

# GROUP DISCUSSION SHEET

Beyond capacity | Week 2 | Nov 10, 2024

## Scripture and Big Idea

Jonah 2 | God is ready to forgive and restore all who call on him.

## Questions for Connection *(Offer these to help the group become comfortable and connected)*

1. What were your high and low points this week?
2. Tell of someone who was very far from God but turned to him? (biblical, historical, famous or personal)

## Questions for Study *(Fact questions get people reading the Bible. Application questions get people talking. Both are needed.)*

Warm up: Why is it so hard to turn back to God when you have fallen short?  
Was there a question in the Live it Out that has challenged you to make a change?

Read Jonah 1:17-2:10 Jonah's miraculous deliverance demonstrates God's readiness to forgive and restore.

1. How long was Jonah in the belly of the whale? Why would Jesus have said this story was a "sign" that would point to his identity and message? What are the similarities? Differences? (Matthew 12:40-42)
2. What does the large number of scripture references (19) in this prayer tell you about Jonah? How does one's knowledge of God's word help the Holy Spirit bring conviction and lead to repentance?
3. Even though he had been disobedient, Jonah knew he could still call out to God. Psalm 118:5, 120:1 and 69:1 were all quoted by Jonah. Which do you find most comforting?
4. The description of sinking into the pit is graphic. What stands out to you? When have you felt similar feelings of spiraling downward after a failure? What lies of the enemy commonly tempt you to despair?
5. Can you share a low point in your life and how God pulled you out?
6. In verse 3 Jonah acknowledges that it was God who was in control of his hard circumstances. When has God allowed hard things into your life in order to turn you toward him?
7. What are indicators of true repentance? (see Psalm 51) Do you think Jonah is genuinely repentant?
8. What does Jonah's miraculous deliverance tell you about God? (See also Luke 15:1-10)

No matter how sinful and guilty we are and feel, Jesus is equal to the task of rescuing and restoring us.

### *"Go to" for any text*

1. What is your biggest take away from this lesson?
2. What did you learn about God from this passage?
3. How will you pray differently as a result of what you learned?
4. What one change will you make in your life from this lesson?
5. What is a key verse for you from this text?
6. So what? Why is this passage important?

## Questions to ask Jesus *(Offer these for personal reflection before your group prayer time)*

1. Ask Jesus, "Who needs to see God's mercy and compassion through you today?"
2. Ask Jesus, "Where are you calling me to humble myself, turn, and ask for your forgiveness?"