



# Learning from Jonah: Obedience Over Running



Discover Jonah's story to understand why running from God's call leads to trouble and how obedience brings peace and purpose.

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## Introduction

**Running from God?** Many teens face moments when they feel hesitant or scared to follow what God calls them to do. Jonah's story is one of the most powerful examples in the Bible showing that trying to avoid God's plans doesn't work out well. Even when he ran away, God never stopped pursuing him.

*Have you ever wanted to escape or hide from what God wants you to do?* The story of Jonah reveals how God uses even our mistakes and running away for His greater purpose. Jonah's journey will inspire you to reflect on your own life and see how obeying God leads to true fulfillment, while running leads to turmoil.

Over the next three days, this study will guide you through Jonah's experience—from fleeing on a ship, to the storm and the big fish, to finally obeying God and seeing the results of obedience. You'll learn that God's calling isn't to harm you but to help you grow and bless others through you.

Get ready to explore the challenges and blessings of obeying God's call. Whether you're running from a tough decision, a responsibility, or even a relationship God is asking you to restore, this time together will encourage you to trust God's plan and take courageous steps of obedience.

**Let's dive in and discover how refusing to run radically changes your life for the better.**





## Day 1: The Flight That Failed



Day 1:  The Flight That Failed

## Your Verse

*Jonah 1:1-17 "But Jonah ran away from the Lord and headed for Tarshish..."*

## Supporting Scriptures

- *Psalms 139:7 - "Where can I go from your Spirit? Where can I flee from your presence?"*
- *Proverbs 3:5 - "Trust in the Lord with all your heart and lean not on your own understanding."*



Day 1:  The Flight That Failed

# Devotional: Running Away Doesn't Hide You from God

**Jonah's first step was running.** When God called him to warn the city of Nineveh, Jonah took a ship going the opposite way. He thought he could escape the responsibility, maybe the consequences, or even the discomfort of God's plan.

*But the storm came.* God allowed a powerful storm — a reminder that running from God's call doesn't mean running from God Himself. When we try to avoid what's right, we often find ourselves in deeper trouble. Jonah's story shows us that God is always present, ready to redirect us back on the right path.

For teens, this may mean avoiding a difficult decision, ignoring the inner prompting of the Holy Spirit, or choosing what's easy over what's right. But remember, God knows better than we do, and His plans are for our good. He wants us to trust Him more than our own understanding and not try to escape His guidance.

**Instead of running, what if we paused to seek God's help?** What if we leaned on His wisdom instead of our fears? Today is about recognizing the traps of avoidance and beginning to trust in God's perfect plan, even when it's scary.



Day 1:  The Flight That Failed

## Reflect and Apply

1. Have you ever tried to avoid a responsibility or decision that you believed God was asking of you? Why?

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2. What does Psalm 139:7 tell you about God's presence in your life, even when you feel far away?

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3. What fears or doubts might be holding you back from trusting God fully?

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Day 1:  The Flight That Failed

## Journaling Prompts

1. Write about a time you tried to 'run away' from a difficult choice. How did it affect you?

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2. List ways God has shown you He never leaves you, even when you struggle.

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3. Pray and journal what it means to trust God with your whole heart right now.

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Day 1: 🚢 The Flight That Failed

## Prayer for Today

Lord, thank You that You are always with me—even when I try to run away. Help me to stop avoiding Your plans and to trust Your guidance. I want to lean on You instead of my own understanding today. Give me courage to face what You're asking of me and peace in Your presence. Amen. 🙏 🚢 💡





## Day 2: The Storm Inside and Out



## Day 2: 🌪️ The Storm Inside and Out

## Your Verse

*Jonah 1:15-17 "Then they took Jonah and threw him overboard, and the raging sea grew calm."*

## Supporting Scriptures

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Romans 8:28 - "And we know that in all things God works for the good of those who love him."*



## Devotional: God Calms the Storms We Create

**Jonah's disobedience brought chaos—not just to himself but to others around him.** When the sailors threw him into the sea, the storm instantly calmed, showing God's control over every situation. This powerful moment reminds us that our actions have consequences, but God's mercy is always there as well.

*Often, when we ignore God's direction, we create 'storms' in our lives—**anxiety, conflict, or isolation.** God does not want us to suffer but wants to guide us through life's challenges. Like the sailors, sometimes those around us are affected by our choices.*

As a teen, it's important to remember that running from God doesn't only impact you; it impacts family, friends, and community. But the beautiful truth is God offers second chances. Jonah was swallowed by a great fish—three days of reflection and change before he was given a new shot at obedience.

**Even when your actions cause turmoil, God's steadfast love and plan for good do not fail.** This day invites you to reflect on any current storms—internal or external—and ask God to calm them and help you face your calling with courage.



Day 2: 🌪️ The Storm Inside and Out

## Reflect and Apply

1. How have your own choices created challenges or 'stormy' moments in your life or relationships?

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2. In what ways do you see God offering you second chances?

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3. How can you invite God to calm the storms in your heart and life today?

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# Journaling Prompts

1. Describe a 'storm' in your life caused by avoiding what you know is right.

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2. Write a prayer asking God to calm your fears and give you courage to obey.

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3. List people who are affected by your decisions; ask God to help you restore those relationships.

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## Day 2: 🌪️ The Storm Inside and Out

## Prayer for Today

God, You see the storms in my life and those I cause. Please calm my fears and help me to choose Your way. Thank You for your patience and for giving me new chances to obey and grow. Help me to trust You completely in the storm.

Amen. 🌧️ 🕊️ 🙏





## Day 3: ✨ Obedience Brings Purpose





Day 3: ✨ Obedience Brings Purpose

## Your Verse

*Jonah 3:1-5 "Jonah obeyed the word of the Lord and went to Nineveh..."*

## Supporting Scriptures

- *Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*
- *Psalms 37:4 - "Take delight in the Lord, and he will give you the desires of your heart."*



Day 3: ✨ Obedience Brings Purpose

## Devotional: Stepping Out in Obedience Changes Everything

**After Jonah's time inside the fish, he obeyed God's call and went to Nineveh.** When he finally stepped out in faith, the people listened, turned from their wrong ways, and God showed mercy. This is the powerful outcome of obedience — purpose fulfilled and lives transformed.

*Obedience isn't always easy, especially when it means facing fear or discomfort.* But it leads to peace, alignment with God's heart, and blessings beyond what we expect. For teens, this means trusting that God's plan is better than any shortcuts or excuses.

God's call for your life matters. Saying 'yes' means you are part of something bigger — a story of redemption, hope, and change. Just as Jonah's obedience saved a city, your faithfulness can impact your school, family, and friends.

**Today, let this story encourage you to embrace your calling.** God's strength will be with you, and His promises will sustain you. Your obedience is never wasted but is part of God's beautiful plan unfolding through your life.



Day 3: ✨ Obedience Brings Purpose

## Reflect and Apply

1. What is God asking you to do that you might be hesitant to obey?

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2. How can you find strength and courage to follow God's call, just like Jonah?

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3. What blessings or changes might come from choosing obedience today?

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Day 3: ✨ Obedience Brings Purpose

## Journaling Prompts

1. Write about one area where God is calling you to step out in faith.

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2. List ways God has helped you be strong and courageous in the past.

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3. Pray for boldness to say 'yes' to God's plans for your life.

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Day 3: ✨ Obedience Brings Purpose

## Prayer for Today

Father, thank You for the example of Jonah and the power of obedience. Help me to trust You and follow Your call courageously. Give me strength when I'm afraid and joy as I walk in Your purpose. May my life reflect Your love and bring hope to others. Amen. ✨ 🙏 💪





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