

Family Talk – Restraint

READ TOGETHER

Jonah 1:4–17

1. What stands out to you from these verses?
2. Have you ever acted in disobedience and then got hurt from it?

LIVE IT

Jonah was running from God. Some of us might be doing the same right now. Maybe God put something on your mind that He wants you to do, or you're committing a sin, and you know it's wrong. We have a responsibility to obey God's Word. Not only does our disobedience and sin hurt us, but it also hurts others too. Review verse 10 below:

¹⁰The sailors were terrified when they heard this, for he had already told them he was running away from the LORD. "Oh, why did you do it?" they groaned.

What a question! After this, Jonah realized he could not hide from God anymore. We can ask ourselves the same question the sailors asked, "Why did you do it?" We can't fully experience God's love and run from Him at the same time.

What has God told you to do?
Are you doing it?

LEAN ON GOD

Dear God,

Thank You for this day. I pray that You give us clear direction. If You want us to do something, please put it on our hearts and move us to be obedient. We want to be close to Your love, not running from what You have for us. If we're running from You, we ask for forgiveness. We trust that You know what's best.

Amen.

