



2. JONAH'S PRAYER

Sermon Notes

Text: Jonah 1:17-2:10

Intro:

The purpose of Jonah's story is to point out hypocrisy.

Jonah 1:17

God's provision doesn't always come in the form that we prefer.

Jonah 2:1

What would it take to cause us to pray?

"To be a Christian without prayer is no more possible than to be alive without breathing." ~Martin Luther

Jonah 2:2-9

Jonah's prayer is a prayer of thanksgiving, not repentance.

Sometimes thanksgiving is a matter of perspective. Our current situation might not be ideal, but it's a better alternative to what God has saved us from.

Jonah 2:10

The fish is meant to represent God's grace. Not just his grace to Jonah, but his grace to Nineveh and to all people who are far from him.

1. The Lord Disciplines the one he loves

Hebrews 12:6

God was not out to harm Jonah. He was out to save Jonah and sanctify Jonah. He has similar goals for us.

2. Going down to get up

Jonah went "down" (Jonah 1:3, 1:5, 2:6).

2:6 "But you, Lord my God, brought my life up from the pit."

Psalm 40:2

3. Salvation comes from the Lord

Jonah 2:9

Ephesians 4:9-10

Conclusion:

Life Group Discussion

Warm up:

1. Do you have any trouble believing accounts of miracles in the Bible, like Jonah surviving in the belly of a fish? Why or why not?
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

Study & Discussion:

1. How do you motivate yourself to pray? Are you more likely to pray when your life is going well, or when it's going poorly? Why? What would help you pray more regularly?
2. Read Jonah's prayer (Jonah 2:2-9). What do you notice? What's in the prayer? What's not in the prayer that should be?
3. Read Hebrews 2:4-13. Do you think this passage applies to Jonah's situation? What's the difference between discipline and punishment? Can all of life's hardships be seen as discipline? Have you ever experienced something that you think was God disciplining you?

Application:

1. Jonah's situation in the fish was less than ideal, but he realized it was better than his alternative, and he thanked God. Do you have a less than ideal situation right now? Are you practicing thankfulness anyway? Give it a try.

Prayer:

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