



# Hitting Rock Bottom

April 26, 2026

## Read & Reflect

**READ: Jonah 2:1–10**

*(Optional: Psalm 34:17–18, Psalm 51:17, James 5:13)*

Jonah has reached the lowest point possible—thrown into the sea, sinking into darkness, swallowed by a great fish. With nowhere else to turn, he finally prays. From the depths, Jonah cries out to God—and God hears him.

## Understand the Moment

Rock bottom is where illusions fall apart. It's where we realize we can't fix ourselves, control outcomes, or run any further.

For Jonah, the storm didn't end in the sea—it led him into a deeper place of surrender. And it's there, in the dark and desperate place, that he finally turns toward God.

This is the surprising truth:

*Sometimes God allows us to hit rock bottom so we can discover He is the rock at the bottom.*

Jonah's prayer wasn't perfect. His heart still had pride and tension in it. But God didn't wait for perfection—He responded to desperation. Because God hears the imperfect prayers of imperfect people.

## Process Together or Alone

- What stands out to you about Jonah's prayer from inside the fish?
- Why do you think it often takes hitting "rock bottom" for people to turn to God?
- What are some ways people try to avoid or numb pain instead of facing it?
- Have you ever experienced a difficult season that eventually led you closer to God?
- What's the difference between knowing about God and truly surrendering to Him?

## Follow Jesus This Week

### Listen

- Where in your life do you feel overwhelmed, stuck, or at your limit?
- What might God be trying to say to you in that place?

### Obey

- What would it look like to stop trying to fix everything yourself?
- What is one step of surrender you can take this week?

### Share

- Who in your life is struggling right now and needs encouragement or hope?
- How could your story (even your brokenness) help someone else take a step toward God?

### Care

- Who can you pray for this week who feels far from God or at rock bottom?
- How can you show compassion instead of judgment toward others in difficult seasons?



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## Live It Out

Instead of avoiding discomfort this week, lean into it.

When you feel overwhelmed, pause and pray—right there in the moment. Don't wait for the perfect words. Just be honest.

Let your struggle become the place where you reconnect with God, not run from Him.

## Pray

- Thank God that He meets you even at your lowest point
- Ask Him to replace pride with humility and control with trust
- Ask for the courage to be honest and dependent on Him
- Ask Him to draw near in your brokenness

*God, I don't have it all together. I don't even know what to say sometimes—but I need You. Meet me here, in this place, and lead me back to You. Amen.*

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## Group Leader Optional Questions

### Opening Question:

Why do you think people are often more open to change during difficult seasons?

### Closing Reflection:

What is one area where you need to stop striving and start surrendering this week?