

## Day 1

August 17



Pray | For a heart that seeks God in all circumstances

GOD SHOULD BE OUR FIRST CALL.

In every circumstance there is an opportunity to call upon God. Happy and abundant times can create many expressions of thanks and gratitude for God's blessings. More tumultuous times can lead to prayers of mercy and guidance on how to navigate those times. Regardless of the situation, God seeks a relationship with us and wants us to call upon him.



Read | [Jonah 1:5 – 6](#)



Reflect | *Spend some time reflecting on one or more of the following:*

When faced with a fearful situation, such as a violent storm, how do you respond? Consider if your response aligns more with the sailors leaning on their faith or like Jonah's response of seeking out his own will.

In your current circumstance, are you calling upon God? Even if it feels like a tumultuous time, are you still offering thanks to God for his many blessings?

Look for an opportunity to help someone who may be struggling with some type of storm in their life. Ask that God would work through you to satisfy a need for that person.



Pray | Pray for the world

Pray for our Ministry Partners in Haiti: Pray that effective partnerships would increase in number to increasingly and effectively transition responsibility for and opportunity for ministry, training and economic development to the Haitian people. Please pray for healing of political and social strife and for safety for the people of Haiti. Please also pray for the Haitian people that they grow into strong, grace-filled disciples who can overcome in the face of tremendous spiritual warfare.

*Day 2*  
August 18



Pray | To turn away from rebellion against God

REBELLION AGAINST GOD IS NOT OF GOD.

Through free will, we are able to rebel against our creator. We are able to be divisive and drive a wedge between us and God despite it being an eternally important relationship. He loves us so much that he allows us to walk away and behave as impetuous teenagers when we are asked to do something.

While we are free to rebel, it is not what God desires. In his infinite grace and mercy, we are still afforded the ability to turn back to God no matter how much we have rebelled.



Read | Jonah 1:7 – 8, Isaiah 1:19 - 20



Reflect | *Spend some time reflecting on one or more of the following:*

In Jonah 1:7, the sailors learn that Jonah is the reason for storm. They ask a series of questions then to identify what he has done. Since they embraced polytheism, it was assumed he had rebelled and angered his God. What would you be thinking if you were Jonah?

There are several times throughout the Bible that call out the importance of following or obeying God. Identify a verse that is meaningful for you and memorize it for easy reference in times you feel compelled to rebel.

Pray for an openness so that you may see any areas of rebellion that are causing you to turn away from God; and then ask for the courage to correct those tendencies.

*Day 3*  
August 19



Pray | To be humbled in reverence of God's power

IT'S ALL GOD'S.

Without God, there is nothing. With God, there is everything. As we look outside at the trees, grass, birds, and all the other amazing creations, we should be humbled by God's amazing power. He has made every good thing for our benefit.

Despite Jonah's rebellion, he still tells the sailors that he worships the God who has made the land and sea. The unmatched dominion of our God should give us pause when we are contemplating turning away.



Read | [Jonah 1:9, James 1:17 – 18](#)



Reflect | *Spend some time reflecting on one or more of the following:*

Which of God's creations do you find the most awe-inspiring? Knowing the intricate detail that God put into each creation, do you think it was wise for Jonah to try to sail the exact opposite direction God wanted him to go?

In Jonah 1:9, Jonah responds to questions regarding who he is by simply stating, "I am a Hebrew and I worship the Lord, the God of Heaven, who made the sea and the dry land." Pray for boldness to so quickly declare you are a follower of Christ.

Spend a few minutes observing all that God has created and expressing gratitude for the unique purpose of each.

*Day 4*  
August 20



Pray | For an obedient heart that seeks to serve others

DECISIONS, DECISIONS.

Each day we make many small decisions. Some decisions could draw us closer to God and allow us to be a witness for others. Some decisions could do the opposite and find us taking steps back from God. An example might be that we want to get up early for time in the Bible. But then, we press the snooze button on our alarm instead of waking up early before other people or duties impose. Then later that day, we have become too hurried to sit still and soak in his word. It is a small decision, but if that is the decision we are repeatedly making, it is not helping us to draw closer to God.



Read | Jonah 1:10, 1 Peter 5:6 – 7



*Spend some time reflecting on one or more of the following:*

Are there decisions that you are making that do not align with your priorities? If so, determine one thing you can do today to try to better align your actions and priorities.

Jonah received a clear message from God to go to Nineveh and preach, but he decided to run away. Compared to the alarm clock example, it seems like that would be a big decision. Prior to this decision, do you think there were other smaller decisions Jonah was making to turn away from God?

If you are not already spending daily time in the Bible, dedicate time each day for the next week to spend at least 5 minutes reading your Bible.

*Day 5*  
August 21



Pray | For guidance to set your feet upon God's path for your life

THERE IS NO PLACE YOU CAN HIDE FROM GOD.

Jonah naively tries to run away from God. He believed that he could escape God's reach and impose his own will. Without stepping back and evaluating our own motives, we could convince ourselves that we are different from Jonah. We might even allow ourselves to think, "I would never run away from God". The difficulty, though, lies in truly allowing God to lead each of our steps. Unwittingly, we may be taking small steps away from God by asking, "What do I want?" and letting that be our guide. Instead, we should be praying and asking, "What does God want?"



Read | Jonah 1:10, Psalm 139:7 – 10



Reflect | *Spend some time reflecting on one or more of the following:*

Contemplate how you make decisions that guide your life. Is it a thoughtful prayer asking for God's guidance and discernment? If not, consider how you might want to change that process.

God continued to pursue Jonah even though he was running away. The storm was a message to re-direct and lead Jonah to Nineveh. Has there been a time when you have disobeyed God and then felt him re-direct you?

Take a few quiet moments to remind yourself that God is with you in this season of life. Pray for comfort in knowing that you have always been, and always will be, in His presence.

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