

# ON THE RUN

## Jonah 2

Roger Ellis | Lead Pastor | Jonah 2, p. 645

Why do we need to know the contents of Jonah's prayer? How are we to respond in times of distress? Jonah chapter two gives us...

1. Something to do: pray
2. Something to clarify: God
3. Something to wrestle with: the message

**The one thing:** wrestle the miracle!

*Miss something? Completed sermon notes are available online.*

## NEXT STEPS

- Memorize Psalm 18:6.
- Read through Jonah multiple times again this week.
- Wrestle with the question!
- Pray for and encourage those being baptized this afternoon.

## NOTES FOR PERSONAL & SMALL GROUP STUDY

### 1 KEEPING IT REAL

Share a time when you were so distressed about life that you did not know if you would survive. How did you respond to the situation immediately and in the long term? Did you make God any promises?

### 2 LOOK AT THE BOOK

The Psalms often contain prayers that include desperate cries to the Lord for help. Examine the ones listed below. What do they teach you about who God is and what He wants you to do?

- a. Psalm 10
- b. Psalm 12
- c. Psalm 18

3 Read through Jonah 2:1-10 one more time. As Jonah nears his own death where does his mind go? What topics are deep within his soul? Why?

### 4 TAKING IT FURTHER

Is it time for you and God to have a discussion? What has He been laying on your heart? Will you talk to Him?