



Making God too small (Jonah 2:1)

"From inside the fish Jonah prayed to the LORD his God."

See also: Matthew 12:39-40

Distress signals (v.2)

"In my distress I called to the LORD, and he answered me"

See also: Psalm 18:4-6

Blaming God (v.3-4)

"You hurled me into the deep, into the very heart of the seas..."

Barred in forever (v.5-6)

“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 barred me in forever.”

Remembering the true God (v.7)

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

Clinging to worthless idols (v.8)

“Those who cling to worthless idols forfeit the grace that could be theirs”.

See also: 1 Kings 12:26-30
2 Kings 14:24-25

Sacrifice of Praise (v.9a)

“But I, with a song of thanksgiving will sacrifice to you. What I have vowed I will make good.”

“As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while men say to me all day long, “Where is your God?” These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. Why are you so downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my saviour and my God.”
Psalm 42:1-5

‘Salvation comes from the LORD’ (v.9b)

Dealing with the mess (v.10)

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

*What songs or verses from the Bible that have helped you to remember God and praise Him through tough times?
Who could you share them with this week?*



Growth group questions

You will find it helpful to have heard the talk so why not listen at:

<http://leightonbaptists.org.uk/media-links/current-teaching/>

Some of these questions are personal and others are more general. Feel free to pick and choose which questions your group will find most helpful.

1. **Read Jonah 2:1-6.** What is Jonah's attitude to God in these verses?
2. **Read Psalm 88:1-18.** How are Jonah's feelings similar? Can we do anything to help ourselves in such difficult times?
3. **Read Jonah 2:7-8.** What false views of God do you think people have today? How might people miss out as a result?
4. **Read Psalm 119:11.** Have you ever found memorising verses from the Bible or knowing the words to Christian songs helpful? What practical steps could you take to do this as an individual? Is there anything you could do as a group?
5. In **verse 9** Jonah says '*I will make good*' and in **verse 10** he says '*Salvation comes from the LORD.*' Are there ways we should be looking to '*make good*'?
6. **Read Matthew 12:40.** Thank God for His faithfulness and amazing determination to save you. Pray for the courage and determination to follow Him this week and to submit to His plans.