

Jonah 2

Running to God



Main Theme:

The disobedience of the prophet and the mercy of God

Key Message:

Running to God in prayer and receiving His saving Grace

The Prophet's Journey Map

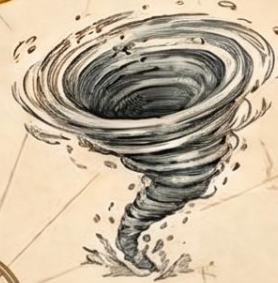
Chapter 1: Running from God

God calls Jonah, flees to Tarshish.
God sends the storm and Jonah is tossed into the sea.



Chapter 2: Running to God

God provides a great fish to swallow Jonah.
Jonah prays in the belly of the fish



Chapter 4: A Run-in with God

God's mercy angers Jonah,
God provides the plant and worm and the scorching wind and rebukes His prophet



Chapter 3: Running with God

God calls Jonah a second time,
Jonah obeys and preaches to Nineveh resulting nationwide repentance.



Jonah 1:17

17 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 2:1

2 ¹ [\[a\]](#) From inside the fish Jonah **prayed** to the **LORD his God**.

² He 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.

³ 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.

⁴ I said, ‘I have been banished from your sight;
yet I will look again toward your holy temple.’

⁵ The engulfing waters threatened me,^[b]
the deep surrounded me;
seaweed was wrapped around my head.

⁶ 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.

⁷ “When my life was ebbing away,
I remembered you, LORD,
and my **prayer rose** to you,
to your **holy temple.**

⁸ “Those who cling to worthless idols
turn away from God’s love for them.

⁹ **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.**’”

¹⁰ And the LORD commanded the fish, and it **vomited** Jonah
onto dry land.

Context

Who

Jonah — runaway prophet;

God — sovereign Creator;

the huge fish — provided by God

What & Where

Jonah sinks to the depths

Swallowed by a huge fish

The prophet finally prays

When

3 days & 3 nights in the belly
of the fish



WHY?

Jonah's Prayer (2:1-9)

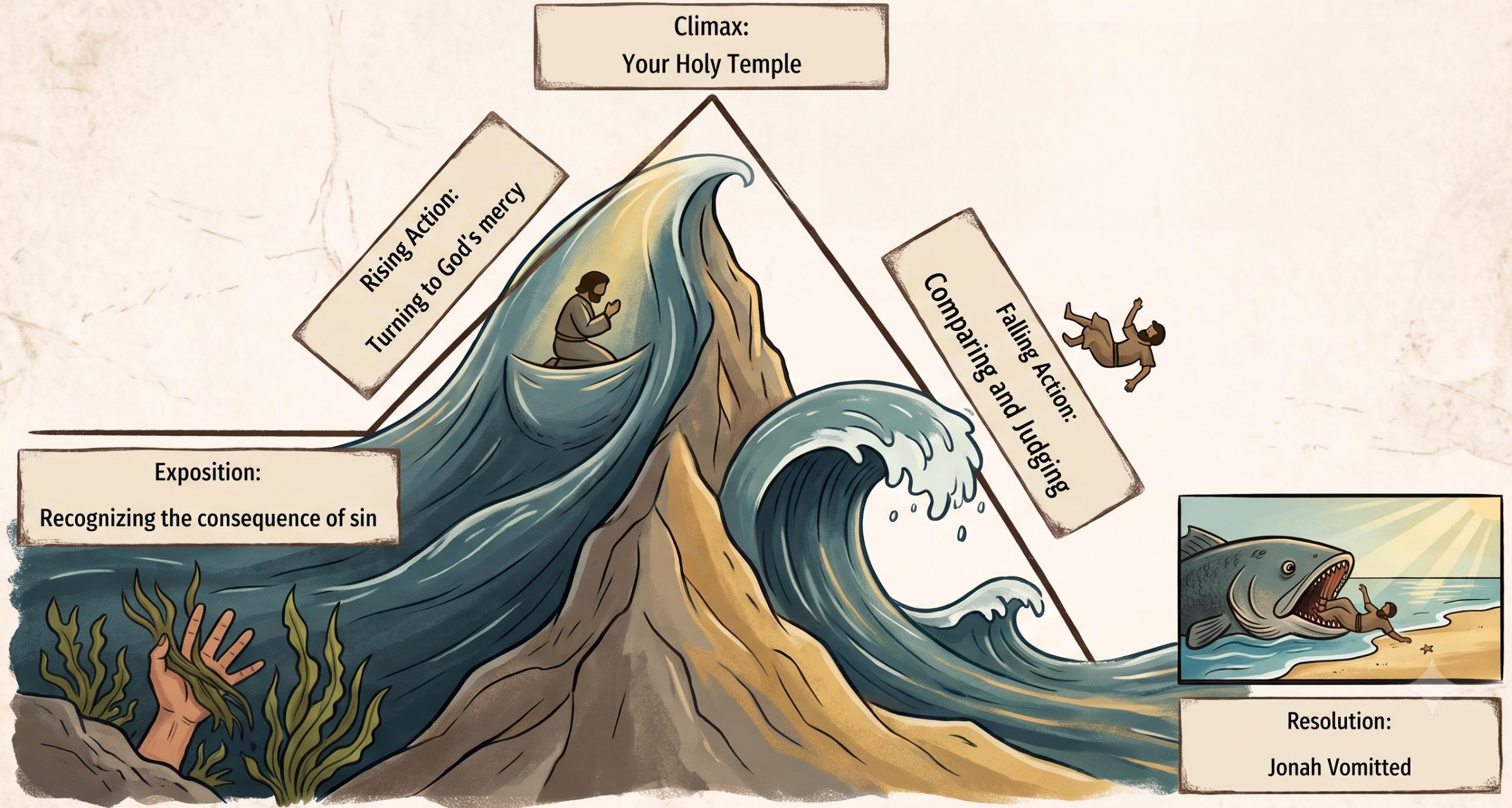
- A masterpiece woven from 11 – 14 different Psalms
- Jonah sings the theme of the Psalms
- Prayer of thanksgiving



