**Discuss**

1. How do Jonah’s actions demonstrate what Eric called a “demotion” as the prophet ran from God?

Where have our actions called for us to be demoted?

1. How have you seen the connection between the physical and spiritual illustrated in your own life or that of others?
2. What does God’s willingness to intervene in our STUFF teach us about HIS character?
3. What are some examples of things that compete with God’s call for our attention?
4. What has God broken up in your life to draw you back to Himself?

What might He be breaking up today for your good?

1. In verse 6, “*So the captain came to him, and said to him, “What do you mean, sleeper? Arise, call on your God; perhaps your God will consider us, so that we may not perish.”* How does one “wake up” spiritually?
2. What does ignoring God’s wake up call lead to?
3. How does the idea of God breaking up the things we place our confidence in sit with you?
4. What storms are you facing?

What is God breaking apart to wake you spiritually?

1. How has God pursued you?
2. Eric says that we, as a church, need to WAKE UP and be the “salt and the light” for the world. How we affect positive change within our church to be that our church can be that “salt and light” to the community it services?

# Live it Out

**Prayer:** Whether or not God is confronting self-centeredness in your life, ask Him to shape your heart to see His interruptions as blessings.

**Listen:** Identify two or three mature Christians and ask to spend time connecting with them. Ask about the ways God has interrupted their lives for spiritual maturity and let their testimonies encourage you onward.

**Perspective:** As you go about your week, pay attention to the interruptions to your routine. Make a conscious effort to view them as God-given opportunities to grow in your faith.

**Draw:** What comes to mind when you think of the words “asleep” and “awake”? Create a visual image that best represents your understanding of how God has woken you from spiritual slumber.

**Memorize:** Commit Ephesians 5:14 to memory with the prayer that God would awaken you spiritually wherever needed.