



# Sermon Notes

**Topic:** Second Chances –  
What Is Your Nineveh?

**Bible Passage:** Jonah 3 | Matthew 5:13 |  
Matthew 12:38–41

**Preacher:** Nathan Wheeley

**Date:** Sunday 22 February 2026

## Study Guide Overview

- Keep bringing the group back to grace.
- The goal is not guilt — it is surrender.

## Small Group Questions/Discussions

### 1. Opening Question (Icebreaker)

- Have you ever been given a second chance in life? What did that feel like?
- When have you felt “unsalty” — distant from God, ineffective, or spiritually flat?

### 2. Read the Passage: Primary Text: Jonah 3:1–10

**Supporting Texts:** Matthew 5:13 | Matthew 12:38–41 | Psalm 51:1–12 | John 21:15–19 (Peter restored)

### 3. God Is the God of Second Chances

“Then the word of the Lord came to Jonah a second time.” (Jonah 3:1)

Jonah failed publicly. His disobedience was deliberate. Yet God called him again.

#### Discuss:

1. What stands out to you about God calling Jonah again?
2. Why do we sometimes believe our failure disqualifies us?
3. How does the cross redefine our worst moments?

#### Dig Deeper:

- What does this story teach us about God’s character?
- How is conviction different from condemnation? (Romans 8:1)

### 4. Obedience the Second Time Around

“Jonah obeyed the word of the Lord and went to Nineveh.” (Jonah 3:3) The first time Jonah ran.

The second time he surrendered. The fish wasn’t punishment alone — it was preparation.

The storm wasn’t rejection — it was redirection.

#### Discuss:

1. What changed in Jonah between chapter 1 and chapter 3?
2. Have you ever had a “belly of the fish” moment that reshaped your priorities?
3. Why is obedience often harder than belief?

**Reflection:** Obedience is not about comfort. It’s about surrender.

- Where is God asking you to trust Him beyond your comfort zone?



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### 5. What Is Your Nineveh?

Nineveh was:

- Uncomfortable | Intimidating | Spiritually dark | Personally undesirable | The last place Jonah wanted to go

And yet... it was exactly where God wanted him.

#### Personal Reflection Time

Take a few quiet minutes. Ask the Holy Spirit: “Lord, is there a Nineveh in my life?”

Your Nineveh might be: A conversation you’ve been avoiding | A step of obedience you’ve delayed | A ministry calling you’ve ignored | A habit or sin God has asked you to confront | Someone you need to forgive | A bold step of faith you keep postponing | A lifestyle shift you know He’s prompting

#### Group Discussion:

1. Why do we run from our Nineveh?
2. What fears usually sit underneath our resistance?
3. What would obedience look like this week?

### 6. Nineveh Got a Second Chance Too

The most shocking part of Jonah 3: The city repented. From the king to the commoner — they turned.

#### Discuss:

1. Why do you think God cared about Nineveh?
2. Is there anyone in your life you secretly feel doesn’t “deserve” grace?
3. How does Jonah 3 challenge our view of who God wants to save?

### 7. Biblical Pattern of Restoration

Jonah wasn’t alone:

- **Peter** denied Jesus → restored (John 21)
- **David** sinned deeply → repented (Psalm 51)
- **Paul** persecuted Christians → became missionary (Acts 9)

Failure is not final when surrender follows.

#### Reflect:

- Is there an area where shame is keeping you stuck?
- What would it look like to pray instead of hide?



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### 8. Application: Second Chances Require Response

Second chances are grace. But grace calls for something:

- Jonah's second chance required obedience.
- Nineveh's second chance required repentance.
- Peter's second chance required love and leadership.

### Personal Action Step:

Write down one specific step you sense God is asking you to take.

Make it measurable and immediate.

Not "be better."

But "have that conversation."

Not "pray more."

But "wake up 15 minutes earlier and sit with God."

### 9. Prayer Time

Close by praying through:

- Confession (if needed)
- Courage for obedience
- Surrender to God's will
- Compassion for your "Nineveh"