

# THRIVING



**IN** THE WORD . **IN** PRAYER . **IN** FELLOWSHIP

“It is possible for the prayer life of a believer to grow cold. Has this ever been the case for you? It could be the result of a season of life where the challenges we face seem manageable in our own strength and resources. On the other hand, it could be the result of an attitude that is actively rebelling against God and His Word. But in both scenarios, there are inevitably moments where our dead or dormant prayer life is shocked back to life as we come to our senses through suffering or loss. In Jonah 2, we read the prayer of a man who is in one of those moments. From the belly of a great fish, the prophet Jonah cries out to the Lord who he had been trying to evade. And in those darkest moments, this example reminds us that even when we have been trying to run far from God, He is never far from us.” —Pastor Pete

## **Jonah 2:1-10**

### **Jonah’s Prayer**

**2** Jonah prayed to the LORD his God from the belly of the fish:

<sup>2</sup> I called to the LORD in my distress,  
and he answered me.

I cried out for help from deep inside Sheol;  
you heard my voice.

<sup>3</sup> When you threw me into the depths,  
into the heart of the seas,  
the current overcame me.

All your breakers and your billows swept over me.

<sup>4</sup> And I said, “I have been banished  
from your sight,  
yet I will look once more  
toward your holy temple.”

<sup>5</sup> The water engulfed me up to the neck;  
the watery depths overcame me;  
seaweed was wrapped around my head.

<sup>6</sup> I sank to the foundations of the mountains,

the earth's gates shut behind me forever!

Then you raised my life from the Pit, LORD my God!

<sup>7</sup> As my life was fading away,

I remembered the LORD,

and my prayer came to you,

to your holy temple.

<sup>8</sup> Those who cherish worthless idols

abandon their faithful love,

<sup>9</sup> but as for me, I will sacrifice to you

with a voice of thanksgiving.

I will fulfill what I have vowed.

Salvation belongs to the LORD.

<sup>10</sup> Then the LORD commanded the fish, and it vomited Jonah onto dry land.

1. What stands out to you in this passage?
2. What does this passage teach us about God?
3. What does this passage teach us about Man?
4. What attitude or approach from this prayer could you add to your prayer life?