



Sermon Discussion Guide

08.17.25 Message | Tyler Myers | Jonah 1:17-2:10

Key Scripture (ESV):

And the Lord appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

"Then Jonah prayed to the Lord his God from the belly of the fish, saying, 'I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. Then I said, 'I am driven away from your sight; yet I shall again look upon your holy temple.' The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O Lord my God. When my life was fainting away, I remembered the Lord, and my prayer came to you, into your holy temple. Those who pay regard to vain idols forsake their hope of steadfast love. But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!'"

And the Lord spoke to the fish, and it vomited Jonah out upon the dry land".

- Jonah 1:17–2:10 (ESV)

Message Highlights:

1. Grace is most fully experienced in the depths of our need.
 2. Not all prayers are equal in depth of grace.
 3. Jonah's prayer is poetic but lacks true repentance.
 4. We often worship with the right words but the wrong heart.
 5. Our idols aren't always obvious; they can be unmet expectations of God.
-

Conversation Starter

When was the last time you tried to get out of a situation by pretending everything was fine?

DISCUSS THE MESSAGE

1. Tyler said during the sermon, "Grace is most fully experienced in the depths of our need." How have you seen that play out in your life?
 2. During the message, we heard that not all prayers are equal in depth. What does that challenge you to consider in your prayer life?
 3. Tyler pointed out that Jonah prayed but didn't repent. How can we spot the difference between honest prayer and avoiding change?
 4. In the sermon, Tyler said that we often worship with the right words but a wrong heart. What are the signs that your heart isn't aligned?
 5. Tyler reminded us that idols can be unmet expectations of God. How do you recognize when that's happening in your own faith?
-

THINK DEEPER (Does your group understand the passage?)

1. Why does Jonah wait until he's in the fish to pray? (Jonah 2:1)
 2. What emotions and realizations come through in Jonah's prayer? (Jonah 2:2-9)
 3. What does it mean that Jonah says, "I shall again look upon your holy temple"? (Jonah 2:4)
 4. Why do you think Jonah never directly repents for running from God? (Jonah 2:1-9)
 5. What is the significance of Jonah being vomited up onto dry land? (Jonah 2:10)
-

THINK LIFE CHANGE (Does your group recognize the personal implications for them as individuals?)

1. Are there places in your life where you are offering words to God but not heart-level surrender?
 2. Talk about how you usually deal with hardship. What does your response to those hardships reveal about your trust in God?
 3. Identify a time when you have prayed more out of panic than transformation. What did that say about you?
 4. What is an unmet expectation of God that you need to surrender?
 5. Based on your former responses, what does it look like for you to move from superficial grace to transformational grace?
-

THINK ENGAGE (Does your group know how to apply the challenge?)

1. Who in your life needs you to be a reflection of God's grace in the middle of their mess?
2. How can your story of failure or struggle help someone else today?

3. What is one way to model honest prayer in your home or community this week?
 4. Who might be stuck in disappointment with God that you can encourage?
-

THINK KINGDOM (Does your group understand the overarching Kingdom, that the work we do is bigger than ourselves?)

1. How does Jonah's story reshape how we think about God's redemptive plan thus far?
2. In what ways does living with a Kingdom perspective help us endure grace's discomfort in order to experience its transformation?