

# Southwest Life Groups

A Place to Belong...A Place to Transform

*January 17th, 2010*

*Focus: To explore how life circumstances beyond our control shape us spiritually.*

## The Book of Jonah Dark Night of the Soul - Lesson #3

**Introduction:** Each of us as followers of Christ has been formed in different ways. We can all look back and identify what it was that helped us transform. For some it is reading and studying, for others it might be significant life experiences. Tonight, begin your conversation sharing ways in which you have been formed as a Christian.

- Share your stories of how God has formed you.
- Discuss how we are formed by things we do (spiritual disciplines) as well as things that happened to us.
- How has God formed your faith in ways you did not enjoy?
- Share how you respond to this 'spontaneous' formation.

### Text: Jonah 2

- Read chapter 2 and share your initial thoughts.
- Evaluate how you believe Jonah dealt with this struggle.
- Discuss Jonah's response (prayer) to his situation.
- Realizing the significance we see of a vow made to God in the OT, discuss the implications of verse 9.

### Application

- Discuss how life circumstances beyond our control effect our spiritual formation.
- It appears that God is punishing Jonah as well as teaching him. Agree? Disagree?
- What does your answer to the question above reveal about your theology of suffering?
- How have you responded during these hard times in your life?
- How has your 'dark night' shaped you?
- Examine how we might walk alongside those going through their 'dark night'.

