

Cell Group Journal  
April 1 - May 5

# JONAH



THE HEART OF GOD IN THE HEART OF THE SEA

Daniel Barta, Robert McKinney,  
& Randall Moss





WEEK #1 | JONAH 1-4

WEEK #2 | JONAH 1:1-16

WEEK #3 | JONAH 1:17-2:10

WEEK #4 | JONAH 3:1-10

WEEK #15 | JONAH 4:1-11

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LEARN MORE ABOUT CELL GROUP  
[cf-northwest.com/cellgroups](http://cf-northwest.com/cellgroups)



# HOW TO USE THE STUDY

*Cell Group is "Our disciplined effort to speak the truth one to another in the hope that the church may be brought to maturity." We hope this resource will help you commune with the LORD and his people as you study His Word and speak it to one another in your cell groups, missional communities, and homes.*

## WEEKLY STEPS

*For each week follow these steps...*

Step One | Read the Scripture text for the week.

Step Two | Use the weekly study guide to interact with the text taking time to answer questions about the text, the truth discussed and the instruction identified.

Step Three | Respond in prayer by offering praise, thanksgiving, confession, and petition.

Step Four | Summarize what you have learned from the text in the CG Conversation worksheet so that you might be ready to speak the truth with your CG and others.

Step Five | Go to corporate worship ready to hear from God as the pastors preach from the text you have been considering each week.

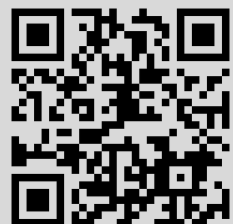
## **INTERESTED IN JOINING A CELL GROUP?**

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Currently there are more than 20 groups of men and women that regularly get together to discuss God's Word in the context of ongoing relationship. We would love for you to learn more about this ministry, and if you would like, we'd love to help you connect to one of them.

If you scan the link below you will find resources helping you better understand CG along with a form you can fill out to get help..

**GET HELP!!!**





Jonah 1-4

# WEEK ONE

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## ARISE, GO TO NINEVEH

The Word of the Lord came to Jonah... "Get up! Go to the great city of Nineveh and preach against it because their evil has come up before me."

- Jonah 1:1-2 (CSB)

written by Daniel Barta

# SUMMARY

## Read Jonah 1:1-17

*What did God instruct Jonah to do? (v. 2)*

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*What did Jonah do instead (v. 3)*

---

*What interrupted Jonah's attempt to flee? (v. 4-16)*

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*What happened to Jonah after he was thrown overboard? (v. 17)*

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## Read Jonah 2:1-10

*What did Jonah do in the belly of the fish? (v.2)*

---

*What did Jonah declare at the closing of his prayer?(v. 9d)*

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*How did Jonah's stay in the fish's belly come to and end? (v. 10)*

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## Read Jonah 3:1-10

*What came to Jonah for a second time? (v. 1-2)*

---

*Did Jonah obey this time? (v. 3-4)*

---

*How did the city of Nineveh respond? (v. 5- 9)*

---

*How did God respond to Nineveh's repentance? (v. 10)*

---

## Read Jonah 4:1-11

*What displeased Jonah? (v. 1-2)*

---

*How did God feel about Nineveh in their sinfulness? (v. 11)*

---



# THE TRUTH

## God shows His mercy by sending His word to sinners

The sins of Nineveh rose up to the LORD and His anger and wrath were stirred. Out of pity and mercy God sent His Word to Nineveh through the prophet Jonah so that they might escape God's judgment through repentance and faith. In a later book of the Bible, the book of Hebrews, God tells us that just as He spoke through prophets like Jonah, He now speaks through His Son Jesus Christ (Heb 1:1-2). Jesus, the Son of God, came into this world to deliver a message to sinners such as you and me. He did so out of compassion, pity, and mercy so that men and women from every nation might hear God's word, repent of their sins, and trust in Jesus for their salvation.

