

Blessings from the Belly of a Whale

Key Passage: Jonah 2

Reflect

- What stood out to you in today's message?
- What do you feel God spoke to your heart about today from His Word?

Review

- **Blessing 1: Jonah goes from running away from God to running to God in prayer – v.1**
 - Read Jonah 1:3, 2:1; what spiritual difference do you see in Jonah?
 - Think about your life, when in your life did you pray the most genuine prayer you ever prayed? Why?
 - How or why can pain and trials cause us to draw closer to God?
 - How can trials validate the genuineness of your faith (Matthew 13:21, 7:24-27, James 1:2-4)?
- **Blessing 2: Jonah went from health to helplessness**
 - **What in your life made you realize your dependency upon God?**
 - **Why is it a blessing to come to the realization you can't do it all on your own?**
 - Who in the Bible is an example of someone who depended on themselves and failed?
 - Who in the Bible is an example of someone who depended on the Lord and won!
- **Blessing 3: Jonah went from declaring coming judgment to being in judgment (Jon. 2:3)**
 - Why and how can God's discipline on our lives be a blessing?
 - What is something you learn from the following verses? Proverbs 3:12, Heb. 12:10-11
- **Blessing 4: Jonah went from discontentment to thankfulness – (Jonah 1:9)**
 - **How do you know Jonah was not content with God's will in Jonah 1:3?**
 - **What changed in Jonah by chapter 2:9? Why?**
 - Have you found trials in life causing you to become more thankful for things you have in life? How-so?
 - What causes a person to complain? Is complaining ever acceptable to God?
 - Paul said he "learned to be content (Phil 4:11); what lessons in life has taught you to be more content with what you have?"
- **Blessing 5 – Jonah went from disobedience to submission – v. 8-9**
 - Jonah went from running (1:3) to vowing obedience to God (2:9) as the trial of being the belly of the whale caused Jonah to submit to the will of God. Have you ever vowed obedience to God in a low point in your life? Have trials in life ever caused you to be more submissive to the will of God?
- **Blessing 6 – Jonah went from Bondage in the belly to Freedom on the shore– v. 10**
 - Is freedom doing what you want to do or doing what God wants you to do?
 - How has Jesus Christ set you free?

Apply

- What is one thing from today's message you can apply to your life?
- Who can you reach out to and invite to this Jonah series next Sunday and to Life Group? _____

Verses used from Sunday Morning's Sermon:

Jonah 2:1-10, Deuteronomy 30:19, Proverbs 8:36; John 5:24, Genesis 6:3, Proverbs 1:28, John 7:34, Matthew 12:40, 16:4; Proverbs 3:11-12, Psalm 139:7, 1 Samuel 1:10, 20; 2 Cor. 12:7-8; Matt. 26:38-39; Luke 15:13-18; John 15:5; 1 Cor. 10:12; 2 Cor. 3:5; Hebrews 12:7-10; Proverbs 3:12, 13:24; Deut. 8:5, Psalm 103:10, 119:75; 1 Timothy 6:6-8, Philippians 4:4, 11; John 8:34