



Sermon Discussion Guide – Jonah 2

Title of the Sermon: Desperation Can Lead to Deliverance

Series Name: Jonah

Main Text: Jonah 2

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there's no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

- What's something that finally got your attention and drew you closer to God?
 - If you were stuck inside a giant fish for three days, what's the first thing you'd do when you got out?
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Disobedience Can Lead to Desolation

Key Scripture: Then Jonah prayed to the LORD his God from the belly of the fish, saying, "I called out to the LORD, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. Then I said, 'I am

driven away from your sight; yet I shall again look upon your holy temple.’ The waters closed in over me to take my life; the deep surrounded me;” - Jonah 2:2-5

Discuss:

- What are some “warning signs” that you might be drifting away from God?
- When has disobedience in your life led to feelings of emptiness or being “swallowed up” by circumstances? How has God used this to teach you something?
- Is the grace of God still evident when He allows consequences for disobedience? How so?

Leader’s Note: Jonah’s downward spiral didn’t happen all at once—it was step by step as he ran from God. The storm and the fish were not punishment but God’s grace getting his attention. Sometimes God lets us hit rock bottom so we’ll finally look up.

Desolation Can Lead to Repentance

Key Scripture: “...at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O LORD my God. When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple. Those who pay regard to vain idols forsake their hope of steadfast love. But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!” - Jonah 2:6-9

Discuss:

- Why do you think Jonah waited three days to pray? What does this reveal about the human heart?
- When have you experienced a “but God” moment—when everything was falling apart, but God stepped in?
- What area of your life are you resisting God’s will? How is that keeping you from God’s faithful love?

Leader’s Note: In the fish, Jonah finally prayed and quoted Scripture from memory. Pain often brings clarity. True repentance includes crying out to God, reflecting on our choices, and surrendering to His will.

Repentance Leads to Rebirth

Key Scripture: And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.
- Jonah 2:10

Discuss:

- Why do you think God delights in giving second chances?
- How does Jonah's story point to the death and resurrection of Jesus Christ?
- Where in your life do you need to let go of the past and embrace the "second chance" God is offering you?

Leader's Note: Jonah's deliverance wasn't glamorous—but it was real. God gave him a second chance. God specializes in taking people who are broken and giving them new beginnings. This points us to Jesus, who spent three days in the grave and rose to bring us new life.

Closing Prayer

Invite someone to pray, thanking God for His mercy and second chances. Pray for anyone who feels "swallowed up" by their circumstances, asking God to bring deliverance, renewal, and hope.