

JONAH

Chapter Two

- The New American Standard Bible (NASB) has been used to prepare this Study.
 - If another version is used as reference, it will always be cited.
- When a question instructs you to use your "study tools/helps", this means to use your personal concordance, dictionary or other resource. We will, from time to time, make a "List" available to you

Looking Back: Noah is commissioned to go to Nineveh, but refused. Oh... such rebellion! Jonah was quick to discover that you can't run from God and you certainly can't flee from His presence. It appeared that he had gotten away with it (paid his fare to Tarshish and was on his way), but... in an attempt to "do things HIS way", Jonah found himself in a real mess. Remember the storm? Because of his rebellion, Jonah had not only placed *himself* in danger, but an entire crew also. The storm that God sent was so violent that they were tossing over the cargo... they were anxiously trying to survive! Why is this happening? Whose fault is this? The guilty party: Jonah. The only solution: toss him!

Once Jonah is in the water, it's curtains for him... or not! Jonah will be spending a long and very uncomfortable three days at an extremely dark and damp resort. Consider this experience from the perspective of the great fish! I can just imagine God speaking to this incredible creature, "I've got a mission for you. This man will fall into the sea, right in front of you. However, this is not dinner... you can't chew, you can only swallow. This guy needs to learn a hard lesson and, unfortunately, you will assuredly experience some indigestion... but, you can't spit him out... at least, not yet. I'll tell you what to do next."

Looking Ahead: It's reflection time for Jonah. What do you think he will do with these next three days? He's in a prison of God's making, he's helpless, and... he knows why he's here. God loves Jonah (and the people of Nineveh) so much that extreme situations call for extreme measures. Think about this, seriously! Jonah is literally in the stomach of a fish. There was undoubtedly slimy, wet "stuff" all over him and around him and... it must have been dark... extremely dark!! The interesting thing we will learn in this chapter is that it wasn't until the END of these three days that Jonah cried out to the Lord for help. This guy is a hard nut to crack, but not impossible. Let's see how Jonah repents and returns.

This weeks Memory verse is **Jonah 2:9**. Begin memorizing the verse(s) today.
Ask the Holy Spirit to help you memorize this passage and for opportunities to apply it..

**"But I will sacrifice to You with the voice of thanksgiving.
That which I have vowed I will pay. Salvation is from the Lord." Jonah 2:9**

Write out **Jonah 2:9** here: _____

Write this verse(s) on your index cards... keep one with you & post the other in a prominent place...

DAY ONE

Pray, then read **Jonah 2:1-2**

1. **After** Jonah is "in the stomach of the fish" (ewwwww!), for three days and three nights (Jonah 1:17) what did he "do"?

A. Why do you think it took him so long to pray to his God? _____

2. Read Luke 15:11-24. In this sermon, Jesus speaks of a similar situation. The prodigal ran from his dad (a picture of our Heavenly Father); Jonah ran from the Lord. What do you believe enabled each of these men to "return"? Re-read Luke 15:18 before answering. _____

Personal: Are you "running" in the opposite direction than the Lord would want you to go? Faith in his father's goodness allowed the prodigal to say of his father, (remember, he left) "I will arise and go to my father..." Jonah, perhaps recalling the goodness of his Father, now chooses to arise and return as well. A silly saying, but very true... God allows U-Turns - go for it! Practice and apply Luke 15:18! Repent and return - He will place you back on the right path too! Rejoice in the goodness of your God!

