. Find a quiet place and spend a few minutes in silence to clear your mind.
2. When you sense stillness, tell God you want to hear Him.
3. Slowly read and meditate on a passage of Scripture. What words or phrases stand out to you? (You can use the Memory Verse, Daily Readings or any passage.)
4. Ask God what He wants to say to you and allow time for Him to put thoughts in your mind.
5. God desires to talk with you all day long. So as you leave this quiet time with God, ask Him to speak to you throughout the day.

Recommended Resource: *Meeting God in Scripture: 40 Guided Topical Meditations*, Jan Johnson

Memory Verse

"For the LORD disciplines those He loves, and He punishes each one He accepts as His child." [Hebrews 12:6 \(NLT\)](#)

Daily Reading

Day 1: [1 Corinthians 10:12-13](#) Day 4: [Proverbs 28:13-14](#)
Day 2: [Numbers 32:20-23](#) Day 5: [Hebrews 12:5-6](#)
Day 3: [Hebrews 2:1-4](#)

Prepare for Next Sunday

Sunday, January 31, we'll continue the series *Running from God*. Read [Jonah 2](#) to prepare for a message on rescue.



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