*What's your earliest memory of hearing God's word about Jesus?*

---

*Whom has God used most notably to teach you His word?*

---

**LONG AGO GOD SPOKE TO OUR ANCESTORS BY THE PROPHETS AT DIFFERENT TIMES AND IN DIFFERENT WAYS. IN THESE LAST DAYS, HE HAS SPOKEN TO US BY HIS SON. GOD HAS APPOINTED HIM HEIR OF ALL THINGS AND MADE THE UNIVERSE THROUGH HIM.**

**Hebrews 1:1-2 (CSB)**

*Has the hearing of God's Word led to faith and repentance in your life?*

---

*How is God's mercy / pity toward you seen in His sending you His word?*

---

## INSTRUCTION

Show mercy by taking God's word to sinners.

Jonah and Jesus both took God's message and declared it to sinners in need of mercy. We too are sent by God to warn the world about the coming judgment of God and the good news that in Jesus there is hope for salvation.

*Who are the people around you who need to repent and believe in Jesus?*

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*What will happen to those you named if they do not hear God's message with repentance and faith?*

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# RESPOND TO GOD IN PRAYER

After considering the following questions, take time to respond to God in Praise and Thanksgiving, Confession and Requests.

## PRAISE & THANKS

Praise and thank God for the mercy he has shown you by sending you His word. Thank him by name for the messengers who shared God's word with you. Thank Him for giving you repentance and fatih. Thank Him for removing your judgment.

## CONFESSION

Confess any lack of gratitude in your heart for His mercy.  
Confess a lack of mercy and pity in your own heart toward sinners.  
Confess any failure on your part to take God's word to the sinners in your life.

## REQUESTS

Ask God to help you appreciate and take joy in His mercy. Ask Him to fill your heart with so much compassion for the world. Ask Him to use you to take his word to those He has placed in your life so that they too might know salvation.



PREPARING FOR & ENGAGING IN GOOD CONVERSATION

# CELL GROUP CONVERSATIONS

## KNOW THE TRUTH

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- A truth that stood out to you and why.
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Read Together

Look at the Scriptures together. Read a portion of the other resource that stood out to you in a significant way.

Discuss Together

Compare the takeaways you jotted down. Wrestle with the questions you have. Encourage one another in the actions you identified and ask follow-up questions.

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HOW MIGHT THIS WEEK'S STUDY ENCOURAGE, CHALLENGE, OR INSTRUCT THOSE IN YOUR CELL GROUP, MISSIONAL COMMUNITY OR FAMILY?

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# SERMON NOTES



APRIL 7, 2024

JONAH 1:1-3

A series of approximately 30 horizontal lines for writing notes.

# SERMON NOTES



A series of horizontal lines for writing notes, filling the majority of the page.

Jonah 1:1-16

# WEEK TWO



## GOD'S GREAT WRATH

But the LORD threw a great wind onto the sea, and such a great storm arose on the sea that the ship threatened to break apart. The sailors were afraid, and each cried out to his god.

- Jonah 1:4-5 (CSB)

written by Daniel Barta

# SUMMARY

## Read Jonah 1:1-6

*To where did Jonah attempt to flee? (v.3)*

---

*What did Jonah leave when he ran away to Tarshish? (v. 3d)*

---

*From where did the wind come that stirred up the sea? (v. 4)*

---

*How did the sailors respond to the great wind? (v. 5a-5b)*

---

*Where was Jonah and what was he doing while everyone else took action? (v. 5c)*

---

*Why did the sailors ask Jonah to wake up and call out to his god? (v. 6c).*

---

## Read Jonah 1:7-16

*Why did the sailors decide to cast lots? (v. 7)*

---

*What did they want to know about Jonah once the lot fell on him? (v. 8)*

---

*How did Jonah identify God? (v. 9)*

---

*Why were they “seized by a great fear” (v. 10)*

---

*How did the men respond when Jonah told them to throw him overboard? (v. 13)*

---

*What did the sailors pray before they threw Jonah into the sea (v. 14)*

---

*What did the sailors do once God caused the sea to calm? (v. 16)*

---

## THE TRUTH

God shows His wrath so that sinners might see His mercy.

A display of God's power and judgment in the storm moved men to their knees. Through the knowing of God's might through His powerful response to sin, sinners experienced the sweetness of His mercy.

