



**SCRIPTURE**  
JONAH 1:1-3A

“Now the word of the LORD came to Jonah, saying, “Go at once to Nineveh, that great city, and cry out against it; for their wickedness has come up before me.” But Jonah set out to flee to Tarshish from the presence of the LORD.”



**TRADITION**  
SMALL GROUPS

Small groups “help people connect to God in a deeper way by sharing their spiritual walks with each other. People are encouraged to keep going when they realize that they are not alone in many of the struggles or joys of life.”



**VITAL WITNESS**  
CALL STORIES

“The place God calls you to is the place where your deep gladness and the world’s deep hunger meet.”

**Frederick Buechner,**  
*Wishful Thinking:  
A Theological ABC*



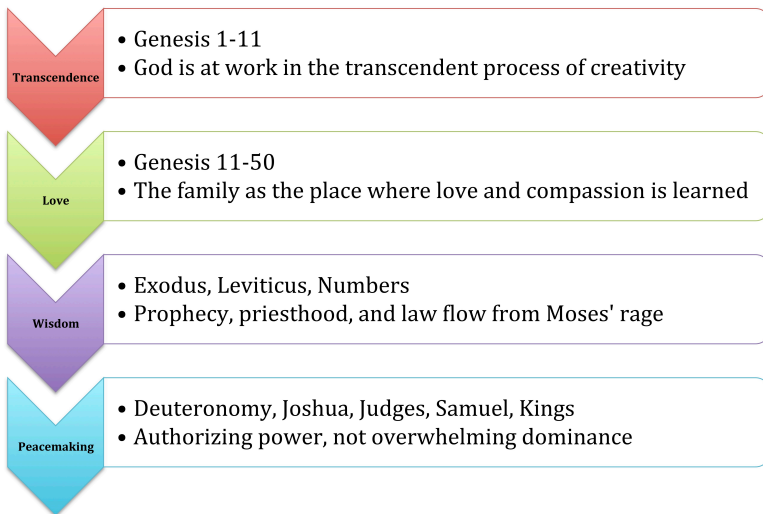
**SCIENCE**  
PURPOSE

Purpose is less about what you want than about what you give. The key is using your strengths to serve others — the “why” that drives you forward

**Emily Esfahani Smith**  
*There’s More to Life than Being Happy*

# HOW DO YOU KNOW

What to do?



## God’s Signature

A study of the Hebrew scriptures bears witness to the ways in which God works within the human story. We have focused on one attribute each week during this study. Do you find that you more easily notice God’s activity through one particular attribute? Why do you think that is?

## God’s Invitation

How do you know what God is calling you to do in response to God’s activity in the world? **Teresa of Avila** suggests that our path to knowing God is learning to understand ourselves. **Frederick Buechner** suggests we will find our calling where our gladness and the world’s deep hunger meets. And **Henri Nouwen** writes: “But we were sent into the world by God, just as Jesus was. Once we start living our lives with that conviction, we will soon know what we were sent to do.”

“Oh, souls set free by the blood of Christ! Learn to understand yourselves. Have compassion for yourselves. With self-awareness, how could you not strive to lift the black veil that darkens the crystal of your soul?”

**Teresa of Avila**  
Interior Castle p. 42-43

**Remember the word you selected that describes God’s activity in the first week:**

**1.**

Has this study affirmed your selection, or challenged it?

What word would you select **now** that describes how God acts in the world?

What prompted the change? or What validated your original decision?

## Would you Rather?


## Community

**To say “yes” to what God is calling me to do, I need:**

**from my faith community.**

## On-Going Practice:

The spiritual journey is a discipline, and requires intentional practice.

### Each week:

- Every day pay attention to when you notice God at work in the world. Share the story at least once a week.
- Consider starting (or continuing) a gratitude practice — keep a journal and each day make note of 3 things you are thankful for; or each night at dinner share a gratitude, a challenge, and how you are handling the challenge as a check-in with family or friends; or include naming the things you are thankful for as part of your morning/evening rituals.
- Consider starting (or continuing) a daily devotional practice.
- Consider starting (or continuing) a mind-body awareness practice like Tai Chi or Yoga or Mindfulness Meditation to allow God to communicate to you through your body's wisdom.

Find the practice that works for you. It doesn't need to be lengthy or comprehensive. It can (and probably should) change over time. If it feels like drudgery, try something else. Our communion with God is an invitation to be seen and heard and understood in an intimate way. The practice that makes sense for each of us will, over time, generate similar feelings of connection, empowerment, safety, and courage to do the work that is ours to do. Keep experimenting until you discover a practice that helps you feel deeply connected to our creator, healer, and savior each and every day.



*May God's grace  
and peace be with  
us as we travel this  
journey together.*