

THE BOOK OF JONAH

Lesson 2 - Chapter 2

Jonah 1 ended with Jonah *in the belly of the fish for three days and three nights*. Chapter 2 begins with the words *Then Jonah prayed...* Jonah went through a lot before he humbled himself and called out to the Lord. The wonderful thing we find in this chapter is that God heard and God answered. Let this be an encouragement to you, no matter what circumstances you find yourself in, and let it be a lesson to pray quickly and to cry out to God.

Begin your study with prayer...

Memory Verse – This week’s memory verse is Psalm 107:13.

*“Then they cried out to the LORD in their trouble,
And He saved them out of their distresses.”*

Read Jonah 2:1-3.

1. A great fish had swallowed Jonah.

- a. From Jonah 2:1, what did Jonah do *from the fish’s belly*?

- b. How long did it take for Jonah to finally do this?

- c. How would you define the word *prayer*?

2. Looking at verse 2...

- a. Why did Jonah *cry out to the LORD*?

- b. What was the actual cause of this situation?

3. What are some examples of situations where a person who has not been praying, maybe has even been running from God, may finally cry out to the Lord?

4. Record the last five words of Jonah 2:2 below.

5. What do you see in the following scriptures about crying out to the Lord?
 - a. Psalm 50:15

 - b. Psalm 107:13

 - c. Share a favorite scripture you run to when you cry out to the Lord.

6. Consider the following scriptures and describe the heart condition as they cry out, as well as the result.
 - a. Psalm 34:17-18

 - b. Psalm 66:18

7. According to 1 John 5:14-15, what more do you see about how we should pray?

8. According to each verse below, who cast Jonah into the sea?
 - a. Jonah 1:15

 - b. Jonah 2:3

 - c. How do you reconcile the two statements?

Read Jonah 2:4-6.

1. What statement did Jonah make in Jonah 2:4?

a. Consider a similar statement David made in Psalm 31:22. *Nevertheless...* what truth did he discover?

b. Why do you think believers, like Jonah and David, make statements about God that are not true?

2. Regardless of how Jonah felt in Jonah 2:4, what did he say he would do?

a. What does this mean to you?

b. How does it help when you look to the Lord in times of despair?

3. What truth or promise do you find in the following scriptures that would help you to cry out to the Lord for help?

a. Psalm 27:14

b. Isaiah 40:29

c. Nahum 1:7

4. Jonah vividly described his condition in Jonah 2:5-6. Record a few of the words or phrases that he used.

5. The description in verses 5-6 ends with the word *yet...*

a. *Yet...* what had God done?

b. No matter what the circumstances are in your life, in what ways has God *brought your life up from the pit?*

6. Write the last four words in Jonah 2:6 below.

a. Define LORD. Add anything you know about why this word is in all capital letters in KJV.

b. What do you think is the significance of Jonah calling Him “*LORD, my God?*”

c. List a few of God’s names or characteristics you use when you pray.

Read Jonah 2:7-9.

1. Reflect on the words of Jonah 2:7. When did Jonah *remember* the Lord?

a. Using synonyms, define the word *fainted*.

b. In your own words, describe what it is like when your heart *faints*.

2. With the conditions Jonah described in Jonah 2:5-7 in mind, read Psalm 18:4-5.

a. Describe David’s condition.

b. In what way(s) was David’s distress similar to Jonah’s?

c. In Psalm 18:6, what did David do in his distress?

d. What can we learn from these two situations?

3. Jonah 2:8 says, "*Those who regard worthless idols forsake their own Mercy.*" In Jonah Chapter 1 the mariners clung to their worthless idols at first, but to no avail. Jonah's regard was only for his own will, placing himself in the place of an idol. What are some *worthless idols* we might regard over the one true God?

4. Rather than run to *worthless idols*, what two things did Jonah say he would do in Jonah 2:9?

5. A *sacrifice* indicates a difficult giving up of something. Its purpose is often to please another. Given that criteria, in what ways is *thanksgiving* sometimes a *sacrifice*?

6. A *vow* is a voluntary promise to give or do something as an expression of consecration or devotion to the service of God. Jonah was in a place of realizing that he had forsaken his commitments to the Lord. In Jonah's case, what do you think he was saying when he said, "*I will pay what I have vowed?*" (It might help to remember what he is called in 2 Kings 14:25.)

Read Jonah 2:10.

1. Thoughtfully record the words of Jonah 2:10, underlining the first four words.

2. As you consider what God spoke in Jonah 2:10, read Matthew 8:26.

a. What happened when Jesus spoke to the winds and the sea?

b. What do both of these events remind us about our God?

In closing...

1. After studying Jonah 2, what did you learn about...

a. ...crying out to the LORD?

b. ...circumstances God puts us in to get our attention?

c. ...God's desire and power to deliver?

Memory Verse

*“Then they cried out to the LORD in their trouble,
And He saved them out of their distresses.”*

Psalm 107:13