

Sermon-Based Small Group Preparation

For the week of January 15, 2012

“YOU 2.0”

Sermon Series: *FLOW* (week 1 of 7)

John 7:37–39

» Please look over these questions *before* your Small Group meeting «

Getting Started

- 1) The New Year causes us to reflect on our own life and the world around us. What is one thing you’d change if you could? Did this make it onto your New Year’s Resolution list?
- 2) What are some concrete actions you are currently taking to develop in a specific area of your life?

Into the Bible

Read John 7:37–39

³⁷ On the last and greatest day of the Feast, Jesus stood and said in a loud voice, “If anyone is thirsty, let him come to me and drink.

³⁸ Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.” ³⁹ By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified. (NIV1984)

- 3) How do the statements “There is a God” and “It is not you” make you feel? How does the impact change if you take the statements apart from each other?

Read Jonah 1:1–10

¹ The word of the LORD came to Jonah son of Amittai: ² “Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.” ³ But Jonah ran away from the LORD and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the LORD. ⁴ Then the LORD sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. ⁵ All

the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship.

But Jonah had gone below deck, where he lay down and fell into a deep sleep. ⁶ The captain went to him and said, “How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish. ⁷ Then the sailors said to each other, “Come, let us cast lots to find out who is responsible for this calamity.” They cast lots and the lot fell on Jonah. ⁸ So they asked him, “Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?” ⁹ He answered, “I am a Hebrew and I worship the LORD, the God of heaven, who made the sea and the dry land.” ¹⁰ This terrified them and they asked, “What have you done?” (They knew he was running away from the LORD, because he had already told them so.) (NIV)

- 4) Who does the Lord first speak to in the book of Jonah? To what is God calling him? What does this tell us about God’s nature and character?
- 5) How does Jonah respond to God’s call? What are some common reasons we use to justify our disobedience?

Read Jonah 1:11–17

¹¹ The sea was getting rougher and rougher. So they asked him, “What should we do to you to make the sea calm down for us?” ¹² “Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.” ¹³ Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. ¹⁴ Then they cried out to the LORD, “Please, LORD, do not let us die for taking this man’s life. Do not hold us accountable for killing an innocent man, for you, LORD, have done as you pleased.” ¹⁵ Then they took Jonah and threw him overboard, and the raging sea grew calm. ¹⁶ At this the men greatly feared the LORD, and they offered a sacrifice to the LORD and made vows to him. ¹⁷ Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. (NIV)

- 6) The sailors asked Jonah: “What should we do to you to make the sea calm down for us?” What does Jonah’s answer reveal about how he perceived his calling and related to being (or not being) in the flow of the Spirit?

- 7) In what ways does God pursue Jonah in today's text? How have you experienced God pursuing you in your lifetime?

Sermon Notes

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Digging Deeper

- 8) Why does God pursue us? How does he help us realize our full potential, becoming the people he created us to be?
- 9) What tools did God use in Jonah's life to help guide him in the process of becoming the person God created him to be? What tools has God used in your life to guide you in that process?
- 10) Does verse 17 indicate a blessing or a curse in Jonah's life? Have you ever seen something you thought to be a curse turn into a blessing?
- 11) Refer back to your answers in the Getting Started section. How are you going to approach making those changes? What strength is available to you?
- 12) How does all this relate to you being in the flow of the Spirit?

Prayer Requests and Closing Prayer