



Day 1

 Please pray for holy guidance and insight before you begin today’s study.

Jonah's Prayer

Q1. If God had not gotten Jonah’s attention, what would have been the result?

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 “When you know that God wants you to do something, don’t run. God may not stop you as He did Jonah.” [Life Application Study Bible, published by Tyndale House and Zondervan Publishing Companies, ©1991]

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 the depths of the grave I called for help, and you listened to my cry.
³ You hurled me into the deep, 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.
^{6a} To the roots of the mountains I sank down; the earth beneath barred me in forever.
^{6b} But you brought my life up from the pit, O LORD my God.

Q2. In verses 2-6 – in general – what was Jonah describing?

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Q3. In verse 2b Jonah said he was in the “depths of the grave”. To what was he referring?


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Q4. In verse 4, Jonah said he was “banished from Your sight”. What was Jonah describing?

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Q5. In verse 4, Jonah said, “I will look again toward your holy temple”. Was Jonah describing Heaven? Or the Temple in Jerusalem? Or something else? [“Holy Temple” is repeated in verse-7.]

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 Commentators generally agree the ‘Holy Temple’ is a reference to The Temple in Jerusalem, in which Jonah will again look toward and pray.

Q6. In verse 6a Jonah said he was to “the roots of mountains” and the “earth beneath barred me”. What was Jonah describing?

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Q7. In verse 6b what word could describe this?

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Q8. In verse 6b is there anything that we Believers have experienced that could be similar to Jonah’s experience?

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John 3:1-15

¹ Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council.

² He came to Jesus at night and said, "Rabbi, we know you are a teacher who has come from God. For no one could perform the miraculous signs you are doing if God were not with him."

³ In reply Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again."

⁴ "How can a man be born when he is old?" Nicodemus asked. "Surely he cannot enter a second time into his mother's womb to be born!"

⁵ Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. ⁶ Flesh gives birth to flesh, but the Spirit gives birth to spirit. ⁷ You should not be surprised at my saying, 'You must be born again.' ⁸ The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."


⁹ "How can this be?" Nicodemus asked.

¹⁰ "You are Israel's teacher," said Jesus, "and do you not understand these things? ¹¹ I tell you the truth, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. ¹² I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? ¹³ No one has ever gone into heaven except the one who came from heaven -- the Son of Man. ¹⁴ Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, ¹⁵ that everyone who believes in him may have eternal life."

John 3:16-18 [Verse-16 is often repeated on hand-held signs. Verse-16 appears to be ‘nice’ – an implied suggestion. Without verses 17&18 for additional teaching, verse-16 by itself has reduced impact and no urgency.]

¹⁶ "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him. ¹⁸ Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son.

Day 2

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

Q9. What does the Lord want from us?

Q10. What might be another name for "holy temple"? (In verse 4, too.)


⁸ "Those who cling to worthless idols forfeit the grace that could be theirs.

Q11. What idols does our society worship?

Q12. What is "grace" and is "grace" something to be desired?

Q13. Why would the worship of idols cause a "forfeit" of grace?

Day 3

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⁹ But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the LORD."

Q14. What vow did Jonah make?

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Q15. Why did Jonah refer to “salvation?”

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

Q16. As you read Jonah’s prayer, what was the most remarkable quality that you observed?

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Q17. Did Jonah ever condemn God’s actions?

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Q18. From chapters 1&2, we have seen the power of God; can you name 3-4 things that God did in which He demonstrated His power.

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Q19. Was Jonah’s “fish story” fiction or truth?

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Matthew 12:38-41

Then some of the Pharisees and teachers of the law said to him, "Teacher, we want to see a miraculous sign from you."

³⁹ [Jesus] answered, "A wicked and adulterous generation asks for a miraculous sign! But none will be given it except the sign of the prophet Jonah. ⁴⁰ For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth. ⁴¹ The men of Nineveh will stand up at the judgment with this generation and condemn it; for they repented at the preaching of Jonah, and now one greater than Jonah is here.

John 1:1, 2, 14, 17 [The ‘Word’ is defined. Follow the progressive elaboration from the Word, to One full of grace and truth, to Jesus.]

¹ In the beginning was the Word, and the Word was with God, and the Word was God. ² He was with God in the beginning. . .

¹⁴ The Word became flesh [became a baby] and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth. . . ¹⁷ For the law was given through Moses; grace and truth came through Jesus Christ.

John 6:47

[Jesus was teaching,] “I tell you the truth, he who believes [me] has everlasting life.”

1 Corinthians 15:12-21 [Paul argued in his 1st Letter to the Corinthians that if Christ’s Resurrection did not occur, then our faith is futile. But Praise the Lord – it occurred! Jesus was raised from the dead!]

¹² But if it is preached that Christ has been raised from the dead, how can some of you say that there is no resurrection of the dead? ¹³ If there is no resurrection of the dead, then not even Christ has been raised. ¹⁴ And if Christ has not been raised, our preaching is useless and so is your faith. ¹⁵ More than that, we are then found to be false witnesses about God, for we have testified about God that he raised Christ from the dead. But he did not raise him if in fact the dead are not raised. ¹⁶ For if the dead are not raised, then Christ has not been raised either. ¹⁷ And if Christ has not been raised, your faith is futile; you are still in your sins. ¹⁸ Then those also who have fallen asleep in Christ are lost. ¹⁹ If only for this life we have hope in Christ, we are to be pitied more than all men.

²⁰ But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep. ²¹ For since death came through a man, the resurrection of the dead comes also through a man.

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