



BEREAN
SMALL GROUPS

FOR THE GOSPEL
ROMANS 1:16

Jonah: Praise from the Deep

Jonah 2:1-10

Read Jonah 2:1-10 together:

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.

Our deepest praise often comes out of the darkest periods of our lives.

- ? Read Romans 5:3-4. What does suffering produce?
- ? Read James 1:2-4. How should we count our trials? What do trials produce?
- ? Read Hebrews 4:15-16. How does this offer comfort in suffering?
- ? What circumstances in your life have proven these verses to be true?

Our deepest praise always involves thanking God for what he has done.

- ? What in your life is worth praising God for even when you are suffering?
- ? What has God done in the Bible that helps you trust him and praise him while suffering?
- ? What has God done in your life that helps you trust him and praise him while suffering?

Our deepest praise always involves amazement at God's relentless grace.

- ? Why is it essential to praise God for who he is while you are in the depths of suffering?
- ? What parts of the gospel offer you comfort when suffering?