



Running from Nineveh

Week 2: Time to Repent

CCV Groups Discussion Guide

OPENING QUESTION:

What is the darkest physical place you have ever been in—a cave, a storm shelter, camping? What was that experience like?

GROUPS VIDEO GUIDE

READ:

[Jonah 2:1-10](#)

DISCUSS:

- Which lines from Jonah’s prayer can you relate to the most?
- How has God used a storm in your life (or a feeling of being swallowed) as a way of getting your attention and putting you back on the right path?
- Brag about God for just a minute. How has He rescued you in small ways and big ways from that dark place?
- Take out your phone and take 5 minutes to rewrite Jonah’s prayer in your own words and for your own life.

PRAYER:

Have two or three volunteers read their own prayers from their phones.

SCRIPTURES:

Romans 2:4, “Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God’s kindness is intended to lead you to repentance?”

Matthew 12:40–41, “For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth. The men of Nineveh

will stand up at the judgment with this generation and condemn it; for they repented at the preaching of Jonah, and now something greater than Jonah is here.”

Luke 11:32, “The men of Nineveh will stand up at the judgment with this generation and condemn it, for they repented at the preaching of Jonah; and now something greater than Jonah is here.”

Psalms 139:7, “Where can I go from your Spirit? Where can I flee from your presence?”

Lamentations 2:5, “The Lord is like an enemy; he has swallowed up Israel. He has swallowed up all her palaces and destroyed her strongholds. He has multiplied mourning and lamentation for Daughter Judah.”

Jeremiah 51:34, “Nebuchadnezzar king of Babylon has devoured us, he has thrown us into confusion, he has made us an empty jar. Like a serpent he has swallowed us and filled his stomach with our delicacies, and then has spewed us out.”

Hosea 8:8, “Israel is swallowed up; now she is among the nations like something no one wants.”

1 Corinthians 15:54, “When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: “Death has been swallowed up in victory.”