

VISION

2026

STUDY TOOLS

Sunday, January 18, 2026

Teaching Title: Saved From, Saved For

Key Scripture: Jonah 3 & 4

CEDAR VALLEY

5-DAY READING PLAN WITH QUESTIONS:

Monday: Jonah 1

Tuesday: Jonah 2

Wednesday: Jonah 3

Thursday: Jonah 4

Friday: 2 Corinthians 5:11–21

1. What does this passage tell you about God?
2. What does this passage tell you about people?
3. If this is God's Word (The Bible), what do I need to do?
4. What's your takeaway?
5. Who would you tell?

MEMORY VERSE: 2 Corinthians 5:18 NLT

And all of this is a gift from God, who brought us back to Himself through Christ. And God has given us this task of reconciling people to Him.

LIFE GROUP DISCUSSION:

Introduction:

Last week, we looked at Jonah 1 and 2, where God mercifully saves Jonah from a great fish. This week, we will look at Jonah 3 and 4, where we learn that not only did God save Jonah, but He also sent Jonah to accomplish God's mission. Salvation is not the finish line; it's the starting point for God's mission in your life. Just like Jonah, we can be reluctant to obey God, but God relentlessly pursues His people and extends mercy to us. Jonah learns that being saved from judgment means being saved for obedience. Jonah initially seems ready to obey, but we'll find that Jonah 3 and 4 reveal a deeper struggle within him. He welcomes God's mercy for himself but desires judgment for others. Yet God saved Jonah—and He saves us—for a purpose. We are to carry the same mercy and compassion God has shown us to everyone around us. If you've been saved from, you've been saved for.

Questions:

Ice Breaker: If you could instantly teleport anywhere right now, where would go and why?

1. Read Jonah 3:1–10 together as a group. What stands out to you about God speaking to Jonah a second time? What does this reveal about God's character toward disobedient servants?
2. What do we learn about Nineveh from its size and significance? How might knowing Nineveh's reputation affect Jonah's obedience emotionally and spiritually? (See Notes)
3. How would you describe Jonah's message—tone, length, and content? Why do you think God chooses to use such a short, simple message?
4. Who is it that the people believe—Jonah, or God? Why is that significant? What outward actions demonstrate their inward response?

5. Read 3:10 again. What does this verse teach us about God's response to repentance? How does this moment parallel Jonah's own experience of mercy earlier in the book? (See Digging Deeper for more)
6. Read Jonah 4:1–11 together as a group. Why do you think Jonah reacts with anger instead of joy?
7. What question does God keep asking Jonah through this chapter? And why do you think the book ends with a question instead of a resolution?
8. What question is God asking you in response to this message? Where is God sending you right now? Or who is He sending you to? Do you feel resistant like Jonah? How can you extend mercy to others the way you have been shown mercy?

NOTES

Background on Ninevah—A place known historically for brutality, torture, and cruelty:

- Capital of the Assyrian Empire
- Military superpower
- Famous for cruelty
- Skinned prisoners alive
- Stacked heads at city gates
- Impaled people
- Burned cities
- Enslaved nations

Israel didn't just dislike Nineveh...they hated Nineveh. And that is exactly where God sends Jonah.

DIGGING DEEPER

Question 5—Is God changeable?

Jonah 3:10 says, "When God saw what they had done and how they had put a stop to their evil ways, he changed his mind and did not carry out the destruction he had threatened."

But, Micah 3:6 says, "I am the Lord, and I do not change."

These two passages are just two of many passages that seem to contradict each other upon first reading them. If God never changes, how can He change His mind? Bible Scholars agree that the essence, character, attributes, plan, and promises of God never change. This is called "Divine Immutability" in Theology. God cannot cease to be God. 2 Timothy 2:13 says God "cannot deny Himself." We can count on the fact that God is always the same—yesterday, today, and forever (Hebrews 13:8).

But God does "change His mind" in response to human decisions. We see here in Jonah that God "changed His mind" because of Jonah's repentance and the Ninevites repentance. God then showed mercy because it has always been God's character to show mercy! Therefore, God is not changing who He is, He is acting out of His character in response to humans changing their minds.

For more on Divine Immutability, see this article:

<https://iep.utm.edu/divine-immutability/>