



Sunday 16th July 2023



Jonah 1:17–2:10 – Saved from the depths



Questions for study and reflection this week

God provides the means to turn our lives around (1:17)

The word 'provided' is the key to understanding God's purposes for Jonah. What exactly was God providing for him?

Read this from Spurgeon: "Most of the grand truths of God have to be learned by trouble; they must be burned unto us with the hot iron of affliction, otherwise we will not truly receive them... We discover many secrets in the caverns of the ocean, which though we had soared to heaven, we never could have known." Has this been true for you?

What do you do when you can't do anything? What are the things that distract you in using the space and time God has given you to be still, reflect and properly seek God?

God hears our cries and answers our prayers (2:1-9)

What was the content of Jonah's prayer?

How did praying the psalms help Jonah whilst in the belly of the fish?

How are the psalms ultimately fulfilled by Jesus? Can you think of specific psalms that point us to what Jesus has done for us?

Why can we be confident that God hears our cries and prayers when we are 'in Christ'?

What psalms have you especially treasured and why?

God saves us and grants us new life in Christ (2:10)

Can you explain the Gospel of Jesus from Jonah 2?

How does this story emphasise that God has the keys to death & life?

What are your hopes for your new life in Christ from now?