

# RUNAWAY

*A grown-up story about childish ways*

## DAY 1

**READ** Psalm 88. Have you ever prayed a prayer like that? Honest and raw with no real positive outlook? Praying from a place of deep sorrow where you begin to question whether God even sees your troubles anymore. Have you ever been in a place like that? Maybe you're there right now.

If you're in that place now or can recall the emotions while there before, **WRITE** a prayer from that place. **EXPRESS** to God your doubts, fears and anger found while in that place. Although it may be scary and overwhelming to express these emotions, seeing them written down can be even more so. But, there's power, as well as a sense of release and acceptance, in seeing them written out. Don't be afraid to be honest with God about how you feel, He can handle your doubts and fears.

## DAY 2

**THINK** again of a time you hit rock bottom. *Did you blame someone else for putting you there? To whom did you give yourself permission to view as "other" from that point of view?*

**READ** Jonah 4: 1-4.  
Even after God had rescued Jonah from his rock bottom, he still held onto his contempt for the people of Nineveh.

**THINK** of one or two people whom you've viewed as "other(s)" from your rock bottom place. **WRITE** a prayer for them - that God would bless and guide them. **CONFESS** how you view them as you ask God to change your heart.

## DAY 3

**READ** Jonah 2:1-9.  
*When you're at rock bottom, to whom/what do you turn? Friends, family, hobbies, distractions or destructive behaviors? Why do you turn to them? How do they help (or further hurt) your situation? Do you turn to God?*

*Is it easy or difficult to turn to God during hard times?* While in the belly of the fish, even though Jonah was angry at God, he knew he could turn to God.

**READ** Psalm 120:1  
**WRITE** a prayer to God from your rock bottom place.  
**ASK** God to give you the faith to claim the truth of Psalm 120:1.

*What else do you need during those times?*

## DAY 4

**READ** Jonah 2: 2-6.  
It's easy to look back after the hard times and think, "It wasn't so bad," or "Phew! I'm glad I pulled myself out of that one!" But we can't lose sight or forget from whom our help comes.

*From what has God saved you?*

**READ** Jonah 2:7-10 and John 14:6.  
**PRAY. THANK** God for saving you.  
**THANK** Him for being the One who's there through it all.

## DAY 5

**READ** Jonah 2:8-10  
On Day 3 you listed things you turn to during hard times. If you find yourself turning to something/someone other than God (*or in place of God*), this may indicate an idol in your life. Apart from God, the things which drive us, consume our thoughts, our affections, and our attention, are the things which subtly become idols within our hearts and lives.  
*In your life, which relationships/behaviors/things, if left unchecked, hold the potential to become your idols?  
Whom/what do you consider idols in your life?*

**"Whatever we worship, short of God, is sure to be our undoing."**  
*Mignon McLaughlin*

The danger of idolatry is universal. Almighty God created us to worship and our hearts will do just that! So we must guard our hearts against worshiping anything/anyone other than God. Anything we seek/go after (*other than God*) leads us away from Him and to our own destruction.

**SPEND** some time praying. **ASK** the Holy Spirit to bring to mind things that have become idols within your heart. **ASK** for wisdom to identify those things which hold the potential to *become* idols.  
*What action needs to take place to ensure they don't become idols?  
What step must you take away from them and toward God?*

**READ** Jonah 2:8 again.  
*Have you turned away from God's love for you?*

**PRAY.**  
**ASK** for forgiveness and the strength to turn back to God's love.  
**THANK** God for His love which covers all transgressions.