



A Gut Reaction

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Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

Jonah 1:17 (NIV)

Sermon in a Sentence: God is generous with His grace but He is thorough in His discipline.

Jonah 2:1-2(NIV)

⇒ **We find God's grace in the most _____ place.**

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.

Ephesians 2:1-2 (NIV)

⇒ **God _____ but disciplines to get our attention.**

Jonah 2:3-7(NIV)

⇒ **God's not about pay back but _____ back.**

⇒ **Regardless of how bad it gets, it's still our _____ to change.**

Jonah 2:8-9 (NIV)

Saving is all his idea, and all his work. All we do is trust him enough to let him do it. It's God's gift from start to finish! We don't play the major role. If we did, we'd probably go around bragging that we'd done the whole thing! No, we neither make nor save ourselves. God does both the making and saving.

Ephesians 2:8-9 (The Message)

Jonah 2:10 (NIV)



Study & Discussion for Your Next Small Group

Theme: *Desperate Places Lead to Desperate Prayer*

Share Together: When have you had to be rescued or you were able to rescue someone?

Look back together: What impacted you most from Sunday's message?

Read Together: Jonah 1:17; **Discuss:** If you were Jonah, in the belly of the fish, what thoughts would flash through your mind or what feelings would you be overcome with?

Read Together: Jonah 2:1; **Discuss:**

- After running from God as far as he could, why does Jonah pray now?
- Why is prayer often our last resort?

Read Together: Jonah 2:1-7; **Discuss:**

- What elements do you see in Jonah's prayer (e.g., thanksgiving, repentance, cry for help, etc.)?
- Why do you think Jonah said that it was God who "hurled him into the deep" and not the sailors? What is he admitting in saying this?
- Based on Jonah's prayer, which goes into detail about the depths of his experience, what was God teaching him about having to endure three days in the belly of the fish?
- Why does God not always rescue, heal, or resolve issues in our lives quickly?
- Where does Jonah find hope in God's deliverance, in spite of his situation? See the end of verse 6 for help.
- When have you had a, "But you, Lord my God" moment? In other words, when have you been in such distress that you have called out a desperate prayer? What was the result?
- Looking at verse 7, Jonah says he is "ebbing away" (at his weakest moment) but he says, "I remembered you Lord". What does he remember, and what does it mean that his prayer rose at that point?

Read Together: Jonah 2:8-10; **Discuss:**

- What does Jonah mean by "worthless idols" and how can we cling to them instead of putting our hope in God's love for us?
- What was Jonah's vow? How can we make vows to God in desperate times?
- Where does Jonah's salvation come from? How does this relate to what Jesus provided for us and what Ephesians 2:8-10 says?
- As graphic as the description is of Jonah being vomited on dry land, how does that describe our lives being spiritually saved and getting a second chance in life? What does that mean to you personally?

Pray Together: Take time to share the good things God is doing in your life, as well as prayer requests you have.