

REAL BIBLE HEROES

Jonah

Part 2: Quiet Times

A silent retreat can be very rejuvenating. With minimal distractions, no one to disturb you, and more time for yourself and spending time with God. It is good to take some time every now and then to refocus ourselves to God. In "Jonah, Part 2", we see how spending 3 days alone changed Jonah.

(A) MATERIAL:

Read Jonah 1:17- 2:10

Talk it Out

- Jonah offered himself to be thrown into the sea. God gave Jonah a 2nd chance by getting a big fish to swallow him and kept him in the belly of the fish.
- If you have 3 days of break, how much of the time would you spend to realign yourself to God? What would you do?
- Have you and your Revo Group had a silent retreat together recently?

(B) MISSION:

Write down what God is saying to you or even a prayer or cry to God and offer it to Him. If you have a word of encouragement, pass it on to the person. Do not hold back God's word from that person.

(C) PRAYER:

Dear Lord, I love spending time with you and hearing from you. Give me time and discipline to hear from you and also cry to you. Let me be real with you. In Jesus' name I pray, Amen.