3. What motivated Jonah to call out to the Lord? (v.2) _____

A. Define: distress _____
1. While still in the stomach of the fish... what is Jonah confident of? _____

B. What did Jonah "cry out" for? _____ from where? _____
1. Define: Sheol _____
a. Read Psalm 18:5-6. Record the words of David after God delivered him from the hand of King Saul. _____

C. When we find ourselves in a hopeless situation, created by our own stubborn will... we may be tempted NOT to cry out for help, after all, "I got myself into this situation", etc. Read Hebrews 4:14-15. According to this verse, in what way can Jesus identify with us? _____

"The fish might well be called a grave, and, as it was a prison to which Jonah was condemned for his disobedience and in which he lay under the wrath of God, it might well be called the belly of hell. Thither this good man was cast, and yet thence he cried to God, and it was not in vain; God *heard him, heard the voice* of his affliction, the voice of his supplication. There is a hell in the other world, out of which there is no crying to God with any hope of being heard; but, whatever hell we may be *in the belly of* in this world, we may thence *cry to God*. When Christ lay, as Jonah, three days and three nights in the grave, though He prayed not, as Jonah did, yet His very lying there cried to God for poor sinners, and the cry was heard." Matthew Henry

 Time to practice. Fill in the blanks: "But I will _____ to _____ with the voice of _____ . That which I have _____ I will pay. _____ is from the Lord." _____ : _____

DAY TWO

Pray, then read **Jonah 2:3**

1. Interesting... who does Jonah "credit" for his being cast into the deep? (v.3a) _____
A. Didn't the sailors throw him overboard? What does Jonah acknowledge by this statement?

B. Read Psalm 42:7-8, Psalm 69:1-2 and Lamentations 3:54-57. What additional insights can you gain from these passages? _____

2. Read **Ephesians 1:18-23**. (New Living Translation)

"I pray that your hearts will be flooded with light so that you can understand the wonderful future He has promised to those He called. I want you to realize what a rich and glorious inheritance He has given to His people. I pray that you will begin to understand the incredible greatness of His power for us who believe Him. This is the same mighty power that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms. Now He is far above any ruler or authority or power or leader or anything else in this world or in the world to come. And God has put all things under the authority of Christ, and He gave Him this authority for the benefit of the church. And the church is His body; it is filled by Christ, who fills everything everywhere with His presence."

A. When you are experiencing a trial, which part of this passage is most difficult for you to apply?

3. Read Mark 9:17-24. Record the declaration of the boy's father from v.24b. _____

A. If you can identify with this man, insert **your name** as you offer this heartfelt cry to the Lord: " _____ does believe; help _____'s unbelief."

"Two things are very remarkable here: First, The felt and owned presence of unbelief, which only the strength of the man's faith could have so revealed to his own consciousness. Second, His appeal to Christ for help against his felt unbelief - a feature in the case quite unparalleled, and showing, more than all protestations could have done, the insight he had attained into the existence of a power in Christ more glorious than any he had besought for his poor child." David Brown

♥To "believe" in the Lord Jesus Christ as our own personal Lord and Savior does not mean that we are automatically able to "believe and apply" all of the promises He has made to us. It is through our trials that our ability to believe and apply His Word increases. We KNOW that not everyone will be physically healed like this boy, but what hope do the principles in these passages encourage you in your trial today? _____

4. In the last line of v.3, Jonah declares, "All _____ breakers and billows past over me." Again, what is he acknowledging here? _____

A. How is Jonah's declaration confirmed in the following references?

1) Psalm 33:6-7 _____

2) Psalm 95:5 _____

3) Psalm 104:24-25 _____



Perfect segue to practice & write out **Jonah 2:9** _____

DAY THREE

Pray, then read **Jonah 2:4-6**

1. What is Jonah's conclusion in v.4? _____

A. Jonah continues, "Nevertheless, _____ look again toward Your holy temple." Although Jonah assumed that God had withdrawn His presence, Jonah recognized his responsibility and chose to humble himself and re-positioned himself toward the Lord, rather than away from Him.

