

"Is There More To Life Than Me?" Series

Part 6: "Welcome to My Pity Party" Jonah 4:1-4

When does self pity come my way?

1. Self pity comes when _____ doesn't follow my agenda. Jonah4:1
2. My _____ falls way short of God's nature. Jonah 4:2
3. There's nothing _____ to life than me. Jonah 4:3a
4. My _____ future just isn't happening. Jonah 4:3b

What should I do with my self pity?

1. See God at work in your _____
2. Let trials build _____
3. Be done with _____ living
4. Hold on loosely to you picture of a _____ future

Get to Know Me:

What is something you would do if you were younger?

Share about stress and how it affects you life?

Into The Bible and Life Application:

How have you put God "in a box" in your life? How has He shown Himself to be bigger than your box?

Read Psalm 10. What is the psalmist upset about? What is the difference between the psalmist's frustration and Jonah's?

We love to sing of God's grace and how much He loves us and rightfully so. Is there someone in your life that you think does not deserve God's grace and love? How can you show them God's grace and love?

Read 1 Peter 5:5-7. The Bible talks a lot about being humble. What is the difference between being humble and self-pity/thinking negatively about yourself? Note any passages that come to mind.

One of Jonah's greatest strengths/attributes was that he was a prophet, but when God changed His plans Jonah became angry and his strength became his weakness. What would be one of your character strengths and how can/has it turned into a weakness at times?

Read Luke 15:11-32, James 5:11, and Colossians 3:12. Jesus paints a picture of a compassionate father upon the return of his lost son. James reminds us of Job's life and how God was compassionate and Paul encourages us to be like Christ by having compassion on others. Who in your life can you show compassion to?