



LIFE GROUP NOTES

Week Beginning: 9th June 2024



Jonah Ch 2. A fishy prayer

Warm Up

The chances that you have been swallowed by a fish are pretty remote. However, have there been times when you have felt trapped, cornered or completely lost? What was it like? How did you find your way out?

Background and context

The whole of chapter two consists of a prayer that Jonah prayed whilst in the belly of the fish. You get the sense of despair and drowning that Jonah felt and then the realisation that the Lord can rescue him. Some have argued that Jonah never actually repents of his sin. What do you think? As you read it reflect on the tone. Where does it change? Is there a sense of repentance?

Thinking it through: Main discussion/activity

READ Jonah ch 2. What are the surprising things in the passage? What is new? What don't you really understand?



1. Read the prayer. How does the text help you imagine Jonah sinking, his despair and then his rising to salvation? Highlight key words that help.
2. Up until now Jonah has been running away from God but he now turns to him in prayer. What do you think prompted this change of heart?
3. Jonah cried out to God in his distress. Can you think of other people in the Bible who cried out to God in times of trouble? Where do you turn in a crisis? Do you cry out to God?
4. **V 3-7.** In what ways does Jonah acknowledge God's control over the situation? Why do you think he is still able to have hope in such a distressing situation?
5. **Read Psalm 18:4-6, 42:7.** How do these compare to Jonah's prayer? Why might using scripture to pray be a good thing? Share examples of ones you use.
6. **V8.** How does "clinging to idols" prevent us receiving God's grace? What are the idols that we may put in the place of God?
7. **V9.** "Salvation comes from the Lord." Where else in scripture do we see this in action? How can meditating on this inspire our worship of the Lord?

Discipleship and Application

8. Read **Matthew 1:21.** How would you explain to a non believer that they need Rescuing and Jesus is the one to do it?
9. In **Matt 12:38-41** Jesus talked about the sign of Jonah, a reference to his death and Resurrection. How can the fact of the resurrection give us confidence in our faith and help us to tell others?



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.