

# JONAH 2 – CRYING OUT

WATCH



**WATCH:** <https://vimeo.com/456111647>

**Jonah's prayer (10'41)**

*Taken from HTB groups*

Jonah is real about his circumstances. He worships God but instead of using Psalms of lament, he uses Psalms of praise. He acknowledges God's faithfulness.

## REFLECTION

- What is the biggest storm you've ever been in?
- Have there ever been moments in your life where you have felt at the end of yourself? How did you respond?
- How easy do you find it to be to real and honest with God during hardship?
- How easy to you find it to worship God during hardship?
- Storms are an opportunity to remind ourselves of the faithfulness of God. If you are in a season of difficulty right now, how might you, in the midst of the pain, discover afresh the goodness of God and our dependence on him?



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LISTEN  
& WATCH



**A Severe Mercy – Amazing Jonah**  
**Tim Mackie (50' 27)**

*Taken from the Bible Project*

[https://www.youtube.com/watch?v=twFhijg8lQs  
&list=PLZ1ocmtU5AOd2xrvWXYZg-  
ypGZmfa3Rbd&index=3](https://www.youtube.com/watch?v=twFhijg8lQs&list=PLZ1ocmtU5AOd2xrvWXYZg-ypGZmfa3Rbd&index=3)



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## BIBLE STUDY

### Read Jonah 2:1-10

#### What can we learn from Jonah - when we reach rock bottom

1. Jonah is at the end of himself – he’s at a crisis point. Last week he *turned away* from God’s word (ch 1 v 1) but this week he *turns back* to it, as he prays a prayer with remarkable similarity to the Psalms.

Look at these verses from the Psalms to show us that when we are at rock bottom, God meets us there. Psalm 23 v 4; Psalm 40 vv 1-3; Psalm 91 v 15; Psalm 126 vv 4-6.

2. How can using Scripture help us to pray?
3. When we are at rock bottom, we sometimes cannot pray. Talk together about practical ways that we can support each other and reach out as a group to each other when life is very tough. Why is it sometimes hard to be vulnerable about our crises? Try to ask your group for prayer now if you feel as if you are going through a storm.

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## BIBLE STUDY

### The amazing length of God's arms of grace

4. Jonah needed to experience the saving grace of God in order to be a witness of that saving grace to the people of Ninevah. Look at Isaiah 6 vv 1-8 – what do we see here in Isaiah's experience that shows God working in a similar way? Can you think of other places in the Bible that teach the same lesson? What about in your own life – has God used your experiences to help you show his love to others in a more meaningful way?
5. The book of Jonah gives a beautiful picture of God's grace (both here and in next week's chapters). Jonah also causes us to stop and reflect on the gift that we have as Christian believers because the coming of Jesus has radically changed the way we experience grace. His death and resurrection mean that we have direct access to our Father as beloved children, and we can hold on to that grace *in confidence*: God patiently waits to offer us the freedom and fullness of life that come through accepting what Jesus has done.

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## GOING DEEPER

Read this quote from Tim Keller and talk together about what impact this grace may have on anything you are going through as a believer at this time.

**“The only storm that can really destroy - the storm of divine justice and judgment on sin and evil - will never come upon you. Jesus bowed his head into that ultimate storm, willingly, for you. He died, receiving the punishment for sin we deserve, so we can be pardoned when we trust in him.**

**When you see him doing that for you, it certainly does not answer all the questions you have about your suffering. But it proves that, despite it all, he still loves you. Because he was thrown into that storm for you, you can be sure that there’s love at the heart of this storm for you .”**

*Tim Keller: Jonah – the Prodigal Prophet*

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**PRAY**

Pray together that God will help you to be able to see truth in his word that impacts you as you pray in times of crisis, for yourself or for others.

Pray that the gift of grace would have an impact on your circumstances that helps you to see them differently and know the power of Jesus meeting you where you are.

