

# NAVIGATING A TURNAROUND

## NAVIGATING A TURNAROUND, PART 2: STOP

Have you ever got turned around and started going the wrong way? All of us have sometime in life. It takes someone to get us to stop and have a turnaround for us to quit going in a downward spiral.

**BIG IDEA: God's correction isn't rejection it's redirection.**

### DISCUSSION QUESTIONS

1. Have you ever made a mistake that felt like it might define you? How did you handle it?
2. Last week we saw that **God sent a storm to stop Jonah from spiraling**. Today we're going to see **God sends a fish to save Jonah from drowning**. With your Bible or Bible App, [read Jonah 2:1-10](#).

*<sup>1</sup> Then Jonah prayed to the LORD his God from inside the fish. <sup>2</sup> He said, "I cried out to the LORD in my great trouble, and he answered me. I called to you from the land of the dead, and LORD, you heard me! <sup>3</sup> You threw me into the ocean depths, and I sank down to the heart of the sea. The mighty waters engulfed me; I was buried beneath your wild and stormy waves. <sup>4</sup> Then I said, 'O LORD, you have driven me from your presence. Yet I will look once more toward your holy Temple.' <sup>5</sup> "I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head. <sup>6</sup> I sank down to the very roots of the mountains. I was imprisoned in the earth, whose gates lock shut forever. But you, O LORD my God, snatched me from the jaws of death! <sup>7</sup> As my life was slipping away, I remembered the LORD. And my earnest prayer went out to you in your holy Temple. <sup>8</sup> Those who worship false gods turn their backs on all God's mercies. <sup>9</sup> But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the LORD alone." <sup>10</sup> Then the LORD ordered the fish to spit Jonah out onto the beach.*

[Jonah 2:1-10 \(NLT\)](#)

3. Why do you think God uses unexpected or uncomfortable circumstances to get our attention?
4. What about Jonah's prayer stands out to you? Is there anything in that prayer you can relate to?
5. Why is it that in our most desperate situations we finally cry out to God? What keeps us from calling on Him sooner?
6. How does seeing God's hand in our storms change the way we understand difficult seasons? Can you think of a time when something that seemed like punishment was actually God's correction?
7. Chris said that *The consequences are about God correcting us, not rejecting us*. Have you ever misinterpreted God's correction as rejection? What helped you understand the difference?
8. Why do you think God didn't release Jonah until Jonah agreed to obey? What does this teach us about how turnarounds actually happen?

### THINK ABOUT IT

You are never too far gone. Even in the darkest places, even when you're running in the wrong direction, God's grace is still pursuing you. Sometimes the thing that terrifies you is the vehicle God is using to save you. Humble yourself. Ask for help. Take the first step toward a turnaround.

### WHAT WILL YOU DO?

When your life is spiraling downward, you need to humble yourself and ask for help. What's one area of your life where you need to stop, humble yourself, and ask for help? Who could you reach out to for accountability or support this week?

### CHANGING YOUR MIND

When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple.

Jonah 2:7