



Talk summary:

When you don't know where to turn, turn to God in worship [Jonah 2]

1. Jonah recalls how he cried out to the Lord and he answered [Jonah 2:1-4]
 - When Jonah is inside the fish, in his despair he reminds God and himself how faithful God has been, that the Lord has been responsive to his cries.
2. Jonah chooses to thank God in worship [Jonah 2:5-8]
 - Jonah has had one rescue but is still in need of another. He chooses not to lament but thank God by running through his testimony and thanking God for the first rescue. This stance would have built Jonah's faith and expectation for the next rescue (being hurled out on to dry land!).
3. Jonah recognises only God can rescue him [Jonah 2:8-10]
 - 'Salvation is from the Lord alone' is the final cry of Jonah's worship in the fish. It come almost as a realisation that propels him out of the fish and also sets him up to listen and follow God's call of salvation to the people of Nineveh.

Questions:

Conversation Starter

Where are you facing uncertainty in your life right now? What things are out of your control? Where are you seeking God's guidance? Where do you need rescue? What might it look to turn to God in worship right now? How might you become more 'schooled' in the Psalms like Jonah?

What might God be saying to me about this theme/situation?

What have I learnt that I want to hold on to?

How am I going to put it into practice?