

# JONAH

THE GOD THAT PURSUES YOU

## Week #2: Jonah

- Grace is when \_\_\_\_\_ people receive from an \_\_\_\_\_ giver, an \_\_\_\_\_ gift.

### Two realities of our existence:

- There is a tendency in us to \_\_\_\_\_ the leadership of \_\_\_\_\_ in our life. This is called \_\_\_\_\_.
- There is a tendency in God to \_\_\_\_\_ after us and interrupt our \_\_\_\_\_ behavior. This is called \_\_\_\_\_.

*From inside the fish Jonah prayed to the Lord his God. He said:*

*"In my distress I called to the Lord,  
and he answered me.  
From deep in the realm of the dead I called for help,  
and you listened to my cry.  
You hurled me into the depths,  
into the very heart of the seas,  
and the currents swirled about me;  
all your waves and breakers  
swept over me.  
I said, 'I have been banished  
from your sight;  
yet I will look again  
toward your holy temple.'  
The engulfing waters threatened me,  
the deep surrounded me;  
seaweed was wrapped around my head.*

*To the roots of the mountains I sank down;  
the earth beneath barred me in forever.  
But you, Lord my God,  
brought my life up from the pit.*

*“When my life was ebbing away,  
I remembered you, Lord,  
and my prayer rose to you,  
to your holy temple.*

*“Those who cling to worthless idols  
turn away from God’s love for them.  
But I, with shouts of grateful praise,  
will sacrifice to you.  
What I have vowed I will make good.  
I will say, ‘Salvation comes from the Lord.’”*

*And the Lord commanded the fish, and it vomited Jonah onto dry land.*

**Jonah 2:1-10 (NIV)**

**What can we learn from Jonah’s prayer?**

- Jonah was in distress, and often \_\_\_\_\_.
- Jonah called out to God, and \_\_\_\_\_.
- God saved Jonah, and He can \_\_\_\_\_.

**Discussion Questions**

1. Describe your prayer life. Are you more apt to send a distress signal when life gets challenging, or do you have regular prayer time with God regardless of what's happening in your life?
2. Share what grace means to you. Whom do you know that demonstrates grace well? Please share an example if you can.
3. How might we show grace in the places we visit, work, study, or play everyday?
4. Do you think there might be something radical and costly that God might be asking of us as we take part in God’s mission in your neighborhood, school, or workplace?

**Recommended Resources**

- *Running from Mercy: Jonah and the Surprising Story of God's Unstoppable Grace*, by Anthony Carter
- *Rediscovering Jonah: The Secret of God’s Mercy*, by Timothy Keller

## Week #2: Jonah - **FILL COPY**

- Grace is when **UNDESERVING** people receive from an **UNOBLIGATED** giver, an **UNBELIEVABLE** gift.

### Two realities of our existence:

- There is a tendency in us to **RESIST** the leadership of **GOD** in our life. This is called **SIN**.
- There is a tendency in God to **CHASE** after us and interrupt our **SELF-DESTRUCTIVE** behavior. This is called **GRACE**.

*From inside the fish Jonah prayed to the Lord his God. He said:*

*“In my distress I called to the Lord,  
and he answered me.  
From deep in the realm of the dead I called for help,  
and you listened to my cry.  
You hurled me into the depths,  
into the very heart of the seas,  
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*And the Lord commanded the fish, and it vomited Jonah onto dry land.*

**Jonah 2:1-10 (NIV)**

### What can we learn from Jonah’s prayer?

- Jonah was in distress, and often **SO AM I**.

- Jonah called out to God, and **SO CAN I.**
- God saved Jonah, and He can **SAVE ME.**

### **Discussion Questions**

1. Describe your prayer life. Are you more apt to send a distress signal when life gets challenging, or do you have regular prayer time with God regardless of what's happening in your life?
2. Share what grace means to you. Whom do you know that demonstrates grace well? Please share an example if you can.
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NIV (New International Version)