

**PRAYERS OF THE BIBLE**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LESSON 16 JONAH 1:17-2:10**

1. What impacted you most from the previous study on **Nehemiah’s heartfelt request**, and how have your prayers been transformed?

**JONAH – A RESCUED REBEL**

Jonah prophesied during the peaceful and prosperous reign of King Jeroboam in Northern Israel (near Assyria). The Lord called Jonah to go the Assyrian city of Nineveh to pronounce judgement on it. Jonah attempted to escape God’s call by heading in the other direction to Joppa, a seaport on the Mediterranean. He foolishly thought he could escape God’s presence.

2. Pray and read through Jonah’s prayer in **Jonah 2:2-9** paying special attention to how Jonah uses descriptive words to draw you into his near-drowning experience. Which descriptions stood out to you?

3. The circumstances leading up to Jonah’s prayer are dramatic. Read **Jonah 1:1-16** to learn about how Jonah tried to run away from God. What feelings does it stir up in you to know that God allowed Jonah to be tossed into the raging sea as a consequence of his rebellion?

4. The setting for Jonah’s prayer is described in **Jonah 1:17** and **2:1**. Jonah pours out his prayer after he has spent three dark days all alone and confined inside a fish. Think of a time when you were forced to spend time alone. What are some of the challenges and blessings of solitude?

5. Read again through **Jonah 2:2-7**.

1. What actions does Jonah declare that he has taken to reach out to God?
2. What actions does Jonah state that God has taken? Write a truth from this.

6. Still trapped inside the fish, Jonah chose to give credit to God for his rescue rather than focusing on his current circumstances and uncertain future.

1. What is your own dark and uncertain situation (or your loved ones)?
2. How does this inspire you to pray differently in the midst of your darkness or uncertainties?

7. Go “fishing” for attributes of God cast into the last part of Jonah’s prayer in **Jonah 2:7-10.** Which one resonates most with you in your current circumstances and why?

8. In **Jonah 2:8-10**, Jonah promised God that he would put his gratitude into action by obediently preaching God’s salvation message to Nineveh. (And he did! See **3:1-5**). When have you observed or experienced obedient faith expressed in actions?

9. Jonah recognized that being swallowed by a fish was God’s rescue, giving him a second chance to obey God’s call. As you think back over your life or the life of a loved one, can you relate to the “second chance” or “rescue” that Jonah experienced? Explain.

10. **HEART REFLECTION**

Look back at your answers to questions 6 and 9. Think about ways the Lord has been good to you in the midst of your storm-tossed and dark “belly of a fish” circumstances. Write out a prayer to the One who hears your cry when you call out to Him, as you meditate on **Psalm 13:5-6** **“But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord’s praise, for he has been good to me.”**

**NAME PRAYER REQUEST**