

Table Manners: Jonah

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**Reflection & Discussion Questions**

**Jonah and others like him are trusting, stable, supportive and easily able to see many perspectives**

He could be complacent, indecisive, stubborn and tried to avoid conflict at all costs.

\*Do you see yourself or someone you know in Jonah?

\*What positive and negative characteristics do you resonate with?

**Jonah and others like him could greatly benefit from prayer, scripture reading and leaning into this verse**

**Ephesians 4:14-15 (Message)**

*No prolonged infancies among us, please. We'll not tolerate babes in the woods, small children who are an easy mark for impostors. God wants us to grow up, to know the **whole** truth and tell it in love—like Christ in everything.*

\*What does this verse say to you? How could it be helpful to someone like Jonah?

\*What would it mean for you to 'grow up'?

**People like Jonah need us to remind them their presence makes a difference and they are up to the task**

\*What is great and helpful about having someone like Jonah at the table?

\*What can be frustrating about sitting with him?

**Peter – focused on freedom and adventure**

**Paul – focused on doing good and being good**

**Joseph – focused on the desire to be unique**

**Rebekah – focused on loyalty and security**

**Jacob – focused on success and accomplishments**

**Deborah – focused on power and justice**

**Martha – focused on helping and being indispensable**

**Nicodemus – focused on knowledge and being right**

**Jonah – focused on peace and harmony**

\*What conflicts could arise between a Jonah type and some of these others?

\*How could this type benefit one of the other personalities we've talked about?

**This table of Jesus' is big enough for all of us**

We have to understand ourselves and each other to sit together in health.

\*What has been most difficult about your journey inward to knowing and understanding yourself? To understanding someone else at the table?

\*What might be the next step in your journey to learning about yourself or others?