

---

## **SERMON NOTES AND SCRIPTURE**

### **Jonah 1:17**

17 Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

### **Jonah 2:1–10**

1 From inside the fish Jonah prayed to the Lord his God. 2 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.

3 You hurled me into the depths,  
into the very heart of the seas,  
and the currents swirled about me;

all your waves and breakers  
swept over me.

4 I said, ‘I have been banished  
from your sight;  
yet I will look again  
toward your holy temple.’

5 The engulfing waters threatened me,  
the deep surrounded me;  
seaweed was wrapped around my head.

6 To the roots of the mountains I sank down;  
the earth beneath barred me in forever.

But you, Lord my God,  
brought my life up from the pit.

7 “When my life was ebbing away,  
I remembered you, Lord,  
and my prayer rose to you,  
to your holy temple.

8 “Those who cling to worthless idols  
turn away from God’s love for them.

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.'"

10 And the Lord commanded the fish, and it vomited Jonah onto dry land.

### **Lessons in Repentance from the Belly of a Fish:**

1. When we turn our back on God, the only direction we can go is down.
2. It's better to be united with God in the belly of a fish than to be without Him on dry land.
3. We can't truly understand salvation until we truly understand our need for it.

### **TWO QUESTIONS:**

1. In what area of my life do I need to stop running from God and start running to Him?
2. How is God currently pursuing me with His relentless grace?

---

## **GROUP DISCUSSION**

**Please read the passage of Scripture together as a group.**

**Has there been a time in your life when you have turned your back on God?**

**How did you repent and commit to following Him?**

**How do you best connect with God?**

**What act of obedience is God calling you to right now?**

**Share your salvation story with the group.**

**Have you been actively sharing your faith with anyone?**

**Answer the two questions Luke shared at the end of the sermon.**