

HEALING A DIVIDED HEART

Jonah 4:1-11

MAIN IDEAS FROM THIS WEEK

1. HEALING A DIVIDED HEART IS A PROCESS
2. HEALING A DIVIDED HEART CAN BE PAINFUL
3. HEALING A DIVIDED HEART REQUIRES A PERSONAL GRASP OF GRACE

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. The book of Jonah doesn't end how we would expect it to. What are some other places in the Bible where the ending of a book or narrative is different than what you would think it should be? What does this show us about God?
3. The telltale sign of a divided heart is an "us vs. them" mentality. Where is it easiest for you to slip into an "us vs. them" mentality? What type of people do you most often see as "them"?
4. One of the main ideas this week was that "Healing a divided heart is a process." What does it tell us about God that He is willing to walk with us in this process just like He walked with Jonah? What does it tell us about ourselves that this healing is a lifelong process?
5. Another main idea this week was that "Healing a divided heart can be painful." Has God ever used the loss of a comfort to draw you closer to Himself? What was that experience like?
6. The final main idea this week was that "Healing a divided heart requires a personal grasp of grace." Describe a time when God's grace was most real to you.
7. **EXERCISE:** Before your group meeting have everyone take time on their own to run through at least one of the three exercises that Pastor Ryan presented on how we can discover what our "rival gods" are. Discuss what the process was like and what you discovered as a group. The three exercises are listed below:
 - Look at your imagination (where your mind goes when nothing else has your attention)
 - Look at how you respond to unanswered prayers and frustrated hopes
 - Look at your most uncontrollable emotions