This use of His power and wrath to make known His great mercy is a common practice of God. He raised up Pharaoh so that against Pharaoh His power and wrath would be seen by Israel leading to their faith, repentance, and mercy (Ro 9:17, 22).

In addition to spectacular incidents such as hurling a great wind against a boat or sending 10 plagues against Pharaoh, God displays his wrath against unrighteousness in the very fabric of creation (Ro 1:18). He has so ordered the universe so that unrighteousness leads to storms. Timothy Keller states this well:

*"God has created the world so that cruelty, greed, and exploitation have natural, disintegrative consequences that are a manifestation of his anger toward evil."*<sup>1</sup>

Ultimately, God displayed His wrath in the death of Jesus. God invites all to look at His Son and heed the warning. Those who see the cross, repent of their sin, and cry out to the LORD for mercy will receive it.

*What evidences of God's wrath do you see in the world today?*

---

*What does Jesus' death teach us about the wrath of God?*

---

## INSTRUCTION

Preach mercy where sin has led to fierce storms.

Not every storm we experience comes as direct consequence of our own sin. But, "every act of disobedience to God has a storm attached to it."<sup>2</sup> We and our neighbors know trouble because we live in a sinful world. In the midst of such a world, we should diligently follow the announcement of God's judgment and wrath against sin with an invitation for all to come and receive mercy and salvation. When we offer God's mercy in the context of His impending judgment and displays of His wrath and power, we operate in His design.

*How has sin caused trouble - a "storm" - in the life of the person closest to you?*

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*What are some of the negative consequences of sin in our current culture?*

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*What are the names of three individuals near you who need to hear about God's mercy?*

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# RESPOND TO GOD IN PRAYER

After considering the following questions, take time to respond to God in Praise and Thanksgiving, Confession and Requests.

## PRAISE & THANKS

Praise and thank God for displaying His wrath and power. Thank Him for standing against sin. Praise Him for righteousness. Thank Him for dealing patiently with you so that you might have opportunity to repent.

## CONFESSION

Confess any failure to invite others to know God's mercy. Confess any tendency to deal lightly with your own sin and the sin of others. Confess where you have failed to show mercy as God has shown mercy to you.

## REQUESTS

Ask God to use the brokenness of the world to bring those who are near you to saving faith. Ask God to show them mercy. Ask God to use you to share with them the good news of His mercy.

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<sup>1</sup> Keller, Timothy. *The Prodigal Prophet* (p. 94). Penguin Publishing Group. Kindle Edition.

<sup>2</sup> *Ibid.*, p. 23.



PREPARING FOR &  
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Lined area for sermon notes.



Jonah 1:17-2:10

# WEEK THREE



## GRACE IN THE DEPTHS

The waters engulfed me up to the neck; the  
watery depths overcame me... Then you  
raised my life from the Pit, LORD my God!

- Jonah 2:5-6 (CSB)

written by Robert McKinney

# SUMMARY

## Read Jonah 1:17-2:1

*Who is responsible for Jonah's ending up in the belly of a fish? (v. 17)*

---

*How long was Jonah in the belly of the fish?*

---

## Read Jonah 2:2-4

*What does Jonah do in the belly of the fish? (v. 1)*

---

*What hope does Jonah possess even in the fish's belly? (v. 4)*

---

## Read Jonah 2:5-7

*What imagery does Jonah use to describe death? (v. 5-6)*

---

*What is the unexpected outcome?*

---

## Read Jonah 2:8-10

*What did Jonah say idolators would forsake? (v. 8)*

---

*What did Jonah say belongs to the LORD? (v. 9)*

---

*How does God show His steadfast love to Jonah in this instance? (v. 10)*

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# THE TRUTH

## Salvation Belongs to God

Edmund P. Clowney says that Jonah's final statement in Jonah 2:9 could be the heart of the book and the entire Bible. Though tossed into the sea by the sailors, it was God who sovereignly and mercifully pursued his wayward prophet.

