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**Make Waves**

1. *Jonah 1*: Jonah runs
2. *Jonah 2*: Jonah repents
3. *Jonah 3*: Jonah reaches
4. *Jonah 4*: Jonah returns

**ONE THING**

This week, run after God, repent from sin, reach our city, and return changed.

# At Home Study Guide

For the week of February 2, 2020  
Student Sunday

*As our students help us consider the story of Jonah, we want to encourage you to reflect as well on what God is teaching you through these events. Use these questions individually or in a group to help you reflect and apply.*

1. **RUNNING:** Jonah ran from obedience. What have you run from instead of obeying God? Will you run from God or to God?
  
2. **REPENTING:** When God disciplines us, he is faithful to forgive us and help us, as he did Jonah. In what area of your life is God calling you to turn back to him?
  
3. **REACHING:** God has put people in your path that he wants to reach through you. Who is God leading you to reach with his good news?
  
4. **RETURNING:** What do you love more than what God wants you to do? Ask God to change your heart through his Word today.

## ONE THING

This week, run after God, repent from sin, reach our city, and return changed.