In the Belly
Jonah 1:17-2:1-9
May 12, 2019

WARM-UP QUESTIONS:

1. Do you prefer to have a set routine or a schedule that varies and changes?
2. What is a change (big or small) that you really didn't want to make, but still went through with it? How did you manage? How did things turn out?
3. Have you ever had a near-death experience or had a circumstance that seemingly swallowed up your life? What went through your mind at the time? How did it change your perspective about life afterwards?

REFLECTION QUESTIONS:

1. Review the prayer of Jonah in the deep belly of the fish (Jonah 2:1-9). How is the prayer structured? What do we learn about God and God's character? What does Jonah's prayer teach us about his relationship with God, the meaning of repentance, the perspective on change, and the posture of conversion?
2. Pastor Jason suggested that Jonah may have, in fact, died. Does the idea of Jonah dying versus the understanding of him residing in the whale change your perception of this story and its implications? Why or why not?
3. What is the importance and difference of being born again as opposed to making some changes in your life with regards to being a follower of Christ? Relate the language and image of the belly/womb in Jonah's story to what Jesus was explaining to Nicodemus (John 3) about being born again.

APPLICATION QUESTIONS:

1. How might Jonah's experience of death be a source of encouragement to us as we go through our own times of suffering?
2. What situations or personal matters in your life may need to die in order for you to rise again in Christ? What corporate/communal realities, as a church, might we need to die to?
3. Reflect and meditate on Jesus being in the deep belly of death for three days for you and me. Then spend some times together as a group celebrating in prayer His magnificent Resurrection. Let that light of life carry you throughout the week.
4. Death in any form is rarely an easy thing to go through alone. Take some time to share and support each other in prayer.