



# READING & PRAYER CHALLENGE

## A 4-Week Invitation

As we study the book of Jonah together, we hope you'll really dig into the text. This isn't a checklist or a pressure-filled program - it's simply a way to lean into the Intentional Life during this message series. These practices can help us pay attention and respond as God leads us.

### WEEK 1: READ

Read the book of Jonah this week. It has four chapters -- and only 48 verses. We encourage you to read through Jonah once a week for all four weeks of the series. As you read:

- Notice where you see yourself in the story.
- Pay attention to what surprises or unsettles you.
- Consider the following questions in each chapter:  
**Jonah 1:** Where am I running? What am I avoiding?  
**Jonah 2:** What does repentance sound like when I'm honest?  
**Jonah 3:** Where is God calling me to obey quickly, not eventually?  
**Jonah 4:** Who do I secretly not want God to be merciful toward?

*Continued >*

### WEEK 2: PRAY

Twice this week, pray **Psalm 139:23-24**, then pray:

**God, show me where my heart has grown small.**

Sit in silence for a few minutes and just listen. Write down what God reveals:

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### WEEK 3: ASK

This week shifts from reading and listening to looking outside ourselves. Jonah ends with God's question: "Should I not care about that great city?" Let that question become personal by asking God to show you:

**Who have I written off?**

As you pray, take note of what God reveals to you. Name the kind of people you tend to keep at a distance.

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### WEEK 4: MOVE

This week may feel uncomfortable, and that's okay. Of the people God brought to mind above:

- Choose one person or group of people you'd rather not deal with.
- Pray an honest prayer of confession and repentance.
- Pray for them daily.
- If it is safe to do so, do one concrete act of peace (a note, a meal, an apology, a generous assumption, an invitation), or one act of costly kindness toward someone "undeserving."

### After this series:

In the weeks and months following the Jonah series, we would love to hear any stories of how God changed you or worked in your life through this challenge. When we seek Him, listen to Him, and grow our hearts to be more like His, He can surprise us!

Share your story here: [pastorjoel@christtherock.org](mailto:pastorjoel@christtherock.org)