

Jonah 2 | Practical Steps this Week

How does Jonah's prayer reflect his heart change?

Is there any hardship you are experiencing that may be a result of God trying to get your attention? If so, would you be willing to share? *Hardship: A condition that is difficult to endure; suffering; deprivation; oppression; restlessness of spirit*

- How can or how has prayer changed your heart and focus in the midst of hardships?
- What areas of your life are not submitted to God? How can you demonstrate submission to God?
- Consider the word picture called **Spiritual Breathing**: *Spiritual breathing is a powerful word picture which can help you experience moment-by-moment dependence on the Spirit. Exhale: Confess your sin the moment you become aware of it- agree with God concerning it and thank him for His forgiveness according to 1 John 1:9. Confessing requires repentance- a change in attitude & action. Inhale: Surrender control of your life to Christ, and rely upon the Holy Spirit to fill you with His presence and power by faith, according to his command (Ephesians 5:18) and promise (1 John 5:14-15).*
- Pray for what you and your partner shared.

Practical Steps This Week: *This week we want to pray not just for ourselves to grow in submission to God, but also to begin praying specifically for others who do not yet know Jesus to have opportunities to hear and respond to the Gospel.*

- Regularly practice confession of sin through prayer to personally experience the gospel. (Spiritual Breathing)
- Begin praying daily for 5 people who God has placed in your life who do not know Him. Ask the Lord to help you see how He is working in their lives. If you have the opportunity, ask the 5 people, "How can I pray for you this week?"

My Top 5 List:

Seven Ways to Pray for Those Who Don't Yet Know Jesus | from *SENT*, by Heather & Ashley Holleman

1. Ask God to send a "Spirit of wisdom & revelation" to that person. –Ephesians 1:17-19
2. Ask God to "turn [their] eyes from worthless things" and that they "come to their senses." –Psalm 119:37
3. Ask God to send others to help. –Matthew 9:38
4. Ask God for an open door for the gospel. –Colossians 4:2-4
5. Ask God to give you boldness to overcome your fear. –Ephesians 6:19-20.
6. Pray the message of Christ spreads quickly. –2 Thessalonians 3:1.
7. Ask God to continue to instruct you in *when, where, how, and to whom* He would like you to communicate the gospel. –Psalm 32:8.