



"Through The Storm" (Jonah 1:3-4)

"But Jonah rose to flee to Tarshish from the presence of the LORD. He went down to Joppa and found a ship going to Tarshish. So he paid the fare and went down into it, to go with them to Tarshish, away from the presence of the LORD. But the LORD hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up."

Opportunities to Discover God in the Storm:

S — SIN

T — TRUTH

"You will know the truth, and the truth will set you free."
— John 8:32

O — ORDER

"I am the LORD your God... You shall have no other gods before me." - Exodus 20:1-3

R — REPRESENT

M — MIGHTY MERCY

'Ohana Group Discussion:

Consider talking with a friend this week about these themes from Rediscovering Jonah | Chapter 2: "The World's Storms"

1. Storms Attached to Sin. "Every act of disobedience to God has a storm attached to it." (pg24) What do you think Keller means by this? How have you seen disobedience create consequences or "storms" in your own life or in the lives of others?

2. Our Selfish Interests. "We cannot put our own selfish interests ahead of the common good." (pg25) How can our selfishness affect the people around us? What are some ways following Jesus calls us to consider others instead of simply pursuing what we want?

3. The Deeper Effects of Sin. "Sin is a suicidal action of the will upon itself." (pg26) What stands out to you about that statement? Why do you think sin can feel attractive or satisfying at first, even though it ultimately damages us?

4. Not Every Storm Is Because of Our Sin. "Most often the storms of life come upon us not as the consequence of a particular sin." (pg27) Why is this distinction important? How should this change the way we respond when we or someone else is going through suffering or difficulty?

5. God Can Use Our Storms. "Every difficulty can help reduce the power of sin over our hearts." (pg28) Can you think of a difficult season that God used to grow something in you, such as faith, humility, patience, hope, or dependence on Him? What did you learn through that storm?

6. God's Heart in Our Suffering. "God has tied his heart to us such that when he sees the sin and suffering in the world his heart is filled with pain." (pg29) How does it change your view of God to know that He is not distant or indifferent toward our suffering? How might this truth help you trust Him when you do not understand what He is doing?

7. Mercy Deep Inside the Storm. "God can save through weakness, suffering, and apparent defeat." (pg30) How do we see this truth in Jonah? How do we see it most clearly in Jesus and the cross? What "storm" in your life might God be using to draw you closer to Himself right now?

What's 1 thing you want to remember and put into practice this week?

Sources

- BibleProject. "Jonah." *BibleProject*. <https://bibleproject.com/videos/jonah/>
- Chan, Francis. *Multiply*. 2012.
- Fuhr, Al, and Gary Yates. *The Message of the Twelve: Hearing the Voice of the Minor Prophets*. Nashville, TN: B&H Academic, 2016, 168-169.
- Keller, Timothy. *The Prodigal Prophet: Jonah and the Mystery of God's Mercy*. New York: Viking, 2018.
- Mackie, Tim. "Running From Your Life." *BibleProject*.
- One Love Skate. "Deeper." June 7, 2021. <https://www.oneloveskate.org/updates/deeper>.
- Oquendo, Mel. *Seeing God Through the Tears: A Journey of Faith Through Grief and Suffering*. Eugene, OR: Wipf and Stock, 2025, 24.
- Waite, Shaun. "Week 1 | God's Plans Wrecking Mine | Jonah & The Mercy of God." August 9, 2026. *YouTube*. <https://www.youtube.com/watch?v=Metip3mVIT4>
- *ESV Study Bible*. Wheaton, IL: Crossway, 2008, 1681-1691.

Send questions or feedback to josh@oneloveskate.org