

Saying No to God

Week 3

Main Idea

When we say “yes” to God, God changes our heart, but He does not always change our circumstances.

Starter

What is your favorite thing to do when it snows?

Discuss

Take a moment and write down a list of the top three things you are grateful for in your life right now to share with the group.

Scripture

[Read Jonah 2:1-9](#) and discuss:

- What is a truth about God that you think Jonah learned during his time in the belly of the fish?
- What does Jonah’s prayer show you about how his heart changed toward God?
- Share a time in your life where God humbled or changed your heart through a difficult circumstance?
- What is a way you feel tempted to say “no” to God instead of “yes” in your life right now?

Remind your group of the truth of the Gospel, that God always welcomes us back to Him with open arms. Because of what Jesus has done on the cross, God is always saying “yes” to us. He doesn’t shame or condemn us when we say “no,” but wants to change our hearts to trust that abundant life is found through living obediently, or saying “yes” to Him.

Have everyone take 5-10 minutes to do a prayer exercise on their own. Split up and read [Jonah 2:1-9](#) and follow the acronym SOAPS.

- **S: Scripture.** Read the passage slowly 1-2 times.
- **O: Observation.** Make some bullet point observations about what the passage teaches you about God or yourself.
- **A: Application.** Write down one step you can take this week to say “yes” to God instead of “no.”
- **P: Prayer:** Write a prayer to God in your own words that expresses your honest need for Jesus and gratitude for the Gospel in your life.
- **S: Share** (see below)

Share that this is a great habit to develop regularly in your life. Spending regular time with Jesus in Scripture and prayer is the foundation of saying “yes” to God rather than “no.” If we want to say “yes” to Jesus, we need to remain close to Him and let His Word dwell in us.

- [Here is a tool](#) you can use if your group needs help or guidance with spiritual discipline.

Apply

Have each group member share the key truth God highlighted for them from Scripture and the action step God is leading them to take. Spend time praying for each other’s prayer requests and steps of faith.