



JONAH Table Talks

Week 2 · Praying from the Belly · Jonah 1:17 – 2:10

3 Things You Need to Know About Jonah 2

Jonah 2 takes us inside the belly of the fish, and it turns out to be a story about prayer, not punishment. Before we dive in, here are three things to know.

1. The fish is provision, not punishment.

Jonah 1:17 says the **LORD** provided a huge fish to swallow Jonah. Notice that word. Jonah had run away, gone overboard, and sunk out of sight, and God sent rescue before Jonah asked for it. What looks like the end of the story is actually mercy at work. Sometimes what we call a problem, God calls provision.

2. Jonah prays when he runs out of options.

In chapter 1, it is the sailors who cry out to God, not Jonah. Now, from the deepest place he has ever been, Jonah finally prays. Jonah 2:1-2 tells us he called out in distress and God answered. James 5:13 says the same thing in everyday language: if you are in trouble, pray. God doesn't need our prayers to be eloquent or early, but He does invite us to be honest. Hard times can teach us new ways to depend on Him.

3. The story points beyond Jonah to Jesus.

Jonah's prayer moves from distress (2:3-6), to remembering God (2:7), to thanksgiving. It ends with the line "Salvation comes from the **LORD**" (2:9). Jesus later pointed to Jonah's three days in the fish as a sign of His own death and resurrection (Matthew 12:39-40). Jonah was rescued from the deep, and Jesus rescues us from something deeper still. God is still working in your life, so you can ask Him for help.

KEY VERSE

*"From inside the fish Jonah prayed to the **LORD** his God. 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 2:1-2 NIV

Read this week: Jonah 1:17 · James 5:13 · Jonah 2:3-10 · Matthew 12:39-40

LET'S TALK

Sometimes the hardest place becomes the place we finally pray. As we continue the story of Jonah:

1. Where did you stop running from God and start running to Him last week?
2. What are your initial thoughts or feelings about prayer?
3. When you have a problem, how early do you typically start praying about it? What gets in the way?
4. Read **Jonah 1:17**. Why do you think the writer says God *provided* the fish? When has something you saw as a problem turned out to be God's provision?
5. Read **Jonah 2:1-2**. What does this show you about God's character? How does it make you feel about trusting Him?
6. Share about a time you faced a hardship. What did you learn about God through it?
7. Is there something you're waiting on God for right now? What might He be showing you in the waiting, and how can you respond with prayer and praise?
8. Close by praying this together: *Lord, thank You for Your faithful love. If there is anything You want to show us, or somewhere we need to change direction, please make it clear. Help us to trust You, and to believe that You're working even in our waiting. In Jesus' name, amen.*

This week: find one way to make prayer a more regular part of your routine. Then talk about when and where you'll meet next week for Table Talk 3.

NOTES & PRAYER REQUESTS
