

When coming to this study we ask that you pray first. Take the time to ask God to speak through his scripture. If you don't get to all of the questions but have spent time with God your task is accomplished.

Then before reading the questions read the word.

JONAH 2 ROCK BOTTOM REPENTANCE.

- How have you pictured the “big fish” swallowing Jonah?
- Do you think Jonah was alive in the fish for three days or brought back to life on the shore? What evidence can you use to support either side?
- Either way, this is a miraculous work of God to help a wayward prophet find his way back to God's purposes. What stories do you have or have you heard of God working in people's lives to help them find salvation or purpose in God's plans?
- When we run from God we often come to moments where we can no longer make it on our own. Have you ever come to a moment where you knew you could not continue on your strength, but had to ask Jesus for help?
- How did God show up? What did that moment look like for you?
- Pastor B and Eddie did an illustration using chairs on stage to show how God is constantly pursuing us and waiting for us to turn our chairs around. Where would you say your chair is positioned right now? Are you spending quality time with God regularly? Turning your ear to him occasionally?
- What practices help you spend quality time with God?
- We see Jonah's prayer is comprised of lots of scripture. Take some time to write a prayer out of your favorite scripture(s), or pick a psalm like Psalm 1, 23, or 63. Spend some time putting the scripture into your own words and praying to God.
- If you have time, find and read all of the references Jonah prayed. (You can find these in the footnotes of most Bibles) Read through and see how Jonah was using scripture to compose his prayer.

Pray: Try using the Daily Examen

1. Settle in and become aware of God's presence.

Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you — a blur, a jumble, a muddle. Ask God to bring clarity and understanding, to show you where He was at work in each situation.

2. Review the day with gratitude.

Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things — the food you ate, the sights you saw, and other seemingly small pleasures. God is there in the details.

3. Pay attention to your emotions.

One of St. Ignatius' great insights was that we can detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Did you feel boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying to you through these feelings?

In this reflection, God will most likely show you some ways that you fell short. Be sure to make note of these sins and faults. But look deeply for other implications as well. Are you frustrated? If so, perhaps this means that God wants you to consider a new direction in some area of your work. Are you concerned about a friend? Perhaps He wants you to reach out to her in some way.

4. Choose and pray about one feature from your day.

Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling, positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer that it provokes to arise spontaneously from your heart, whether it's intercession, praise, repentance, or whatever.

5. Look towards tomorrow.

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up.

Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer.

Seek God's guidance. Ask Him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus.

Ask forgiveness for your sins. Ask for His protection and help. Ask for His wisdom, too, about the questions you have and the problems you face.

This week:

Try to spend quality time with God every day. You might have lots of time to sit with him or 5 minutes. A practice like the examen can seem long, but soon it becomes second nature.