

SEQUOIA NOTES

Today's Sequoia Message...

Jonah's Prayer of Repentance

With Jeremy Vasic
Multiply & Mobilize Catalyst
September 4, 2022



Jonah 2:1-9 Then Jonah prayed to the Lord his God from inside the fish. ² 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! ³ 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. ⁴ Then I said, 'O Lord, you have driven me from your presence. Yet I will look once more toward your holy Temple.' ⁵ "I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head. ⁶ 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! ⁷ As my life was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple. ⁸ Those who worship false gods turn their backs on all God's mercies. ⁹ 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."

How do we pray like Jonah?

Acknowledge our need.

What's your need?

Move towards the God of justice and mercy.

Look to the temple.

Big Idea: Look to Jesus to find your place in God's presence.

Commit to praise and obedience.

Begin with me.



Sequoia Impact Communities are where we
live out our identity as a
Family of Servants on Mission.

To get plugged in email:

impactcommunities@sequoiachurch.org

Jonah's Prayer of Repentance
September 4, 2022

- 1) Last week we looked at The Lord's Prayer. What has God been impressing on your heart as it relates to growing in your relationship with Him and your prayer life? How did it go with your action step? Where have you seen God working?
- 2) Take time to have one person explain and the practice the 3 Circles Gospel Presentation or share their testimony.
- 3) Read Jonah 2:1-10. What is the **Context** for this passage? Where is this taking place in the book as a whole (what comes before or after)? Who is the writer / speaker and who are the recipients? Where does it fit in the Bible? What's the theme of this chapter, or passage? What's the historical and cultural context?
- 4) **Observation:** What "jumps out" in these passages? What interesting details do you observe? What questions come up about this passage?
- 5) **Meaning:** What was the meaning for the original recipients? What meaning is inferred in these passages for us and what does this tell us about experiencing life in Jesus? What are the implications for those who want to follow Jesus?
- 6) **Application:** How is God speaking to you through these verses and through this message? What does it look like for you to pray like Jonah?
- 7) How do these verses call on you to change the way you live? What step will you take today? What principles do you need to pass on to others this week?



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