



## Belly of the Beast Prayer

### 1. Jonah Prayed \_\_\_\_\_ the Belly

*Then Jonah prayed to the LORD his God from he belly of the fish, saying... v1-2*

Don't forget to pray in the belly of the beast of your hopeless situation.

"It is not simply being at the bottom that begins to change Jonah but *prayer* at the bottom." Keller

Pray to your PERSONAL God ("to the LORD **HIS** God") (Is. 41:10)  
Say your prayer out loud ("saying") in your solitude (Ma 6:5-6)

Know your prayers are heard by God. (V7; James 5:16; Rev 5:8, 8:3-5)

### 2. \_\_\_\_\_ Prayer

*I called out to the LORD, out of my distress... you cast me... waves... Then I said... waters closed in over me... weeds... I went down... I remembered the LORD... my prayer came to you. V2-9*

Tell God the story of your circumstance.

Tell God what you were thinking, doing and feeling.

Jonah learned from God as he told his story.

Jonah got perspective when he vocalized his story to God.



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3. \_\_\_\_\_ **Vomit**

Salvation belongs to the LORD! And the LORD spoke to the fish, and it vomited Jonah out upon the dry land. V9-10

Once Jonah's heart reached a **God perspective** (v9) of

**A. Thanksgiving** ("But I with the voice of thanksgiving")

(Ps 107:1; Eph 5:20)

**B. Repentance** ("I ... will sacrifice to you") (Ma 4:17; Acts 2:38)

**C. Truth** ("Salvation belongs to the LORD") (John 14:6; Rom 10:9-10)

**THEN** the LORD spoke to change Jonah's circumstance. ("And the LORD spoke to the fish")

**Do you want the LORD to speak into your life?** We all are quick to say yes but does our heart and actions betray us? Are we self-deceived into self-focus, self-reliance and self-saving? If we are, no wonder God isn't speaking.

Get your heart and actions of repentance aligned with God and in His perfect timing God will speak and you will launch.

**Become a Christ Follower Today**

**Admitt:** Sin

**Believe:** Cross

**Choose:** To follow Christ

Answers: In, Story, Truth

Resource: The Prodigal Prophet by Timothy Keller

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## Community Group Discussion Questions

Jonah Week 4

### Read Jonah 2:1-10

What portion of this prayer stands out to you?

### Read Mark 4:35-40

What parallels can you make between Jonah and Jesus on the boat with His disciples?

What kind of things keep you from praying?

How have you experienced disappointment in your prayer life?

Jonah's words weren't original, but borrowed from the Psalms (3, 5, 18, 30, 42, 69, 120, & 139). "When you can't find your own words, borrow someone else's. When you can't find your own hope, borrow someone else's." When in your life have you not known what to say to God?

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**Read Psalm 138** aloud (psalm of thanksgiving).

What phrases catch your attention? What moves you? What did you need to hear right now?

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**Read Psalm 13** aloud (psalm of lament).

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Journaling Prompt: take time to write your own Psalm to God. It might be a psalm of thanksgiving, lament, concern, praise, or bringing your needs to Him.

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