



"Sending Out an SOS"

February 21, 2021

Text: Jonah 1:17-2:10

Part 3 of "The Book of Jonah"

Introduction

SOS:

1. Jonah is in _____.

a. _____ leads to _____ .

b. _____ from God leads to _____ .

c. When in trouble, we need _____ .

2. Jonah _____ out to God.

a. Calling upon the Lord leads to _____ .

b. Repentance leads to _____ .

c. When in trouble, we need _____ .

3. Jonah is shown _____.

a. _____ in God's _____ Love.

b. _____ that _____ belongs to
the Lord.

c. When in trouble, we need the Lord's _____.

ACTIVITY & DISCUSSION FOR FAMILIES

Make the SOS sound (voice or instrument) Draw an SOS.
... _ _ _ ... Discuss times people need to use the SOS
distress signal. Share ways in which we can share our
troubles with one another, pray together, and help one
another through troubles.

DISCUSSION QUESTIONS

Dig Deeper: Grab a good study Bible that has notes, a concordance, or a cross-reference system and study ideas, words, and themes from this sermon deeper.

Read Jonah 1:17-2:10 several times. Try a few different English translations if you like.

Take a moment to look back on your week. Have a couple people share: what are some highs, lows, and/or buffalos? (Highs=highpoints, Lows=low points, Buffalos=interesting)

What from the sermon jumped out at you this week?

What from the text interested you or surprised you?

What was confusing or would you like to think about more?

Jonah's Prayer is comprised of poetry and is structured as a song of Thanksgiving. How is knowing this helpful for our interpretation and application of this passage?

Verse 1. Jonah, finally from the belly of the fish, calls out to the Lord. What keeps us from calling out to the Lord in our distress sometimes?

Was being swallowed by a fish a bad thing (punishment), a good thing (rescue), or maybe both in a sense? How do you think this experience impacted Jonah's life long term?

Read verse 8. How does worshipping and pursuing vain idols lead us away or forsake our hope in the steadfast love of God?

Read verse 9. Jonah learns a major lesson for his life personally as well as for the life of others: "Salvation belongs to the Lord." What does this mean?

How can Jonah's prayer help us in our times of distress?

How can Jonah's prayer help us as we experience trouble, discouragement, or frustration in the work the Lord has given us?

Pray Together. Use these prayer prompts if you like:

- I thank you Lord because you saved me from....
- Lord, rescue _____ (name of person) from _____ (trouble).
- Lord, help me obey this week when _____ (facing a situation or temptation)