

Chapter 6 Resources

When We Let Go, He Holds On

Beauty *Rises* Again

From Brokenness to New Beginnings



Whitney Sparks

G.R.O.W.

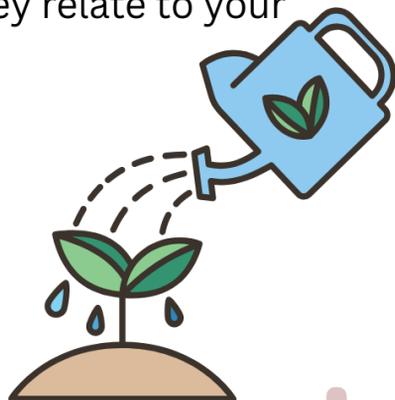
Bible Reading Strategy

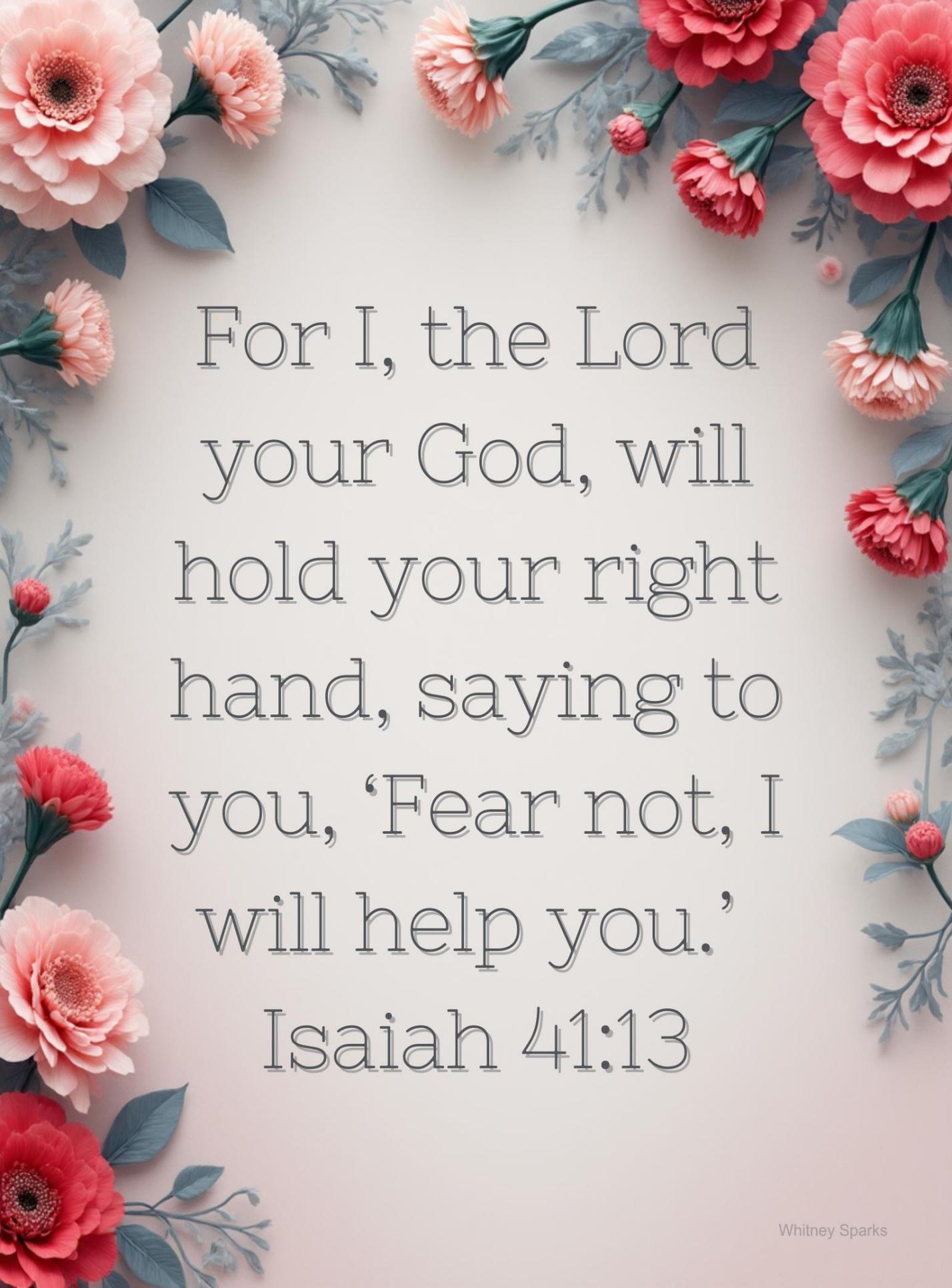
G Glance over the passage. Identify subheadings, unknown words, and repeated words. What do you think this passage will be about?

