



SPX Small Groups

Life is Better Together



AN SPX MESSAGE SERIES

Unstuck: Week 4 – January 24
3rd Sunday in Ordinary Time

- 1) Do you tend to see the world more in terms of “black and white” or “shades of gray?” Have you always had the outlook, and if not, when did it change?
- 2) In the first reading ([Jon 3:1-5, 10](#)), Jonah is remarkably successful in calling the people of Nineveh to repent.
 - a. Where might Jonah have learned to hate the people of Nineveh? Was that hatred justifiable? Is hatred ever justifiable in the life of a Christian?
 - b. Since the people of Nineveh were enemies of Israel, why might God have been concerned about their repentance? What can we learn from this about how we should feel about people we would consider our own “enemies”?
 - c. After the people of Nineveh repent, God spares them the punishment he was planning, which greatly bothers Jonah’s sense of justice. Describe a time when you were disappointed because God did not punish someone.
 - d. How can we make sure that our sense of justice is grounded in God’s word and God’s teaching?
- 3) Have you ever felt a sense of fleeting happiness when something bad has happened to an enemy? How do you move beyond those moments? Are there things you need to tell yourself or remind yourself of?
- 4) How is hatred a trap that you can get stuck in? Do you have any advice for someone who is struggling with feelings of hatred?
- 5) How are hatred and self-righteousness connected? What other emotions can easily lead a person to hatred?
- 6) Are there attitudes you have or ways that you look at life that you need to repent of?
- 7) What steps can you take this week to move from hating someone in your life to loving them? Are there any steps you can take to have others view you as less of an enemy?
- 8) Watch the video extra and discuss.