

**SVQ Guide Week 3**  
**Jonah 2:1-10**  
**Scripture, Video, Questions (SVQ)**

**Session 1 SVQ**

- Read Jonah 1:17, 2:1-3
- Video Teaching
- Leader Wisdom
- Questions
  - **LEADERS:** There's no pressure to get through all the questions, we suggest prayerfully planning your choices for your group. Your leadership of sharing and questioning will determine how deep your group goes with each question.
  - **What is the significance of Jonah's prayer in the belly of the fish, and how does it reflect his spiritual state?** Jonah's prayer reflects a moment of deep distress and repentance as he finds himself in the belly of the fish. He acknowledges God's sovereignty and power, recognizing that his disobedience has led him to this dire situation. This prayer marks a turning point in Jonah's spiritual journey as he seeks forgiveness and commits to fulfilling his vow to the Lord.
  - **How does Jonah's experience in the belly of the fish demonstrate God's mercy and faithfulness, even in the midst of judgment?** Despite Jonah's disobedience, God extends His mercy and rescues him from the depths of the sea by providing a great fish to swallow him. This demonstrates God's faithfulness to His promises and His willingness to show compassion to those who repent. It serves as a reminder that even in times of discipline and judgment, God is always ready to extend grace and offer a way of escape to those who turn to Him in genuine repentance.
  - **What role does Jonah's prayer play in his journey of spiritual renewal and restoration?** Jonah's prayer serves as a pivotal moment of confession and surrender, marking the beginning of his journey toward spiritual renewal and restoration. Through this prayer, Jonah acknowledges his need for God's mercy and commits to fulfilling his vow to serve the Lord. It sets the stage for his eventual obedience and willingness to proclaim God's message to the people of Nineveh.
  - **How does Jonah's prayer in the belly of the fish parallel our own experiences of facing trials and challenges, and what can we learn from his example?** Jonah's prayer reminds us that even in our darkest moments, we can turn to God in prayer and find hope and redemption. His experience serves as a reminder of the importance of humility, repentance, and reliance on God's mercy and grace. It encourages us to trust in God's faithfulness and to seek His guidance and strength in times of trouble, knowing that He is always ready to hear and answer our prayers.

## Session 2 SVQ

- Read Jonah 2:4-7
- Video Teaching
- Leader Wisdom
- Questions
  - **LEADERS:** There's no pressure to get through all the questions, we suggest prayerfully planning your choices for your group. Your leadership of sharing and questioning will determine how deep your group goes with each question.
  - **What is your greatest fear? Heights, closed places, spiders? What emotions and thoughts do you think Jonah experienced while inside the belly of the fish, as described in Jonah 2:4-7?** Jonah likely felt a deep sense of despair and desperation as he found himself trapped in the darkness of the fish's belly. He may have experienced feelings of guilt and remorse for his disobedience to God's command. Despite his dire circumstances, Jonah also demonstrates faith and trust in God's mercy and deliverance, as evidenced by his prayer and acknowledgment of God's sovereignty.
  - **How does Jonah's prayer in Jonah 2:4-7 reflect his spiritual journey and his relationship with God?** Jonah's prayer reflects a turning point in his spiritual journey, as he acknowledges his need for God's mercy and salvation. His prayer demonstrates humility and repentance, as he cries out to God for deliverance from the depths of despair. Through his prayer, Jonah reaffirms his faith in God's power to rescue him and his commitment to fulfill his vows and obligations to God.
  - **What lessons can we learn from Jonah's experience of being swallowed by the fish and his subsequent prayer of repentance?** Jonah's experience teaches us about the consequences of disobedience and the importance of repentance and humility before God. It reminds us that God is merciful and compassionate, even in our darkest moments, and that He is always ready to forgive and restore us when we turn to Him in genuine repentance. Jonah's prayer also illustrates the power of prayer to bring about transformation and renewal in our lives, as we seek God's grace and guidance in times of trouble.
  - **How does Jonah's prayer of thanksgiving in Jonah 2:4-7 inspire us to cultivate a heart of gratitude and trust in God, even in the midst of difficulties? Why is it difficult to have gratitude when we are going through a storm of situation. How do we lean on Christ in the process?** Jonah's prayer of thanksgiving reminds us of the importance of maintaining an attitude of gratitude and trust in God's faithfulness, even when facing trials and challenges. Despite his dire circumstances, Jonah finds reasons to give thanks to God for His deliverance and salvation. This challenges us to cultivate a similar spirit of gratitude and trust in God's provision, knowing that He is always faithful to His promises and will never leave us nor forsake us.

### Session 3 SVQ

- Read Jonah 2:8-10
- Video Teaching
- Leader Wisdom
- Questions
  - **LEADERS:** There's no pressure to get through all the questions, we suggest prayerfully planning your choices for your group. Your leadership of sharing and questioning will determine how deep your group goes with each question.
  - **What does Jonah mean when he declares, "Salvation comes from the Lord" in Jonah 2:9, and how does this statement reflect his spiritual journey?** Jonah's declaration acknowledges God's sovereignty and power to save. It reflects a moment of humility and surrender, where Jonah recognizes his dependence on God for deliverance. This statement marks a turning point in Jonah's spiritual journey as he acknowledges God's role as the ultimate source of salvation and redemption.
  - **How does Jonah's experience of being "cast out" from God's sight in Jonah 2:4 relate to his prayer of thanksgiving in Jonah 2:9-10?** Jonah's prayer of thanksgiving reflects his gratitude for God's mercy and salvation despite his previous rebellion. The imagery of being "cast out" emphasizes Jonah's sense of separation from God due to his disobedience. However, through God's grace, Jonah experiences restoration and forgiveness, leading him to praise God for His deliverance.
  - **What was the breaking point for Jonah? What verse speaks to him being ready to listen and obey God? Why do you think so? What was it that Jonah had to give up or realize to allow God to release him from the Fish?**
  - **How does Jonah's experience of deliverance and restoration in Jonah 2:8-10 foreshadow themes of redemption and salvation found in the New Testament?** Jonah's experience of being rescued from the depths of the sea serves as a foreshadowing of Jesus' death and resurrection. It illustrates God's power to bring life out of death and salvation out of despair. Jonah's deliverance prefigures the ultimate deliverance and redemption that Jesus offers to all who believe in Him, highlighting the universal scope of God's saving grace.