

## In Over Your Head (Jonah 2; p 774 )

### I. **Your Distress**

- drowning in the ocean (3, 5)
- buried alive in the earth (2b, 6)
- life is fainting away (7a)
- driven from God's sight (4a)

### Principles/Applications:

- *Every difficulty is not the result of sin, e.g. Job. But sin will bring you into difficulty (self-induced or God-enacted), e.g. Jonah.*
- *"Pain is God's megaphone to rouse a deaf world" – C.S. Lewis*
- *You won't truly begin with God until you come to the end of yourself*
- *You can respond to pain by shaking your fist at God, or calling out to him: "I called out to the LORD, out of my distress" (2)*

### II. **God's Deliverance**

- **You brought up my life from the pit (6)**
- **I shall again look on your holy temple (5)**

***Salvation belongs to the LORD! (v9)***

***(not vain idols v8)***

***Because of His hesed, steadfast love (v8)***

## Hearing & Doing Questions

1. How do the two images of drowning (v3, 5) and being buried alive (v6) reflect the emotional “distress” (v1) many of us experience at different times in life? Have you ever felt, like Jonah, that God “cast me into the deep” (v3)? When?
2. Do you think God creates difficult circumstances, uses circumstances that occur in a fallen world, or both? Can you defend your view biblically?
3. Do you agree with C.S. Lewis’s statement that “pain is God’s megaphone to rouse a deaf world”? Why or why not?
4. What are some of the “vain idols” (v8) people like us cling to? How does clinging to them cause them/us to “forsake their hope of [God’s] steadfast love” (v8)?
5. Jonah ran from God and felt “driven away” from his sight (v4). What does Jonah’s spiritual journey, chronicled in this chapter in v 2 & 7, teach us about how a broken relationship with God can be restored?
6. “Salvation belongs to the Lord” (v9). Write your own “song of thanksgiving” that describes what God has rescued you from and rescued you to.
7. While grace is an unearned gift, Jonah responds to his salvation with a sacrifice and a vow (v9). What practical difference has this week’s study made for you? What will you do differently?