



Breakin' It Down

The Sessions

Session & Theme	WHALE OF A TALE TOPIC	BIBLE TOPIC	FOCUS	LIFE POINT	SCRIPTURE
1 JONAH... runs from God	God had a specific job for Jonah, and he did not want to do it...so he ran from God	Jonah's decision to run from God got him into worse trouble	It is best to do what God asks of us in the first place	Obey God from the start	Jonah 1:3 [NIV] "But Jonah ran away from the Lord..."
2 JONAH... is swallowed by a big fish	Jonah's shipmates threw him overboard to quiet the raging sea	God arranged for a big fish to swallow Jonah after he was thrown into the sea	No matter where we go, we cannot get away from God	Don't run from God... run to Him	Jonah 1:17 [NIV] "But the Lord provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights."
3 JONAH... prays to God from inside the big fish	From inside the fish, Jonah's prayer was heard by God	After realizing his sin...Jonah asked for forgiveness and decided to obey God	We can pray anytime from anywhere, and God will hear us	Confess your sins to God and pray for help	Jonah 2:1 [NIV] "From inside the fish Jonah prayed to the Lord his God."
4 JONAH... goes to Nineveh	Jonah finally went to Nineveh and delivered God's message	The people of Nineveh believed Jonah's message and repented	Despite the wickedness of the people of Nineveh, they were still open to God's message	God's word is for everyone	Jonah 3:3 [NIV] "Jonah obeyed the word of the Lord and went to Nineveh..."
5 JONAH... gets angry	Jonah was upset when the sinful people of Nineveh were saved by God, because he wanted them punished not forgiven	God does not want to punish sinful people... He would rather have them repent and believe	Have a good attitude toward those who disobey God	Be willing to help people... even people you don't like	Jonah 4:1 [NIV] "But Jonah was greatly displeased and became angry."