He arranged for the great storm and the great fish that all at once judged and rescued Jonah. Salvation belongs to God and he will do whatever it takes to rescue those upon whom he has set his grace. Whether it is a

prophet on the run or a wicked city like Nineveh, God will be merciful how and to whom he chooses. Salvation belongs to God.

*In what unexpected ways has God pursued you with his grace? Consider things like: a difficult relationship; a season of suffering; an unfulfilled dream.*

---

*What did God teach you about your heart and about himself in that experience?*

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# INSTRUCTION

## Give In To Grace

There in the belly of the fish at the bottom of the sea and close to death even Jonah realizes the futility of his resistance.

He cannot escape the unrelenting grace of God for him, and the grace God intends to show through him. Sometimes God's grace toward us stings and burns, but like with Jonah, God is doing something good. Sometimes the grace he intends to show through us does not fit our preconceived notions of who he is and how he should carry out his salvation plans. In both, God would have us give in to grace, to humble ourselves before him in both the things he desires to do in us and through us.

*How are you being resistant to God's transforming grace toward you?*

---

*What opportunities do you have to extend God's grace and mercy toward others this week?*

---

*What challenges or difficulties must you overcome in order to show grace in the ways you mentioned above?*

---

*What difficult thing has kept you from extending grace and mercy to others?*

---

# RESPOND TO GOD IN PRAYER

After considering the following questions, take time to respond to God in Praise and Thanksgiving, Confession and Requests.

## PRAISE & THANKS

Take a moment to thank God for pursuing you and for not giving up on you despite all the ways you resist his grace.

## CONFESSION

Confess the ways in which you have resisted God's grace toward you and the ways you have been reluctant to show that same grace to others.

## REQUESTS

Ask God to help you consider what his grace is teaching no matter how difficult. Ask him to use his grace to give you a gracious spirit toward those you often deem unworthy.





PREPARING FOR & ENGAGING IN GOOD CONVERSATION

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# SERMON NOTES



APRIL 21, 2024

JONAH 1:17-2;10

Lined area for sermon notes, consisting of numerous horizontal lines.



Jonah 3:1-10

# WEEK FOUR

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## LET'S TRY THIS AGAIN

The word of the LORD came to Jonah a second time: "Get up! Go to the great city of Nineveh and preach the message that I tell you."

- Jonah 3:1-2 (CSB)

written by Randall Moss

# SUMMARY

Read Jonah 3:1-10

*What did the Lord instruct Jonah to do this second time? (v. 2)*

---

*How did Jonah respond? (V. 3)*

---

*What message did Jonah share with the Ninevites? (V. 4)*

---

*How did the people of Nineveh respond? (V. 5-8) Notice the contrast with how Jonah initially responded to the word of the LORD (Jonah 1:3).*

---

*Despite Jonah's bleak proclamation, what did the King hope would happen? (V. 9)*

---

WEEK FOUR

BIBLE STUDY

JONAH 3:1-10

*How did God respond? (V. 10)*

---

*What does this reveal about the character of God? (see 4:2b; also Exodus 34:6)*

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## THE TRUTH

### God is Slow to Anger and Abounding in Steadfast Love

We see this truth throughout the story of Jonah. First, we see it with God's desire to warn the Ninevites of His coming wrath so they might repent and believe in Him.

Second, we see it in God's sparing of the pagan sailors and granting Jonah a second chance to obey Him.

Finally, we see the dramatic culmination of God's slowness to anger and the weight of His love and mercy. A wicked and perverse nation is brought to immediate and lasting repentance at the display of God's mercy toward them through Jonah's warning.

Read Exodus 34:5-9

## God Uses Weak People to Accomplish His Will

God used Jonah - a disobedient, bitter, fearful prophet - and his brief, half-hearted sermon to save a nation. God is sovereign and He can do whatever He pleases. His perfect plan will be accomplished.

Yet, He delights in using weak, broken people to carry out His rescue mission. This truth is profound and displays the heart of God for us.

Why might God choose to use weak people to accomplish His will?

