**STORMPROOF:**

***Weathering Life’s Tough Times***

**Lesson 7 - Notes**

Jonah 1: 1& 2

What Is Your Ninevah?

When God offers you a job … don’t turn Him down!

After God speaks … He pursues!

Jeremiah 32:40

Psalm 23:6

Don’t make decisions based upon fear or emotions – make decisions based

Upon faith and obedience.

Jonah 1:3 – There is a price to pay for running from God …

The price is abundant life.

You don’t have a better idea than God!

Psalm 139:7-10

Romans 8:38 & 39

Jonah 1:4 – Self-Inflicted Storms

Jonah 1:5 – Your storm will impact the lives of others

Jonah 1:6

Jonah 1:7-9

Jonah 1:10

Jonah 1:11

What do you do when a storm gets worse and not better?

Jonah 1:12 –

Jonah 1:13 –

Jonah 1:14 – 15

***When you say “NO!” to God – you are going to be in over your head.***

Jonah 1:16

The world is waiting for one man or one woman to do the right thing.

Jonah 1:17 –

Jonah 2:1-4

An “A-HA!” moment

***“You Ain’t Seen Nothin’ Yet!”***

Jonah 2:5-9 –

Break out in worship!

Jonah 2:10 – “Then” …

Jonah 3:1-5 –

What if God had not pursued Jonah?

John Newton

What is your Ninevah?

Jonah 3:6-10

The Next Time That You Are In Over Your Head …

Repent … own it!

Worship

Don’t tell God what to do

Recommit

Discover

**STORMPROOF:**

**Lesson 7 - Daily Storm Shelters**

**DAY 1 –** Read Jonah 1. Underline any words, phrases or verses that resonate in your heart.

Why do you think that Jonah disobeyed God and ran away?

What are some of the things that happened to Jonah when he ran away from obeying God?

What are some of the things, in a general sense, that could happen to you if you ignore God’s voice?

**DAY 2 –** Read Jeremiah 32:37-44 and underline verse 40. Also read Psalm 23 and underline verse 6.

How does God pursue us according to Jeremiah 32:40?

What is following you all the days of your life according to Psalm 23:6

How does this change your view of God?

**DAY 3 –** Read Jonah 1 again.

How did Jonah “own” this storm in verse 9?

Why are the words that you speak during a storm so important?

What are some words/phrases that you could declare when you are in a storm?

**DAY 4 –** Read Psalm 139 and underline or circle words/phrases/verses that seem to jump out at you.

What is the Holy Spirit saying to you based on Psalm 139? Journal about it below.

Now read Romans 8:26-39. Again, underline or circle words/phrases, verses that seem to jump out at you.

I know that it is possible to run from God – but is it possible to escape His presence? Why or why not?

**DAY 5 –** Read Jonah 2. Again, underline or circle words/phrases, verses that seem to jump out at you.

Why is it important to worship in the middle of your mess?

What happens when you choose to worship in the middle of your mess?

**DAY 6 –** Read Jonah 3. Again, underline or circle words/phrases, verses that seem to jump out at you.

What might have happened if God had not pursued Jonah?

Who or what is your Ninevah?

**DAY 7 –** Read Jonah 3 again. This is a very exciting chapter when you realize the impact that one person can have on a sinful culture.

So, again, - what is your Ninevah?

What is one thing you can do today to begin to reach your Ninevah?

I’d love to hear what your Ninevah is. E-mail me at [carol@carolmcleodministries.com](mailto:carol@carolmcleodministries.com) so that I can be praying for you!