

JONAH

DEEP GRACE

What did he say? (Jonah 2)

How Jonah Used His Words

(1) He Declared God's Sovereignty

I form light and create darkness;

I make well-being and create calamity;

I am the LORD, who does all these things.

Isaiah 45:7

(2) He Expressed the Despair of Hopelessness

Father of the fatherless and protector of widows is God in his holy habitation. God settles the solitary in a home; he leads out the prisoners to prosperity, but the rebellious dwell in a parched land.

Psalm 68:5-6

(3) He Experienced/Embraced God's Promises

(a) Steadfast Love

(b) Grace

(c) Salvation

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

(4) Result (Application)

(a) Live with Confidence (Romans 15:4; Hebrews 4:14-16)

(b) Renew your Focus (Isaiah 50:7)

(c) Celebrate God's Deep Grace
(Psalm 50:15; 2 Peter 2:9a)

Jonah 2

Then Jonah **prayed to the Lord his God** from the belly of the fish, ² saying,

"I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. (Psalm 18:6)

³ For **you cast me into the deep**, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me.

⁴ Then I said, **'I am driven away from your sight; yet I shall again look upon your holy temple.'**

⁵ The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head (Psalm 42:7) ⁶at the roots of the mountains. I went down to the land whose bars closed upon me forever; **yet you brought up my life from the pit,** O Lord my God.

⁷ When my life was fainting away, **I remembered the Lord, and my prayer came to you, into your holy temple. (Psalm 31:22)**

⁸ Those who pay regard to vain idols forsake their hope of steadfast love.

⁹ **But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!"**

¹⁰ And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.

Discussion Questions

1. Read Jonah 2:2. We all have stress! Not always riding around in a whale's belly kind of stress, but we all deal with stress in our lives. Share about the most stressful thing that has happened to you recently. How did you respond to the stress (Get angry, sulk, pray, etc.)
2. In the chapter Jonah shares about his interactions with God as he was sinking and God's responses in this traumatic event (see the words highlighted in red). We can learn so much about how to respond to God in the middle of a crisis from Jonah's words. How do you reach out to God in the middle of a crisis?
3. Read Point #4 in the outline that focuses on how we can apply what we have learned from Jonah's prayer. Choose one of the three applications you need to work on and spend time in prayer together asking God to move in these areas of your lives.