

# Jonah: Their Hope of Steadfast Love

Discussion Guide for Jonah 1:17-2:10 on Oct. 4<sup>th</sup> and 5<sup>th</sup>, 2025

## Summary

Jonah finds himself swallowed by a great fish—God's appointed rescue at his lowest moment. Inside the belly of the fish, Jonah prays. His prayer draws heavily from the psalms, showing that even in desperation, God's Word shapes our cries. Jonah admits his sin, acknowledges God's sovereignty, and recognizes his complete dependence on God. Ultimately, this chapter points us to the gospel: Jonah's descent to the depths and his return after three days foreshadow the death and resurrection of Jesus Christ. The story reminds us that God shows mercy in our lowest points and that true hope and steadfast love are found only in Him.

## Intro Prayer

Heavenly Father, thank You for Your mercy that meets us in our lowest moments. Thank You for rescuing us when we could not rescue ourselves. As we study Jonah's prayer, fill our hearts with Your Word and remind us of Christ's greater sacrifice and victory over death. Teach us to confess, to trust, and to live with gratitude for Your steadfast love. Amen.

## Ice Breaker

Have you ever experienced a moment where something that felt like judgment or disaster actually turned out to be God's way of rescuing or redirecting you? What happened?

## Key Verses

1. Jonah 2:1–2
2. Jonah 2:7–8
3. Jonah 2:9–10

## Questions

1. God "appointed" the great fish to swallow Jonah. How does this show God's mercy, even when Jonah was still disobedient?
2. Jonah prayed using psalms he had memorized. How does this highlight the importance of storing Scripture in our hearts?
3. What are your favorite psalms? What are your favorite Bible verses? Commit to memorizing them.
4. Jonah acknowledged that he had been "driven away" because of his own choices. Why is ownership of sin essential for real repentance?
5. Jonah admitted that idols pull us away from God's steadfast love. What "vain idols" compete for your heart's focus right now?
6. Jonah vowed obedience with thanksgiving after being rescued. How can gratitude fuel our faithfulness to God?

7. Jonah's three days in the fish foreshadow Jesus' death and resurrection. How does seeing Jonah as a "type of Christ" deepen your understanding of the gospel?

### **Life Application**

This week, memorize one short psalm or verse and pray it daily. Confess one area of sin or misplaced trust, and replace it with an act of gratitude—serve, give, or speak Christ's name.

### **Key Takeaways**

1. God's mercy often shows up in our lowest moments.
2. Scripture hidden in our hearts fuels prayer in times of need.
3. Repentance begins with ownership of sin.
4. Idols rob us of experiencing God's steadfast love.
5. Our dependence is on God alone, not our own strength.
6. Gratitude transforms obedience into worship.
7. Jonah's story foreshadows Jesus—the greater Jonah—who died and rose again for our salvation.

### **Ending Prayer**

Lord, thank You for Your steadfast love that never fails. Thank You for rescuing us in Christ when we were helpless. Teach us to confess quickly, depend fully, and live gratefully. May our lives reflect the mercy You've shown us and point others to Jesus, the greater Jonah. In His name we pray, amen.