R Read the passage three times. What new information did you uncover each time you read?

O Observe what you read. Pray that God show you what He wants you to learn through this passage. Observe glimpses of Jesus.

W Write out your thoughts, repeated phrases or words, and how they relate to your situation.





For I, the Lord
your God, will
hold your right
hand, saying to
you, 'Fear not, I
will help you.'

Isaiah 41:13

Jonah 1:1-7

The word of the LORD came to Jonah son of Amittai: ²“Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.” ³But Jonah ran away from the LORD and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the LORD. ⁴Then the LORD sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. ⁵All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship. But Jonah had gone below deck, where he lay down and fell into a deep sleep. ⁶The captain went to him and said, “How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish.” ⁷Then the sailors said to each other, “Come, let us cast lots to find out who is responsible for this calamity.” They cast lots and the lot fell on Jonah.

Jonah 1:8-14

⁸ So they asked him, “Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?” ⁹ He answered, “I am a Hebrew and I worship the LORD, the God of heaven, who made the sea and the dry land.” ¹⁰ This terrified them and they asked, “What have you done?” (They knew he was running away from the LORD, because he had already told them so.)

¹¹ The sea was getting rougher and rougher. So, they asked him, “What should we do to you to make the sea calm down for us?” ¹² “Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.” ¹³ Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. ¹⁴ Then they cried out to the LORD, “Please, LORD, do not let us die for taking this man’s life. Do not hold us accountable for killing an innocent man, for you, LORD, have done as you pleased pleased.”

Jonah 1:15-17, 2:1-6

¹⁵ Then they took Jonah and threw him overboard, and the raging sea grew calm. ¹⁶ At this the men greatly feared the LORD, and they offered a sacrifice to the LORD and made vows to him. ¹⁷ Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

¹ From inside the fish Jonah prayed to the LORD his God. ² He said: "In my distress I called to the LORD, and He answered me. From deep in the realm of the dead I called for help, and You listened to my cry. ³ You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. ⁴ I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' ⁵ The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. ⁶ To the roots of the mountains I sank down; the earth beneath barred me in forever. But you, LORD my God, brought my life up from the pit.

5-Day Study

When We Let Go, He Holds On

Day 1

Read: Jonah 1:1-3

Key Verse: “But Jonah ran away from the Lord and head for Tarshish.”

Reflection: God gave Jonah a clear mission, to speak to the Ninevites and call them to repentance. Instead of obeying God, Jonah ran 2,500 miles in the wrong direction. Sometimes God’s calling stretches us beyond comfort, and our complacency can cause us to resist His calling. But God continued to pursue him.

Questions:

1. Why do you think Jonah ran from God’s command?

2. How does God show patience when we struggle to obey?

Challenge: Ask God to reveal one area where you might be resisting His direction. Pray for courage to follow Him.

Complete: _____

5-Day Study

When We Let Go, He Holds On

Day 2

Read: Jonah 1:4-6

Key Verse: “Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up.”

Reflection: The storm was not random. It was sent by God. Meanwhile, Jonah slept while everyone else panicked. Sometimes God allows storms in our lives to wake us up spiritually. His discipline is not meant to destroy us but to redirect us.