In using what is weak and broken, His power is magnified and no one can boast in themselves. God gets the glory! Also, by using His weak, broken children, God aims our hearts over and again back to Jesus. In Christ alone, we are forgiven and made whole. In Christ alone, we are satisfied and find perfect contentment.

What are some of your own weaknesses?

How has God used you in spite of the weaknesses you identified?

## INSTRUCTION

### Trust God and Go

Because God is merciful and slow to anger, we can trust God and rest in Him. Because God uses weak people to accomplish His will, we can be confident in Him despite our weaknesses. We can live our lives in obedience to Jesus' teachings and great commission knowing that He is with us. He is slow to anger and abounding in steadfast love. His love is perfect and will accomplish the Father's will. He will redeem all of his children. He will be glorified. He will be with us in our weakness and make his perfect power known all the more.

*Jesus came near and said to them, "All authority has been given to me in heaven and on earth. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age."  
-Matthew 28:18-20 (CSB)*

*How are you personally going into the world to share the good news of Jesus?*

What makes trusting God difficult for you as you fulfill the mission?

# RESPOND TO GOD IN PRAYER

After considering the following questions, take time to respond to God in Praise and Thanksgiving, Confession and Requests.

## PRAISE & THANKS

Praise and thank God for the mercy he has shown you by giving you grace and second chances.

## CONFESSION

Confess any lack of gratitude in your heart for God's mercy and grace.

## REQUESTS

Ask God to help you grow in your obedience to the gospel mission in your daily life.



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# SERMON NOTES



A series of 25 horizontal lines for writing notes.

Jonah 4:1-11

# WEEK FIVE



## ARISE, GO TO NINEVEH

So may I not care about the great city of Nineveh, which has more than a hundred twenty thousand people who cannot distinguish between their right and their left, as well as many animals.

- Jonah 4:11 (CSV)

written by Robert McKinney

# SUMMARY

## Read Jonah 4:1-4

*How would did Jonah feel about the result of his ministry in Ninneveh? (v. 1-3)*

---

*Why was Jonah so displeased with God's work? (v. 2; see also 3:10)*

---

*How does Jonah describe God? (v. 2)*

---

*What question did the LORD ask Jonah in his displeasure? (v. 4)*

---

## Read Jonah 4:5-8

*What did Jonah sit around to see? (v. 5)*

---

*What parts of creation does God sovereignly control in order to teach Jonah a lesson? (v. 6-8b)*

---

*How does Jonah's attitude differ from the attitude of Job (see Job 1:21), another man who suffered by God's hand? (v. 8b)*

---

## Read Jonah 4:9-11

*What question does God ask Jonah about his attitude? (v. 9)*

---

*What did the LORD care for while Jonah cared for the plant which perished? (v. 10)*

---

*What reasons does God give for His care toward Nineveh? (v. 10-11)*

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# THE TRUTH

God's grace is bigger than we expect or desire.

Having come to the end of his begrudgingly carried mission, Jonah finds it hard to reckon with the results. This rebellious prophet, not one chapter ago rescued by a miracle of grace, has the audacity to be angry with God for showing that same grace to others.

In a twisted irony, God has proven to be exactly as Jonah thought he was, gracious and compassionate, slow to anger, and abounding in steadfast love. God has done the worst thing he could do in the eyes of Jonah. He has spared Nineveh, Jonah's worst enemy.

So, God uses a plant, to teach Jonah a lesson about grace. The plant that God causes to grow, he can also cause to wither and die. As sovereign he gives and he takes away.

Jonah's pride and anger have blinded him to this reality and that he, himself, is a rich recipient of the same grace for which he now despises God for showing to Nineveh.

Jonah loves grace as long it is grace on his terms, given only to those he deems worthy of receiving it. But Jonah has no more right to be angry with God over sparring Nineveh than he does over the withered stalk that used to be his shade tree. God will show grace to whomever he chooses even those we don't expect or desire, including Nineveh and including Jonah.

*What examples of God showing grace to others would you say are surprising or undesirable?*

---

# INSTRUCTION

## Savor and Show Grace

God's grace is bigger than we might have expected or desired. As the sovereign creator of the world everything in it belongs to him. He gives and takes away and his name is blessed.

