



More than Lip Service

Jonah 2:1-10 – February 4, 2018

Life Group & Personal Bible Study Guide

This guide, based on Sunday's sermon, provides additional study and reflection for personal devotions and Life Group discussion. It's not a full Bible study curriculum, exhaustive commentary, or complete Life Group itinerary, but simply a helpful resource for further study. Feel free to use these thoughts below as you enjoy your time in God's Word!

1) Backgrounds

Have you ever experienced a store clerk or a coworker and you could tell: their heart was just not in the job they were doing? Ever felt that way yourself? How can you tell when someone's heart is "all in" what they're doing?

2) Read Jonah 1:17-2:10 again and think back over Sunday's sermon.

What points of the sermon or this passage resonated with you?

What questions came to mind? How were you challenged?

How do you think "connecting with God in humility aligns our heart to His?"

3) Expanding our Understanding

Jonah's prayer in chapter 2 reveals where his heart was at. Read Jeremiah 17:5, Psalm 51:1-12, and Ezekiel 36:26. How do these verses help us understand our hearts?

Now review Luke 6:43-45, Romans 3:23 & 7:15-20, and Revelation 3:15-17. How do these verses further help us understand our hearts? How can we tell if our heart is aligned to God's heart?

4) Digging Deeper

What was wrong with Jonah's prayer? See Psalm 17:6, 1st Thessalonians 5:17, James 5:16-18, and 1st John 5:14-15. How does God want us to pray? Why should we pray?

Read Philippians 4:6-7. How can prayer help align our hearts to God's heart?

5) Personal Reflection

What do your words and actions say about how connected with God you are? How is that related to how you communicate with Him through prayer?

How can you cultivate a belief in God's greatness/majesty/supremacy? How is this belief related to the level of humility you see in your life?

Is God someone you work hard to appease, or Whom you submit to in obedience? Why?

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Answers to Sunday's "fill in the blanks"
and other Bible verses

*Connection with God in humility
aligns our hearts to His!*



Introduction Notes:

Luke 6:45 *The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.*

Jeremiah 17:9

Romans 3:23

Romans 7:15-20

Four Heart Transforming Opportunities for Living In Line with God

Connect with God vs1-3

Psalm 145:18

Jeremiah 29:12

1 Thessalonians 5:17

Luke 6:43-45

Believe God is Great vs4-6a

Matthew 14:22-33

Matthew 14:30

Treasure Humility vs6b-7

Psalm 51:3-4, 10-12

Psalm 51:17

Choose Impassioned Obedience vs8-10

1 Samuel 15:22



"Neighboring" idea of the week (Luke 10:25-36):

Get to know a neighbor by asking if they watched the Super Bowl, and what they thought about it!