



THINK ON IT...

1. Have you ever felt your whole life pass before your eyes? What happened?
2. Recall a dark and lonely period in your life. What precipitated it? How did you experience God in that time? How did it impact your life? Your faith?

Read: Jonah 2:1-10

3. What is the general tone of Jonah's prayer? What kind of a prayer is it? A call for help? A recommitment?
4. What is the significance of Jonah praying from the belly of the fish but using verbs in the past tense, as though God had already answered his prayer?
5. While Jonah might have been safe for the moment, how was he still in "deep trouble"?
6. Where does Jonah show assurance of being delivered in spite of appearances to the contrary (v.4, 6, 7, 9)?
7. Compare v.3 with 1:15 – how does Jonah view circumstances? God's control? God's purposes?
8. Describe a time in your life when you were on the run from God or felt far from God. What happened? How was your life "brought up from the pit" (v.6)?
9. How could the trial you are going through be God's avenue of change for you? Where in your life are you desperate enough to pray with hope as Jonah does here?
10. What has God said to you through this time of reflection / discussion? What are you going to do about it?