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**Week 1**

**Daily Time With Truth**

As you read these daily scriptures, ask yourself these three questions:

1. What is God saying to me?
2. What do I want to say to God in response?
3. How will I live out this truth?

**Day 1**: **Jonah 2:2-6a**

In my distress I called to the Lord, and He answered me. From deep in the realm of the dead I called for help, and you listened to my cry. You hurled me into the depths, into the very heart of the seas, and the currents swirled around me; all your waves and breakers swept over me. I said, ‘I have been banished from your sight; yet I will look again toward your holy temple. The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains, I sank down; the earth beneath barred me in forever.

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**Day 2: Jonah 2:7**

When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple.

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**Day 3: Romans 3:24-25**

Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins. For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood.” **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 4: James 1:2-3**

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

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**Day 5: Jonah 2:9**

“But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, ‘Salvation comes from the Lord.’”

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Discussion Questions:

1. Have you ever experienced a situation where your internal struggles or choices created a "storm" in your life? How did this turmoil affect your relationship with God?

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2. Jonah made a choice that directly led to chaos and danger for himself and others. Can you think of a time when your decisions had unintended consequences on those around you? How did you handle taking responsibility and seeking resolution?

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3. Jonah found himself at rock bottom, both physically and spiritually. Have you ever reached a point of desperation that led you to a deeper dependence on God? What did you learn about yourself and your faith during that time?

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4. The passage highlights the costliness of God's grace through Jesus's sacrifice. How does understanding the high price of salvation affect the way you view your relationship with God and the choices you make?

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5. Jonah's prayer is a desperate cry for salvation. Have you ever turned to God in a moment of distress or hopelessness? How did this experience change your perspective on prayer and your reliance on God's help?

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6. Just as Jonah's time in the fish brought transformation, can you recall a specific situation in your life that seemed insurmountable but ultimately led to growth and change? How did your perspective on God shift as a result?

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7. The concept of "The Dark Night of the Soul" implies a period of spiritual struggle leading to greater intimacy with God. Can you share a time when you felt spiritually disconnected or lost? How did this experience eventually lead to a deeper connection with God and a stronger faith?

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