Structure of Jonah's Prayer

- v2-4; v5-7 have a similar pattern
(descending – ascending tension)
- v4 & v7 – ends with 'your holy temple'
- V8 – 9: Jonah's response to the prayer

A Jonah 2 Narrative: Fleeing, Praying, and Deliverance



Exposition: Recognizing the Consequences of Sin



v2 – Jonah calls out to God from ‘the realm of the dead’ (hitting rock bottom)

v3- ‘you hurled me into the depths’ (accepting God’s judgement)

v5-6 – Jonah finds himself at death’s door, eternally separated from God.

Rising Action: Turning to God's Mercy



~v4 – yet I will look again to ‘your holy temple’

~v7 – my prayers rose to you, to ‘your holy temple’

Climax: 'Your Holy Temple'

~Context: 1 Kings 8:27-40



~Jonah knew he sinned against God

~True repentance requires turning back from sin and seeking God's mercy.

'Hear from heaven, forgive and act'

Falling Action: Comparing and Judging others



~v8 – Those who cling to worthless idols turn away God's love for them.

~Jonah needed God's mercy, but idol worshipers wouldn't qualify.

~God is just a 'means to an end'.

Resolution: Jonah Vomitted



~v10 – ‘The Lord commanded the fish’

~On what basis did Jonah deserve a second chance?

~God’s Mercy and saving grace towards His prophet.

Q1. Discipline or Mercy?

“*‘Is Jonah in the belly of the fish a result of God’s judgment or God’s mercy?’*”

A Salvation Vessel

(the fish was God’s rescue boat)

A Sanctuary for Repentance

(isolation to pray, reflect and realign his heart with God)

A Second Chance

(Jonah would be restored to his mission)

Q2. Repentance?

“

‘Did Jonah truly repent?’

”

A Selective Repentance

(No confession of sin, hint of hypocrisy)

Genuine Running to God

(Acknowledging divine judgment)

Grace as a Process

(Jonah did not fully understand God’s mercy, but begins to learn)

Understanding Jonah's Prayer



Luke 18:9-14

~Jonah's prayer resembles that of the Pharisee's prayer.

~ Prayer is not a matter of language but the heart.

Summary of the Passage

“

*"The heart of the matter
is the matter of Jonah's heart."*

”



~ Even at the point of death, Jonah struggles with his own idols.

~ God is still patient and offers His mercy every step of the way.

Applications

1. Let us be men & women of prayer
2. Let us sacrifice to God
3. Let us remember our vows
4. Let us declare: Salvation comes from the Lord



WHAT IS YOUR DAILY PRAYER LIFE LIKE?