Questions:

1. What do you find surprising about Jonah sleeping during the storm?

2. What storms in life have helped strengthen your faith?

Challenge: Spend quiet time with God today asking Him what He might be teaching you through current challenges.

Complete: _____

5-Day Study

When We Let Go, He Holds On

Day 3

Read: Jonah 1:7-12

Key Verse: "I am a Hebrew and I worship the Lord, the God of Heaven, who made the sea and the dry land."

Reflection: Jonah finally acknowledges he ran from the Lord. Admitting our mistakes is often the first step toward healing and restoration. Confession brings honesty into our relationship with God.

Questions:

1. Why can it be difficult to admit when we are wrong?

2. How does confession help restore our relationship with God?

Challenge: Take time today to confess anything weighing on your heart and receive God's grace.

Complete: _____

5-Day Study

When We Let Go, He Holds On

Day 4

Read: Jonah 1:13-17

Key Verse: Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

Reflection: What looked like judgment was actually God's rescue. The fish was God's provision to save Jonah's life.

Questions:

1. How did the sailors respond after the storm stopped?

2. Can you think of a time when God's rescue looked different than you expected?

Challenge: Surrender something you've been holding tightly (a worry, decision, or fear) to God in prayer.

Complete: _____

5-Day Study

When We Let Go, He Holds On

Day 5

Read: Jonah 2:1-6

Key Verse: “In my distress I called to the Lord, and He answered me.”

Reflection: Inside the fish, Jonah finally prayed. In the depths of desperation, he remembered God. No matter how far we fall, God hears our cry. He meets us even in the darkest places.

