

"So the Lord must wait for you to come to Him so He can show you His love and compassion. For the Lord is a faithful God. Blessed are those who wait for His help. O people of Zion, who live in Jerusalem, you will weep no more. He will be gracious if you ask for help. He will surely respond to the sound of your cries." **ISAIAH 30:18-19 NLT**

- **BEND DOWN TO GOD**

"Those who cling to worthless idols turn away from God's love for them."
JONAH 2:8 NIV

"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.' And the Lord commanded the fish, and it vomited Jonah onto dry land."

JONAH 2:9-10 NIV

"Then the word of the Lord came to Jonah a second time." **JONAH 3:1 NIV**

next week: TRANSFORMED BY THE POWER OF MERCY

jonah

CRYING OUT FOR THE RESCUE OF MERCY

03.15.20 | Ron Thompson

"Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights." **JONAH 1:17 NIV**

What To Do When You Hit Bottom

- **LOOK UP TO GOD**

"From inside the fish Jonah prayed to the Lord his God." **JONAH 2:1 NIV**

"I am praying to You because I know You will answer, O God. Bend down and listen as I pray." **PSALM 17:6 NLT**

- **CRY OUT TO GOD**

*"Jonah 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. 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. I said, 'I have been banished from Your sight; yet I will look again toward Your holy temple.' The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. 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. When my life was ebbing away, I remembered You, Lord, and my prayer rose to You, to Your holy temple.'" **JONAH 2:2-7 NIV***



This Study Guide is designed to help you apply Sunday's message. Join one of our message-based Community Groups to do this study together. Visit the Groups table after service to find a group!

LESSON AIM: The aim of this lesson is to learn to cry out for the message of mercy.

BELONG in God's family:

CHECK IN: (optional) Let's briefly check in with one another. How are you doing?

OPENING PRAYER

ICEBREAKER: Can you think of a time when it felt like you hit rock bottom? What was that season like? What did you learn about yourself and God in that time?

BECOME like Jesus:

1. In Sunday's message we heard how Jonah, at the end of his rope, cried out to God and God responded. What was something from the message that impacted you?
2. Read Jonah 1:17-2:10. What does this passage say about God's character? How might this reassure us?
3. In verse 7, Jonah says that as his life was fading away, he prayed to God for mercy. David prayed a similar prayer in Psalm 31:9-16 as Saul was seeking to kill him. Why do we often wait until we have no other options before running to God?

4. Read Matthew 8:2-3, 8:5-7, 9:27-29; Luke 18:35-43. All these people cried out for Jesus' mercy and He responded to their need. As the Pharisees witnessed this, they grew indignant. What do you imagine was the dialogue going on in the minds of those seeking Jesus and those scorning Him? What were they thinking? What was the result of that thinking?

5. What do the following verses say about God's mercy? Micah 7:18-19; Lamentations 3:22-23; Ephesians 2:4-5. What is a specific area of your life where you need God's mercy right now?

BLESS others:

Read Luke 6:36 and 2 Corinthians 1:3-4. We are called to give mercy to others just as we have received God's mercy. What are ways we can do that in this group and with others we encounter in life?

BUILD God's Kingdom:

The difference between mercy and grace is that mercy is the act of withholding deserved punishment while grace is the act of giving undeserved favor. How does viewing our salvation as an act of mercy help us align our hearts with those who don't know Jesus?

BELIEVE God and act in faith:

What do you sense God inviting you to do in response to this study? What is a next step you can take?

PRAYER: What is a challenge you are facing this week? How can we pray and support you?

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