Men & women of prayer

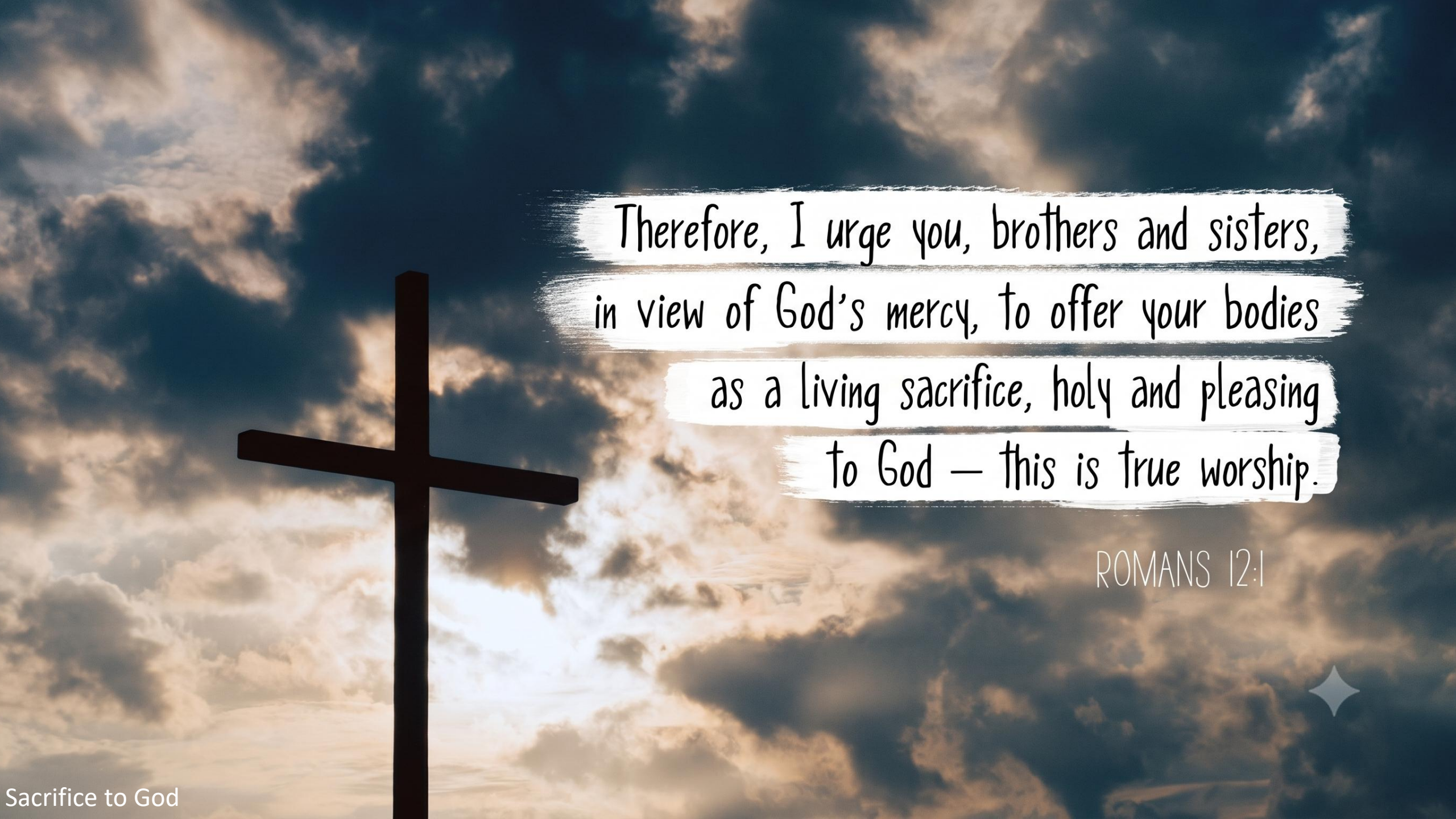


Where is Jesus in your car? ✨

Rejoice evermore. Pray without ceasing.
In every thing give thanks: for this is the will
of God in Christ Jesus concerning you.

1 Thessalonians 5:16-18





Therefore, I urge you, brothers and sisters,
in view of God's mercy, to offer your bodies
as a living sacrifice, holy and pleasing
to God — this is true worship.

ROMANS 12:1



What I have vowed
I will make good.

Jonah 2:9



Baptism

Kindly answer the following questions with affirmation:

1. Do you **confess** that God is **the only true God**, the creator of the heavens and the earth, and He is our heavenly father?
2. Do you **confess** that Jesus Christ is the only begotten son of God, and that **He came down to the world, died and rose again in order to be the savior of sinners?**
3. Do you **confess** that the **Holy Spirit is the Spirit of Truth**, proceeding from the Father and the Son, and that He is the Comforter of all believers and ever present with them?

Baptism

4. Do you **confess** that the **Scripture** of the Old and New Testaments are the **word of God**, given by inspiration of the Spirit, and are the **supreme standard** of the Christian's faith and conduct?
5. Do you **confess** that the Holy Church was instituted by Christ, and is His body; and **do you promise to worship and serve** the Lord in the fellowship of the Church, and to be **united with all your fellow Christians**?

