JONAH

PART 2: ROCK BOTTOM

WIN

To recognize that surrender begins when we stop relying on ourselves and start trusting God.

CONNECT

Take a few minutes to discuss this question in your group:
What's something people often wait too long to deal with? Why do you think they wait?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

> *Heavenly Father, thank you for pursuing us when we make mistakes or run from you. Help us trust you in difficult moments and remind us that your grace is bigger than our failures. Teach us to turn toward you instead of away from you. Amen.*

After praying, watch the video for Part 2.

APPLY

After the video, discuss the following questions as a group:

1. Read **Jonah 2:1–2**.

   From inside the fish Jonah prayed to the Lord his God. He said:

   "In my distress I called to the Lord, and he answered me.
   From deep in the realm of the dead I called for help, and you listened to my cry."

   What stands out to you most about Jonah's prayer from inside the fish? Why?

2. Jonah didn't turn back to God when he boarded the ship, during the storm, or even immediately after being swallowed by the fish. Like Jonah, why do you think we sometimes wait until we've run out of options before turning to God?

3. Can you think of a difficult season that changed your perspective, priorities, or dependence on God? If so, how?

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4. Read **Jonah 2:8**.

   Those who cling to worthless idols turn away from God's love for them.

   Which of these are you most tempted to cling to when life feels uncertain?
   - Anger
   - Control
   - Fear
   - Pride

   What makes it appealing to hold onto that instead of trusting God?

5. In Jonah's story, God sent the storm. God calmed the sea. God provided the big fish. God commanded the fish to spit Jonah out. Looking back, how have you seen God provide, guide, or sustain you that you didn't recognize at the time?

6. Read **Jonah 2:9**.

   But I, with shouts of grateful praise, will sacrifice to you.
   What I have vowed I will make good.
   I will say, 'Salvation comes from the Lord.'

   This prayer reflects a shift from resistance to surrender. As you reflect on Jonah's story, do you sense God may be inviting you to take a step of surrender?

   Examples include:
   - Apologizing to someone
   - Forgiving someone
   - Letting go of control
   - Obeying even when it's uncomfortable
   - Trusting God with an uncertain future

PRAY

We suggest closing your group in prayer, inviting God to help each person apply what they've learned. Here's a simple prayer you can use:

> *Heavenly Father, thank you for meeting us with grace even when we've made mistakes or drifted from you. Help us trust you more deeply and surrender the things we've been trying to control on our own. Remind us that you are near, even in difficult seasons. Amen.*

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JONAH

BEFORE NEXT TIME

Read Jonah chapters 3 and 4.

As you read, consider this question:
Why do you think Jonah struggled so much with God showing mercy to Nineveh?

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