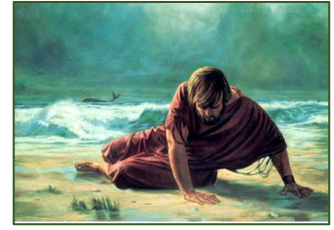


JONAH

God's Problem Child



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PART 3: JONAH RUNS TO GOD

JONAH'S PRAYER (2:1-9 ESV)

"Then Jonah prayed to the Lord his God from the belly of the fish, 2 saying,



*'I called out to the Lord, out of my distress,
and he answered me;
out of the belly of Sheol I cried,
and you heard my voice.
3 For you cast me into the deep,
into the heart of the seas,
and the flood surrounded me;
all your waves and your billows
passed over me.
4 Then I said, 'I am driven away
from your sight;
yet I shall again look*

upon your holy temple.'

5 The waters closed in over me to take my life;

the deep surrounded me;

weeds were wrapped about my head

6 at the roots of the mountains.

I went down to the land

whose bars closed upon me forever;

yet you brought up my life from the pit,

O Lord my God.

7 When my life was fainting away,

I remembered the Lord,

and my prayer came to you,

into your holy temple.

*8 Those who pay regard to vain idols
forsake their hope of steadfast love.*

*9 But I with the voice of thanksgiving
will sacrifice to you;*

what I have vowed I will pay.

Salvation belongs to the Lord!



JONAH IS RELEASED FROM THE FISH (2:10 ESV)



10 And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.”

EXPLORING THE TEXT

1. Can you imagine how traumatic it must have been to be trapped inside a fish for three days and three nights? Why was God so severe with Jonah?
2. How did God respond to Jonah's cry for help? (2:2)
3. How does Jonah's prayer in 2:1-9 reflect a change in the way he viewed God's presence?
4. What aspects of true repentance do you see in Jonah's prayer (2:1-9)?
5. In what ways can this chapter encourage you when you go through very stressful times?