Jonah was right (Jonah 2:9), when he cried from the belly of the fish, that salvation belongs to the Lord. But just like the rebellious prophet we often balk at the implications of those words. Like Jonah, we're angered when God shows kindness to our enemies, and downright enraged that he would ask us to be like him and do the same.

As those who know better than Jonah, we must look to Christ, the ultimate example of one who showed kindness to those who didn't deserve it. We must savor the grace we received. It is only by savoring it that we will find the strength show it to others to refuse to allow this grace to sour our hearts against those who, just as unworthy as we are, have been offered grace nonetheless.

*List examples of the ways that God has shown you and your family grace.*

---

*Who are the people in your life that you consider unworthy of grace? Are there certain categories of people? Who do you consider your enemies?*

---

# RESPOND TO GOD IN PRAYER

After considering the following questions, take time to respond to God in Praise and Thanksgiving, Confession and Requests.

## PRAISE & THANKS

Take a moment to praise and thank God for this grace acknowledging that you don't deserve it.

## CONFESSION

Confess the ways that you have failed to appreciate the grace that God has shown you and your family. Confess the ways this has soured your heart against those you deem your enemy and unworthy of God's grace.

## REQUESTS

Ask God to overwhelm you anew with the extravagant grace he has shown you and your family.

Ask him to use the grace you've received to compel you to be an instrument of grace to others, especially those you deem your enemy or unworthy.



PREPARING FOR & ENGAGING IN GOOD CONVERSATION

# CELL GROUP CONVERSATIONS

## KNOW THE TRUTH

Study

Know the text, listen to the sermon, and invest time in the provided resource.

Write

Jot down a few thoughts of reflection. Try identifying each of the following:

- A truth that stood out to you and why.
- A question you are still wrestling with.
- An action step you need to take.

## SPEAK THE TRUTH

Read Together

Look at the Scriptures together. Read a portion of the other resource that stood out to you in a significant way.

Discuss Together

Compare the takeaways you jotted down. Wrestle with the questions you have. Encourage one another in the actions you identified and ask follow-up questions.

Pray Together

How can your CG pray for one another based on what each one shared? Take notes and pray.

Wait Together

Fruitful growth from your investment of time and effort will come slowly. You need to remember that people are not changed in one CG conversation or one study, but those who apply themselves to know the Word and to discuss it will see progress.

WHAT TRUTH OR STATEMENT DID YOU FIND MOST HELPFUL OR BENEFICIAL FROM THIS WEEK'S STUDY?

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WHAT QUESTION(S) DO YOU HAVE AFTER STUDYING THE TEXTS THIS WEEK?

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WHAT NEEDS TO CHANGE ABOUT YOUR ATTITUDE? YOUR THINKING? AND, YOUR ACTIONS?

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HOW MIGHT THIS WEEK'S STUDY ENCOURAGE, CHALLENGE, OR INSTRUCT THOSE IN YOUR CELL GROUP, MISSIONAL COMMUNITY OR FAMILY?

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# SERMON NOTES



MAY 5, 2024

JONAH 4:1-11

A series of horizontal lines providing a space for writing sermon notes.



# SERMON NOTES



A series of horizontal lines for writing notes, consisting of 28 lines.



# JONAH

## *25 Devotions*

by Daniel Barta



**Sign Up for Devotions  
through Text Message**

The story of Jonah reveals to us the God whose heart moves with pity and care when He looks out and sees evil men and women languishing, struggling, and perishing. He notices each sinner's lostness. He sees each one not just as a guilty sinner but as those also ensnared, trapped, and in need of rescue.

We will explore the compassion and mercy of Jonah's God through 25 devotions designed to complement the CG Journal and sermon series.

### HOW TO GET THE DEVOTIONS

- Five devotions will be made available each Monday, April 1 - 29.
- You can access the devotions anytime at:  
[cf-northwest.com/jonah](http://cf-northwest.com/jonah)
- You can sign up to receive through text the daily devotion for the duration of the 5 week study by scanning the QR Code above.

