

Praying from inside a fish

Jonah 2:1-10

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

Jonah is in the worst place imaginable and says "salvation belongs to the Lord." What does he still believe about God?

2. What does it show me about people — and about me?

This is a man who was running away on purpose. Does God only listen to people who have been good?

3. What will I obey this week?

Is there something you think makes you not allowed to pray? What will you say to God this week anyway?

4. Who will I tell?

Who thinks they are too far away from God to pray? What does Jonah say to them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, Jonah ran as far from you as he could get, and prayed from the last place on earth anyone would look, and you heard him. Thank you that there is nowhere I can go where you cannot hear me.



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