



# Breakin' It Down

## The Sessions

| Session & Theme  | WHALE OF A TALE TOPIC   | BIBLE TOPIC   | FOCUS  | LIFE POINT  | SCRIPTURE  |
|--|---|---|--|---|--|
| <b>1</b><br>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                                 | <b>Jonah 1:3 [NIV]</b><br>"But Jonah ran away from the Lord..."  |
| <b>2</b><br>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                        | <b>Jonah 1:17 [NIV]</b><br>"But the Lord provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights." |
| <b>3</b><br>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              | <b>Jonah 2:1 [NIV]</b><br>"From inside the fish Jonah prayed to the Lord his God."   |
| <b>4</b><br>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                              | <b>Jonah 3:3 [NIV]</b><br>"Jonah obeyed the word of the Lord and went to Nineveh..."   |
| <b>5</b><br>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 | <b>Jonah 4:1 [NIV]</b><br>"But Jonah was greatly displeased and became angry."   |