

### C3 Group Questions

**Accountability:** Were you at church on Sunday to grow & learn? Did you read/listen to the Bible & pray this week on a regular basis? If so, share what stood out to you in your time with God?

**Ice Breaker:** When you were a kid, how did you usually express your anger or react when you didn't get your way?

**Review:** What one thing stood out to you (either helpful, insightful or troubling) from the weekend's message?

#### **Group Discussion:**

How has God been challenging you thru the study of the book of Jonah?

Which do you think was Jonah's biggest problem: anger, pride, selfishness, depression, prejudice, or something else? Which of these issues do you struggle with personally?

What situations do you sometimes find yourself angry at God?

Share a time when you, like Jonah, became angry at God & depressed over what seemed like an unjust situation? How did you get over those feelings (or did you)?

Is there anything currently going on in your life that you are angry or depressed about?

What % of your anger comes from not getting what you want?

How do you usually express your anger? (pout, yell, punish, withdraw, stuff it, talk to others, become irritable, silent, etc)

Like Jonah, we all want to receive God's forgiveness, but we're not always willing to give forgiveness. Who are you unwilling to extend God's grace & forgiveness?

Why do we struggle with giving forgiveness more than receiving forgiveness?

What are some excuses we use for not forgiving? How do we benefit from forgiving?

How can this group pray for you this week? Who in this group can you pray for this week?

**Next Steps:** (*"Do not merely listen to the word.....Do what it says."* James 1:22)

- Unresolved anger leads to a host of problems, like bitterness & depression.
- Make a list of each person you are angry with. Acknowledge your anger to God & choose to forgive all parties involved.
- Surrender your right to stay angry & be willing to extend His mercy & grace to those you have forgiven.