

# Jonah Series Week 2

## Discussion Guide



### Icebreaker

Complete this sentence honestly:

"When I need advice or wisdom, my first instinct is to \_\_\_\_\_."

### Read

Take turns reading Jonah 1:17-2:10. (Optional: Have your group read each passage in two different versions. Then, have them retell the story in their own words. Follow this up by reading the passage and correcting any omissions or mistakes. This solidifies the story in their minds and lets them realize they can use it in their own words when needed.)

### Discuss

Jonah hit rock bottom. He ran from God, experienced a storm and ended up in the belly of a great fish. Yet the first recorded action in chapter 2 is this: "Then Jonah prayed to the Lord his God from inside the fish."

- **What keeps you from praying when you feel ashamed or far from God?**
- **Why do you think it sometimes takes hitting rock bottom before we pray seriously?**
- **Do you believe God hears you when you pray? Why or why not?**
- **Jonah said, "I cried out... and He answered me" (v.2). What does that teach us about Jonah's character?**

In verse 8, Jonah makes a powerful realization: "Those who worship false gods turn their backs on all God's mercies." Rock Bottom often exposes what we are really clinging to. When everything else is stripped away, we see what we trusted besides God. When Jonah lets go of false hope, something shifts. His tone changes from desperation to worship.

- **What are some "false god's" you tend to cling to? (success, control, relationships, etc.)**
- **Why do we hold onto things that cannot actually rescue us?**
- **How can you tell when something good has become something ultimate in your life?**
- **What might God be asking you to loosen your grip on or let go of right now?**

Jonah's prayer is worship. He worships God before his circumstances changed, before he was spit out onto land. He recognizes that salvation comes from God alone.

- **Why is worship powerful even before our circumstances change?**
- **What does it practically look like to worship when you're still in the "belly of the fish"?**

### Application

Read Matthew 12:40. just as Jonah was three days in the fish, Jesus would be three days in the grave. Jonah points us forward to Jesus. Jonah deserved judgment and received mercy. Jesus took judgment so we could receive mercy.

- **Pray:**
  - **What is your "greatest trouble"?**
  - **Where do you need to cry out to God right now?**
- **Let Go**
  - **Is there something you've been clinging to that isn't God?**
  - **What would surrender look like this week?**
- **Worship**
  - **How can you intentionally worship God this week? Not just in church, but daily? (Music, journal, Bible reading, prayer walks, etc.)**
- **Salvation**
  - **If you already know Jesus: Are you living like someone rescued you?**
  - **If you don't: What is holding you back from calling on Him today?**

### Prayer

Spend time in prayer asking God to show us where we need to trust Him more in our lives.