

UNEARTHED

Digging beneath the surface and bringing our whole selves before God.

Week 6: "Just Straight Selfish"

Day 1:

This week we looked at the story of a prophet named Jonah. He was called to preach repentance to the people of Nineveh, but he chose not to go because he despised the Ninevites. After his rejection of God's call (and being swallowed by a fish), Jonah repented and finished the mission. However, after the people of Nineveh turned back to God, Jonah resented it. Unlike other prophetic books, the book of Jonah focuses on the prophet himself and his heart, rather than the message.

Read Jonah 4.

As you read today, pay attention to Jonah's attitude and words. Matthew 12:34 says that our words will reveal our hearts. What did you notice about Jonah's words and the focus of his heart?

Day 2:

When God gave His only Son to die for our us, it was the ultimate example of living without selfishness. In Scripture, God calls us to deny ourselves. When we do, we find the best life. Read these passages and let them speak to your heart.

John 12:24-26

Philippians 2:3-5

Proverbs 11:24-25

Romans 12:9-10

- *Which passage impacted you the most? Why?*
- *What is God trying to show you about the nature of selfishness vs selflessness?*

Day 3:

Today we will spend some time looking at our own story to see where it can relate to the story of Jonah. As you begin, look back over the Scripture passages from this week.

- *As you think of Jonah, can you see yourself acting (or reacting) in a similar way to others in your life? Maybe people who have frustrated, annoyed, or hurt you?*
- *Are there areas in your life where you are being selfish (think of phrase you may use like "I deserve this" or "I owe it to myself")? Reflect. Are those areas truly fulfilling or are you always striving to get your need(s) met?*
- *How have you seen others be selfish/self-centered in their lives? Would you consider this a good/attractive quality when you see it in them? Reflect on the same questions for your own life.*

Day 4:

We all can be selfish at times. Most of us are selfish out of fear or from an instinct to protect ourselves, but God desires to cast out all fear and be our protection.

Spend time today walking through the practice in week 6 of the *Unearthed* workbook (pages 58-59), allowing God to move you from selfishness to selflessness.

Day 5:

Jonah was a man not unlike us. We all have a bent to look out for our own needs before and over others. This is simply a selfish and self-centered way of living and thinking. We justify getting our way and meeting our needs first by saying, "I can't help anyone if I'm not in a good place." The story of Jonah blows this argument out of the water. He was not in a healthy place (and running from it) and people were still brought salvation.

There is perception that we need to take care of ourselves before others, but what if the story was meant to be reversed? What if we are to take care of others first and trust God to take care of our needs as well? This is way harder said than done, but it's possible—one day of surrender at a time and let God give the growth!

Look back over your notes from this week.

What do you notice?

What new thing did God reveal to you?

How has God spoken to you through Scripture or the discoveries you've made?

What's God inviting you to as a result?

Consider...

- What is one area you put your needs/desires before others? Try to do the opposite this week and write down the impact you see from your reversal.