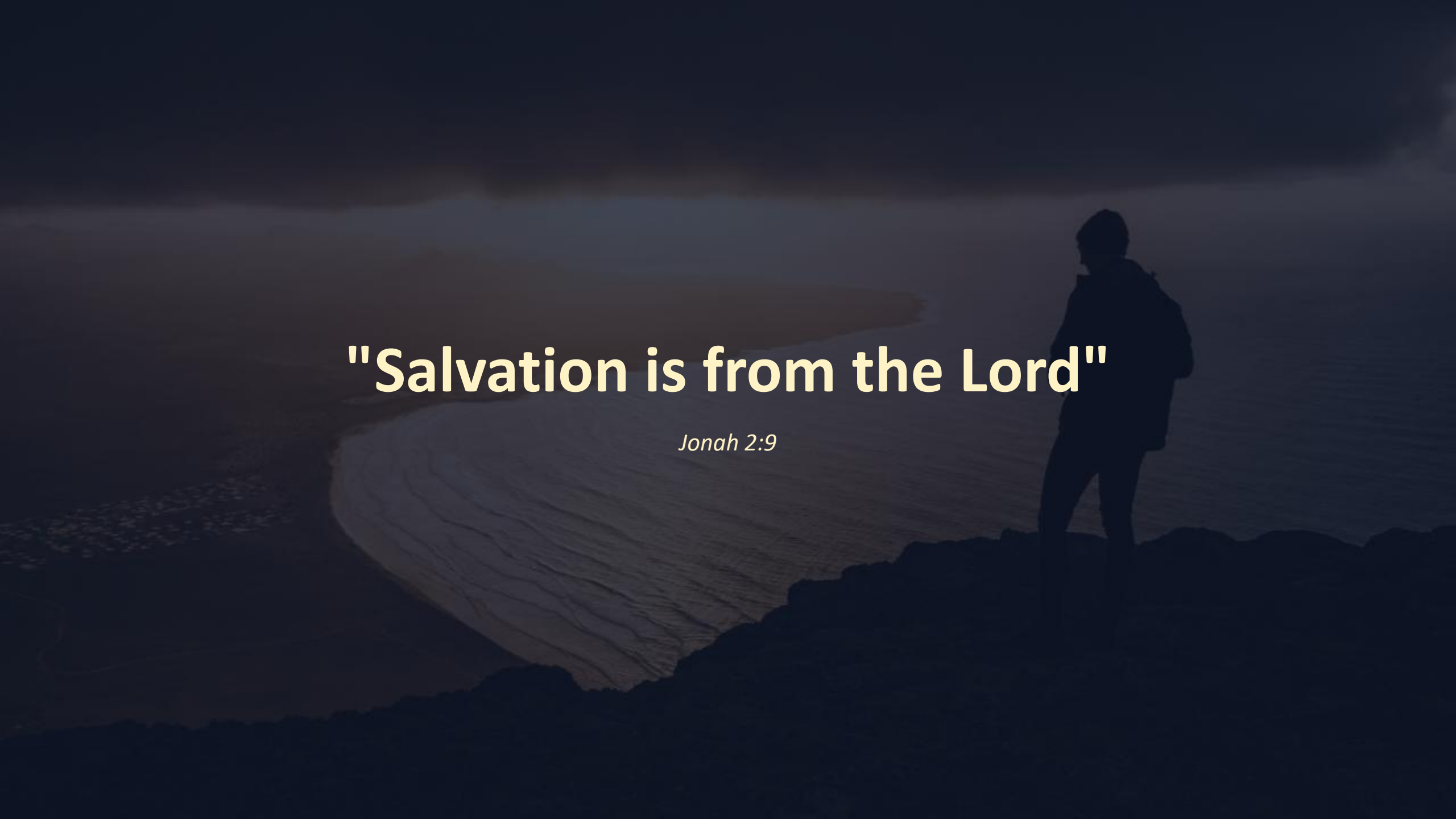
Baptism

6. Do you **undertake to offer yourselves to God** as servants of righteousness, and by keeping the Lord's Day, receiving Holy Communion, **nourishing your souls by prayer and Bible study to purify your lives and grow in spiritual life and maturity?**
7. Do you **promise**, according as God entrusted you with talents and possessions, to be **faithful to the Church and to serve mankind, that God's holy name may be glorified in you?**



The sign of Jonah

Matthew 12:38-40

A dark, atmospheric photograph of a person standing on a rocky cliff, looking out over a turbulent sea under a stormy sky. The person is silhouetted against the lighter, misty horizon. The water is dark and choppy, with white foam visible in the distance. The sky is filled with heavy, dark clouds, with a faint light source creating a misty glow on the horizon.

"Salvation is from the Lord"

Jonah 2:9

Dealing with our Jonah's

1. Rescuing – overwhelming dangers of life
2. Strength – to overcome dark obstacles in life
3. Patience – to trust in God in changing seasons
4. Endurance – in times of weakness and waiting