

“Rescued from Rock Bottom”

Jonah 1:17-2:10

Series: *Jonah*

Pastor Jim Oakley – June 10, 2018

BIG IDEA: WHEN WE CRY OUT TO HIM, GOD RESCUES US FROM ROCK BOTTOM

JONAH IS...

1. RESCUED (v. 1:17-2:1)
2. FROM ROCK BOTTOM (v. 2:2-6)
3. WHERE HE RECOMMITS (v. 2:7-9)
4. AND IS RELEASED (v. 2:10)
5. BUT DOES HE REPENT?

READ AHEAD FOR NEXT WEEK: Jonah 3

ABF/Small Group Guide

ICEBREAKER:

In Gary Chapman and Jennifer Thomas’s book *5 Languages of Apology*, there are 5 parts of a real apology:

1. Expressing regret - "I am sorry."
2. Accepting responsibility - "I was wrong."
3. Making restitution - "What can I do to make it right?"
4. Genuinely repenting - "I won't do it again."
5. Requesting forgiveness - "Will you please forgive me?"

Which is your default and which do you struggle to communicate?

READ Jonah 1:17-2:10.

1. How does God show Jonah mercy even though he is thrown overboard?
2. Review Chapter 1, what is significant about when Jonah actually prays?
3. How would you describe Jonah’s emotional journey in our passage today?
4. If you examine the personal pronouns, who is Jonah’s prayer primarily concerned with?
5. How does Jonah view his circumstances?
6. Where does Jonah show hope in God’s deliverance despite his situation?
7. What reference, if any, does he make to the sailors or his mission to Nineveh?
8. Before this incident, was Jonah trusting in any worthless idols?
9. What vow do you think Jonah was remembering?
10. Which parts of the *5 Languages of Apology* does Jonah communicate in this prayer?
11. Does Jonah repent of his hatred for the Ninevites or his rebellion?
12. What can you learn from Jonah’s experience?
13. What is revealed about God and his mercy in this chapter?
14. How will you apply this to your life?