

Family Devotional

From May 21, 2017

Read: *Jonah 1:17-2:10*- If you have not recently read *Jonah 1:1-16* you should read that too!

Reflect:

Why was Jonah in the water?

What were Jonah's options at that point?

At first we might think being swallowed by a big fish sounds like a punishment for not obeying God, but reread *Jonah 1:17*. What does it say?

It says, "the Lord provided..." God did not want Jonah to drown so He sent a big fish to rescue him. Sometimes when we are in difficult circumstances we can think, "Why did God do this to me?", or, "How could He let that happen?" However, we often forget to look at what He has saved us from. When we find ourselves thinking this way it is the perfect time to think about our situation and talk to God about it, just like Jonah did while he was in the belly of the big fish.

What was Jonah's first wrong move when God told him to go to Nineveh? The fact he didn't want to do it was not the first problem. Instead of talking to God about it, Jonah decided to take matters into his own hands. He did not stop and tell God why he did not want to go or what he was scared of. He just ran away.

However, while Jonah was sitting in the belly of the big fish, he finally did what he should have done from the very beginning; turn to God. In chapter 2, we get to read his heart-felt prayer. Can you think of some other examples of people from the Bible, history, or friends that turned to God first, even when they didn't really want to face what was in front of them?

Jesus gives us one of the most perfect examples. Read *Matthew 26:36-39*. God's will is always the best plan. It might not be the easiest or the most fun or something we think we can do, but when we turn to God and tell Him we are willing, He will do mighty things through us!

Remember: Work together as a family to memorize/meditate on Psalm 62:8 this week.

Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

Ideas: Write this passage down and hang it on the refrigerator. Say it together as a family during meal time each day. Write it on a chalk or white board and erase a couple of words each day until you can say it by memory.

Respond:

"Dear God, thank you for wanting to hear what is on my mind and heart. Help me remember to turn to you in all circumstances..... Amen!"