



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. 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 6 at 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. 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.

Start Talking. Conversation starter for your group.

- Describe a time when you had a near death experience and the thoughts that went through your mind.

Start Thinking.

- Read **Jonah 2**. 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?
- In verses 1-6, what does Jonah say God did for him? Why do you think Jonah said that it was God who “hurled him into the deep”?
- Before this incident, do you think Jonah was trusting in any worthless idols? What grace had he forfeited? When does Jonah remember the Lord? What else does he remember? (vv. 8-9)
- What vow do you think Jonah was remembering? (v9b) What vows have you made to the Lord that you haven’t kept? What idols have robbed you of experiencing God’s grace?
- When did Jonah say God delivered him? What was he talking about?

Start Sharing.

- On a scale of 1-10, rate your prayer life. What would make your prayer life more meaningful?
- What are some worthless idols we can cling to instead of putting our hope in God? Describe some ways we forfeit the grace of God when we trust in idols?

Start Doing.

- 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 the focus of our prayers on God’s will? What is your biggest prayer need? Take plenty of time to pray for each other.