

**Jonah**  
**“Jonah’s Prayer”**  
**Jonah 1:17 - 2:10**  
**September 10, 2017 / Pastor Shawn**

**When we’re running from God, God will provide exactly what we need to get us to repent.**

<sup>17</sup> Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. <sup>1</sup> From inside the fish Jonah prayed to the LORD his God. Jonah 1:17 - 2:1

◆ **Dag (däg) Gadôl (gä-dôle’): sea creature pf great size**

**Repentance begins by agreeing with God that:**

**1. We are helpless. (v.2)**

<sup>2</sup> He said: In my distress I called to the LORD, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry. Jonah 2:2

◆ **Tsarah (tsä-rä’): distress; trouble; affliction;pains of childbirth**

**2. Our hope is in God alone. (vvs. 3-6)**

<sup>6</sup> . . .But you, LORD my God, brought my life up from the pit. Jonah 2:6b

**3. We must remember the Lord. (v.7-9a)**

<sup>7</sup> When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. <sup>8</sup> Those who cling to worthless idols turn away from God’s love for them. <sup>9</sup> But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. Jonah 2:7-9a

**Jonah’s 2 Idols**

**(a) Idol of prejudice**

**(b) Idol of self**

**4. Salvation is from the Lord. (v.9b-10)**

<sup>9</sup> . . .I will say, ‘Salvation comes from the LORD.’” <sup>10</sup> And the LORD commanded the fish, and it vomited Jonah onto dry land. Jonah 2:9b-10

**Discussion Questions**

*(Don’t feel like you have to use all these questions. Use the questions that you think would best help your group connect with the teaching and apply the lesson.)*

- 1.** What was your “A-Ha!” from Sunday’s message? Why did this stand out to you specifically?
- 2.** Have you ever had a “near death experience”? When was it and what were the thoughts that went through your mind? If you were Jonah, in the belly of the fish, what thoughts would flash through your mind? What was Jonah thinking and feeling? When have you felt this way?
- 3.** Read Jonah 2:1-9. What elements do you see in Jonah’s prayer? (e.g. thanksgiving, repentance, cry for help, etc.). Why is prayer often our last resort? On a scale of 1-10, rate your prayer life. What would make your prayer life more meaningful?
- 4.** On a scale of 1-10, what level of distress do you have to reach before you cry out to God? Why is this? What do you think Jonah learned about God through this experience?
- 5.** What are some worthless idols we can cling to instead of putting our trust in God? What idols do you need to give up? How is God currently pursuing you with His lovingkindness (*Hesed*)? If you’re not sure, ask your group to help you see God’s love for you.
- 6.** It’s been said that “prayer should not be about getting God to do what we want. Instead, effective prayer is our coming into agreement with what He wants.” How can we keep our prayers focused on God’s will? What is your biggest prayer need? (Take plenty of time to pray for each other.)
- 7.** What will you do this week to intentionally connect more with God?