

Uncharted Water: Vampire Emotions

Monday

Jonah 1:1-16

Jonah was frustrated with God and hated the Ninevites. What are some other reasons people run from God? How might you be running from God right now? Why? What is preventing you from taking off your running shoes?

Tuesday

Jonah 1:17-2:10

The consequence of Jonah's disobedience was a swim in turbulent waters and 3 days in the belly of a fish. The consequence became his salvation. Has God ever used a negative consequence for a positive outcome in your life? What verses of Jonah's prayer most resonates with you? Why?

Wednesday

Jonah 3:1-10

How do you think Jonah felt when God asked him to go to Nineveh a second time? Are you more like Jonah or God when it comes to the people who don't look like you, act like you, live like you, believe like you? Why?

Thursday

Jonah 4:1-11

What do we learn about the character of God when it comes to someone who rebels against God's directive? What do we learn about the character of God when it comes to people who we think are "wicked" and deserving of judgment?

Friday

Philippians 4:8-9 | 1 John 4:19 | Isaiah 43:4

Write down the initials of the people who try your patience and you have a hard time liking, much less loving. Read these passages over and over, sitting under the waterfall of God's peace and love. Notice over the day what you think and how you feel about those people.

Saturday

Ephesians 4:17-31

Identify all of the shows, podcasts, news feeds, games, apps, websites, people and other sources that feed your frustration and hate. Make a decision before God to steer clear of these entities that feed your vampire emotions.

Sunday

I Corinthians 13

List all of the people you know who most embody the traits of love as described in this chapter. Decide now who you are going to connect with each day of the coming week.