



Title: The Reluctant Prophet

Speaker: Ashwin Ramani

Scripture: Jonah 1:1-5

Notes:



### TODAY'S Lunch Discussion Question

#### 1. Reflect on Jonah's Disobedience:

Why do you think Jonah chose to run away from God's command to go to Nineveh? Can you relate to a time in your life when you felt God calling you to do something uncomfortable or challenging, and how did you respond?

#### 2. Spiritual Growth and Measurement:

Pastor Ashwin used the metaphor of children measuring their height and contrasted it with our often-stagnant spiritual growth. How do you currently measure your spiritual growth, and what practical steps can you take to ensure you are continually growing in your faith?

#### 3. God's Grace and Pursuit:

The story of Jonah illustrates God's relentless grace and pursuit, even in the face of disobedience. How does understanding God's persistent grace change the way you view your own shortcomings and failures? How can this perspective influence your interactions with others, especially those outside of the faith?

### OFFICE UPDATE

- We collect items for the *My Sisters Place* Organization. For a list of items to bring, please visit [www.mysistersplace.ca](http://www.mysistersplace.ca)
- Find our Stamp Collection box in the Office entrance vestibule.

**The Office will be closed Monday, May 20,  
for Victoria Day.**