



**WELCOME!** During our time together this morning, we're continuing a study of the book of Jonah. In this story from the life of an Old Testament prophet, we see his own interests and desires get in the way of participating in God's work of grace. Thanks for being here — we're glad you've joined us!

## Participate

WORSHIP WITH US THROUGH  
ORDINANCES AND TRADITIONS

- » **CHILD DEDICATION, OCTOBER 6:** Parents, commit your children to the Lord as we welcome them into our community. *Sign up in Church Center if your family would like to dedicate a child during worship.*
- » **LORD'S SUPPER, OCTOBER 20:** Share in the bread and cup that symbolize our unity through the sacrifice of Jesus Christ. *Gluten-free servings are available at the back of the room for those who need them.*
- » **BELIEVER'S BAPTISM, NOVEMBER 10:** Proclaim your faith to your church family and follow Jesus in the practice of water baptism. *Sign up in Church Center if you'd like to be baptized during a worship service.*
- » **GIVE AT ANY TIME:** Financial giving in Grace Church is an act of worship to be done freely, joyously, and only as prompted by the Lord. *Gifts can be made at any offering box or online through Church Center.*

- I. A Living Grave: Jonah's death seems certain as he plunges into the depths and is swallowed by a massive sea creature—Jonah 1:17–2:2

🔎 *Further Reference: Matthew 12:40–41*
- II. A Foxhole Prayer: Jonah acknowledges that God is involved in his desperate situation and, in fear for his life, calls out to the only one who can deliver him.
  - A. A Downward Spiral: Jonah's prayer reveals a deep knowledge of the Psalms, and he employs this knowledge in lamenting his deadly descent—Jonah 2:3–6

🔎 *Further Reference: Psalm 3:4, Psalm 42:7*
  - B. A Promise Made: It is implied that Jonah makes a vow to the Lord and anticipates he will be delivered—Jonah 2:6

🔎 *Further Reference: Psalm 3:8*
- III. A Second Chance: Jonah is indeed given an unusual deliverance to walk in the land of the living—Jonah 2:10

📖 *Turn to: Matthew 5:43–45*

## Notes

CAPTURE YOUR THOUGHTS  
IN THE SPACE BELOW

## Takeaways

## PROMPTS TO CONSIDER, DISCUSS, AND APPLY WHAT YOU'VE HEARD THIS MORNING

- » Where do you turn first for help when life feels out of control?
- » Have you ever made promises to God in a moment of desperation?
- » What keeps you from loving your enemies?
- » What keeps you from offering others a second chance?
- » Reread chapter two and ask, “What is going on inside of Jonah?”
- » Where do you see your own reflection in Jonah’s mindset or actions?



In life, storms will come. How we navigate these storms matters, not only for ourselves but also for those around us. The shock waves from a storm are significant, and learning to recognize them is important. We invite you to come explore what God has said in Scripture about navigating storms and discover what it might look like to abide in Christ in the midst of your greatest trials.

- » **WHO:** Anyone who would like to attend
- » **DATE:** Two consecutive Sunday mornings, October 6 & 13
- » **TIME:** Choose either the 9:15 or 10:45 AM hour (during ABFs)
- » **WHERE:** In the Chapel at the East end of the Main Hall

No need to sign up — come on down the hall if you'd like to participate!

## Learn More

WHERE TO GET ANSWERS  
AND FIND INFORMATION

**WELCOME CENTER:** Stop by and talk with us this morning

**MONTHLY NEWSLETTER:** Full calendar and current events

**WEBSITE:** Find detailed info online at [gracechurch.com](http://gracechurch.com)

**CHURCH CENTER APP:** Stay connected and go paperless ➡

