

The Story of Jonah – Lesson 2 Workbook

Running to God

Jonah 2:1-9

1. What does verse 1 say that Jonah does first?

2. If Jonah is so miserable, why is he praising God and singing "with thanksgiving" to the Lord?

3. Can you think of any other situations in the Bible where someone was at the end of their rope like Jonah?

Get Into It Jonah 2:1-9

Read Jonah's prayer several more times. Then write down some of the words, images, and emotions that jump off the page.

4. Can you think of a time in your life when you hit rock bottom like this?

5. Have you ever prayed a similar prayer?

6. What do you think it looks like for someone today to run to God?

Proverbs 3:5-6
Spiritual Life Chart - Where Do I Stand?

1. What did you find about your own life? How often have you found yourself running from God? Toward Him?

2. What events and situations preceded the moments you've listed? In other words, what caused your reactions?

3. Where are you right now? Are you running from or towards God? Explain.

4. How often do you live out Proverbs 3:5-6? How often do you rebel against these words and attempt to stand on your own two feet?

Homework

- Memorize Proverbs 3:5-6. Review Psalm 46:1
- Take a few moments this week to jot down your own Jonah prayer. How would it be similar? Different?
- Review your list from last week of reasons why it is better to run to God with problems, rather than to run away from Him. What reason can you add after studying this week's lesson?