1. Record what Psalm 123:1-2 says: _____

(P)ersonal: Have you been resisting the Lord's will for your life? Do you "feel" as if the Lord has removed His presence from your life? Read and meditate on Psalm 51:10-12. The Lord has not left you! He's waiting to hear from you. Repent! Cry out with Jonah, "**I will...**" In one sentence, what WILL you choose to do... beginning today – to be IN God's will, not yours. _____

2. Even though Jonah repents, he recalls some of the details of his devastating experience. Record Jonah's words from v.5-6a. _____

A. Jonah returns to "revisiting" the terrible thing that had happened to him. We are also tempted to re-visit the "what if", "almost", "If I had only", "it was soooo bad", etc. What fruit came from his focusing on the "experience"? _____

1. Perhaps you are in a trial right now that seems like it has been FOREVER, and you are "feeling" overwhelmed. Let's take a Promise Pill. According to II Corinthians 4:8-11...

"... we are afflicted in every way... BUT NOT _____;
perplexed... BUT NOT _____;
persecuted... BUT NOT _____;
struck down... BUT NOT _____; ..."

Why? (v.10-11) _____

3. This experience was terrifying, BUT when Jonah focused on God, what did he proclaim? (v.6b) _____



Time to practice & write out **Jonah 2:9** _____

DAY FOUR

Pray, then read **Jonah 2:7-9**

1. What was the fruit of Jonah's "fainting away"? (v.7)

- I _____
- and my _____

2. Jonah (repentant and refocused), makes an interesting statement. Write out v.8. _____

A. Do you believe he is including himself as one of "those"? Explain. _____

"Those that follow their own inventions, as Jonah himself had done when he *fled from the presence of the Lord* to go to Tarshish, *forsake their own mercy*, that mercy which they might find in God, and might have such a covenant-right and title to it as to be able to call it their own, if they would but keep close to God and their duty. Those that think to go any where to be from under the eye of God, as Jonah did—that think to better themselves by deserting his service, as Jonah did—and that grudge his mercy to any poor sinners, and pretend to be wiser than he in judging who are fit to have prophets sent them and who are not, as Jonah did—they *observe lying vanities*, are led away by foolish groundless fancies, and, like him, they *forsake their own mercy*, and no good can come of it." Matthew Henry

3. In light of v.9,

* Read Hebrews 13:15. What is this "sacrifice"? _____

* Read Psalm 119:67-68. Explain this *in your own words*? _____

* What does 1Timothy 4:10 say in regard to "Salvation"? _____

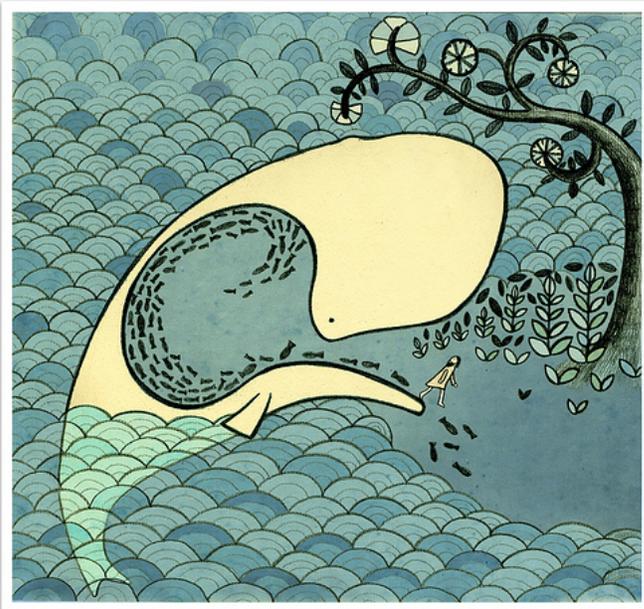
 Write out **Jonah 2:9** without looking. _____

DAY FIVE

Pray, then read **Jonah 2:10**

1. All said and done, what happens in v.10? _____

A. Share your thoughts: _____



 Write out **your memory verse** without looking. _____

_____ : _____

*"To You I shall offer a sacrifice of thanksgiving, And call upon the name of the LORD.
I shall pay my vows to the LORD, Oh may it be in the presence of all His people,
In the courts of the LORD'S house, In the midst of you, O Jerusalem. Praise the LORD!
Psalm 116:17-19*

