

A Sinking Feeling

By Lee Yates



Have you or a friend ever “hit bottom”? Life is filled with challenges and struggle. Depression, addiction, and loss touch everyone’s life. Jonah reminds us to make sure we don’t contribute to our own mess.

For
Young Adult

Season

Spring

Needed

Bible, Sinking Feeling worksheet (see last page), pen

Prepare in Advance

If you want to invite someone to do this activity with you, ask him or her in advance. Print out two copies of the Sinking Feeling worksheet (see last page).

Activity Plan

1. Begin with prayer:

Lord, help me to open my ears, my mind, my heart, and my life to you. Amen.

2. Complete the Sinking Feeling worksheet based on your own personal experience of struggling.

3. Open your Bible and read Jonah. (Yes, the entire book. It’s an easy read.)

4. Complete your second copy of the Sinking Feeling worksheet as if you were Jonah. You can use your imagination if the biblical text doesn’t give you a clear answer to some of the questions. Be creative. Think about what might have happened in Jonah’s life.

5. Compare the two handouts. Where does Jonah’s story resemble the challenges and questions you face?

6. Close by praying the serenity prayer:

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Amen.



Sinking Feeling

Name a time when you tried to avoid or ignore reality.

This could be a break-up, a death, physical or emotional pain, etc.

Who or what was responsible for this situation?

How often was or is this situation discussed?

Think about private conversation, public conversation, counseling, etc.

How has this event or situation influenced future decisions?

Has it changed how you act, treat others, or treat yourself?

Have there been similar events before or after this?

How might forgiveness impact this event or its consequences?

Think about who needs to forgive whom.

Where is God in all of this? Or How might God be invited into this?

