

"FROM ONE PIT TO ANOTHER"

Jonah - Chapter 2

"No Way of Escape"

(The First Pit)

January 1, 2023

LESSON OUTLINE

Overview/Recap

I. A Captive Jonah

Old Testament

Jonah 2:3-5

Psalms 69:1-2

Lamentations 3:54-57

Psalms 35:6

Psalms 34:15

New Testament

II. Jonah's Prayer/Jonah's Vow

Jonah 2:78

Proverbs 3:5-6

II Corinthians 10:5

I Corinthians 12:1-2

III. Jonah's Repentance

Jonah 2:9

Job 22:27

Psalms 50:14-15

Psalms 56:12-13

Psalms 116:12-17

II Samuel 24

Hebrews 13:15

IV. Freed by Vomiting

Jonah 2:9

Psalms 19:1

Deuteronomy 10:21

Psalms 65:1

Psalms 66:2

Psalms 145:10

Psalms 148:14

Habakkuk 3:3

Hebrews 13:15

II Corinthians 4:18

Discussion Questions

1. Have you ever found yourself in a place where you felt like you were drowning? Discuss.
2. What was the answer that worked for you in order to get out of that place of despair?
3. Did you find that the place of despair was an opportunity for spiritual growth?
4. How do you forsake your own mercy, and how do you reclaim what God has for you?
5. Discuss vows and the danger of making a vow and not keeping that commitment.
6. When does your praise become a "sacrifice?"
7. How does the sacrifice of praise help you to get out of the PIT?

SisStar Reflections

1. When you "feel" like God has left you, know that the Lord has promised never to leave you nor forsake you.
2. God has never made a promise that He will not keep. All the promises of God are "yea and amen."
3. When you step over your feelings and step into the Truth of the Word of God, you are giving God what belongs to Him. This is your Vertical Relationship.
4. The secret to overcoming your feelings is found in James 4:7: "Submit yourself therefore to God, Resist the devil, and he will Flee from you."

Submit + Resist = Flee (run away)

5. You can live a life of purpose every day by obedience to the Word. "Purpose" means to follow the dictates of our Lord in every area of your life. (Proverbs 3:5-6)
6. Life's issues will continue to happen daily; but in spite of those daily happenings, you can have that inner Joy and Peace that comes from your Vertical Relationship with God.
7. The only thing that you can be sure of is the Word of God, which will never change.
8. The Word of God is sharp and powerful enough to cut, but tender enough to heal.
9. As you "Send Judah (Praise) First" you will find your Jerusalem (place of peace).