

**July 17/18, 2010**  
**Wrestling With God: Jonah 2**

**Jonah 2:1-10**

1 Then Jonah prayed to the Lord His God from inside the fish.

2 He said,

*"I cried out to the Lord in my great trouble, and He answered me.  
I called to You from the land of the dead, and Lord, You heard me!*

3 You threw me into the ocean depths,  
and I sank down to the heart of the sea.

*The mighty waters engulfed me;*

*I was buried beneath Your wild and stormy waves.*

4 Then I said, 'O Lord, You have driven me from Your presence.  
Yet I will look once more toward Your holy Temple.'

5 "I sank beneath the waves, and the waters closed over me.  
Seaweed wrapped itself around my head.

6 I sank down to the very roots of the mountains.

*I was imprisoned in the earth, whose gates lock shut forever.*

*But You, O Lord my God, snatched me from the jaws of death!*

7 As my life was slipping away, I remembered the Lord.

*And my earnest prayer went out to You in your holy Temple.*

8 Those who worship false gods

*turn their backs on all God's mercies.*

9 But I will offer sacrifices to You with songs of praise,

*and I will fulfill all my vows.*

*For my salvation comes from the Lord alone."*

10 Then the Lord ordered the fish to spit Jonah out onto the beach.

**Are you listening? Jonah Quiz:**

1) Where did Jonah pray from?

- a) Inside the fish
- b) In his closet
- c) In church

2) What wrapped around Jonah's head?

- a) Seaweed
- b) An electric eel
- c) Plastic soda can rings

3) How low did Jonah sink in the sea?

- a) 500 feet
- b) Roots of the mountains
- c) 20,000 leagues

4) Who did Jonah say salvation comes from?

- a) The Terminator
- b) The church
- c) The Lord alone

5) What did the Lord God snatch  
Jonah from?

- a) Jaws of death
- b) The police
- c) Birds

6) How did Jonah get out of the fish?

- a) He climbed his way up its intestinal tract
- b) The Lord ordered the fish to spit Jonah out
- c) He used a flash light and some rope

**Big Fish Observations**

**1) Like Jonah, sometimes we must hit bottom before we look up and give up our will to God.** *Jonah 2:1-6*

**2) God hears and responds to desperate prayers from desperate people in desperate places.** *Jonah 2:7-9*

**3) When God gets our wills where He wants them, He works to get us where He wants us.** *Jonah 2:10*

**Moral of the Story:**

**When going down, pray up, then give up, and God will get you up again for His purposes, just like Jonah.**

**Discussion Questions:**

1. Share a time in your life when you felt like you were overwhelmed and going down. Why did it happen? How did God meet you in it?
2. Read Jonah's prayer again. Have you ever prayed with that kind of desperation and earnestness? How did God answer it?
3. Is your heart and will right with God right now? Will you go anywhere or do anything He tells you to do?