

STUDENT TOOLKIT



Jonah 2 – Turning Back to God

Introduction to Jonah 2

Jonah chapter 2 shifts the focus from rebellion to reflection, from running to repentance. Having fled from the presence of the Lord and been cast into the sea, Jonah now finds himself in the depths—both physically and spiritually. What appears to be a place of judgment becomes, by God’s mercy, a place of preservation.

Jonah 2 is not a narrative of action but a **prayer from the depths**, revealing that even in disobedience, God’s grace pursues His servant. From the belly of the great fish, Jonah cries out to the Lord, demonstrating that no distance, no darkness, and no depth places us beyond God’s reach.

This chapter reminds us that God often uses moments of confinement and crisis to realign our hearts with His purposes. Before Jonah can be recommissioned for obedience in chapter 3, he must first be restored through repentance in chapter 2. Deliverance begins not when Jonah is rescued from the fish, but when he turns his heart back toward the Lord.

Jonah 1:17–2:10 — *Turning Back to God*

Supplemental Texts: Psalm 18:6; Psalm 42:7; Lamentations 3:31–33; Romans 8:28

God Appoints Discipline for Preservation

 **Jonah 1:17**

God Hears Prayers from the Depths

 **Jonah 2:1–2**

Remembering God Reorients the Heart

 **Jonah 2:3–7**

Salvation Belongs to the LORD

 **Jonah 2:8–10**

Small Group Discussion:

1. *According to Jonah 2:1–10, where is Jonah physically and spiritually when he prays, and what key events occur during his prayer?*
2. *What doctrines about God are revealed in Jonah 2?*
(See **Key verses:** Jonah 2:2, 2:4, 2:9–10)
3. *In Jonah 2:7–9, what spiritual lessons does Jonah learn through his experience in the depths, and how does his prayer reflect a change in his heart?*
4. *How does Jonah 2 challenge the way we respond to discipline, distress, or disobedience in our own lives?*