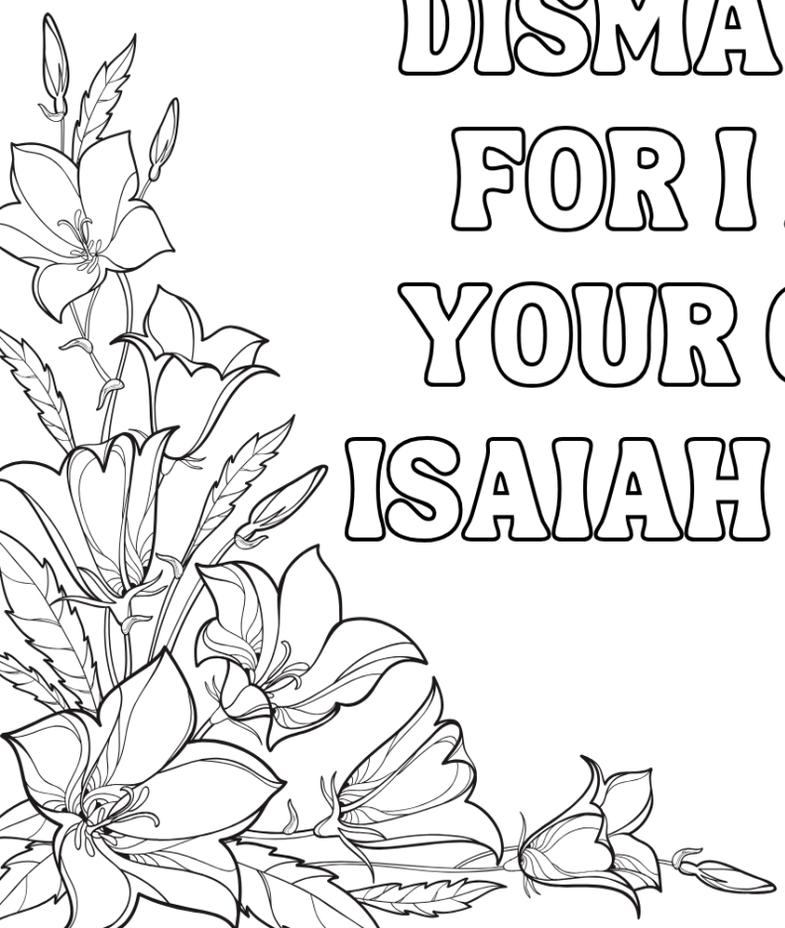
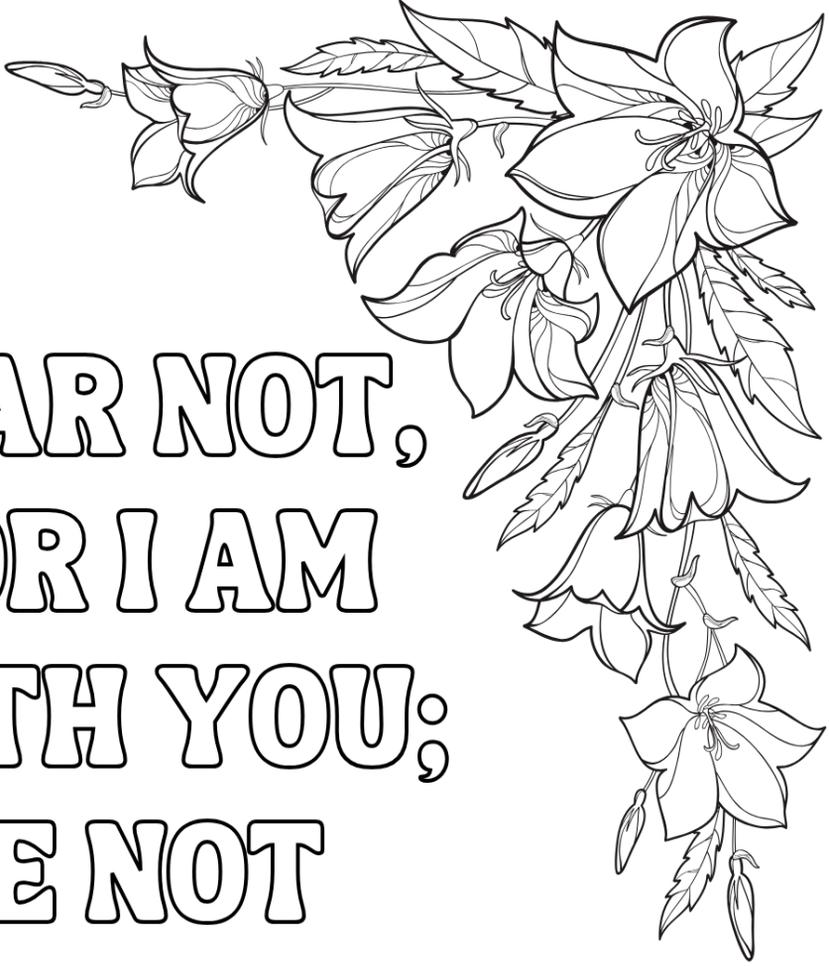
Questions:

1. Finish reading Jonah chapter 2. What parts of Jonah’s prayer stand out to you?

2. Why do people sometimes wait until crisis to pray?

Challenge: Write your own “from the depths” prayer, bringing thoughts and gratitude to God.

Complete: _____



**FEAR NOT,
FOR I AM
WITH YOU;
BE NOT
DISMAYED
FOR I AM
YOUR GOD.
ISAIAH 41:10**

Beauty Rises Again

Ladies Devotional Book

Every minute of the day, you attempt to survive in a world consumed with loss, heartache, natural disasters, war, abuse, trafficking, hopelessness, and fear. Depression and anxiety make it difficult for you to find the strength to climb out of bed each morning. You want to press on and move forward, but shame and regret keep you chained to your past.

But then, you meet a man named Jesus. Through Him, you discover joy unimaginable and your life is transformed. You realize your past does not define you; Jesus does. You glance in the mirror and notice a chain is gone. Jesus' unconditional love for you broke it. Another chain falls to the floor because He forgave you.

One by one, His strength slowly breaks the chains of bondage and heals you from the inside out. You begin to grow in your spiritual walk and others see Jesus living in you. Then beauty rises again as you heal from the inside out and your brokenness becomes an opportunity for a new beginning.

- Whit

