



Trust The Process

April 26-May 2, 2026

READ [JONAH 1:17-2:10](#).

In verse 17, we learn that God told a fish to swallow Jonah. And the fish obeyed, keeping Jonah in its belly for three days and three nights. Jonah's trip into the fish's belly is abnormal, to say the least. It's something none of us have experienced ourselves. Nevertheless, we probably have experienced some version of the despair Jonah encountered during those three days and nights.

In the video, David mentions that the book's author uses words and images in this verse that are freighted with meaning, words like "swallow" and the imagery of "three days and three nights." These words indicate that Jonah is undergoing a kind of judgment that leads to salvation—plunging to his death and returning to life. It's an Old Testament passage that New Testament authors reference in the Gospels.

READ [JONAH 2:1-9](#).

What does it communicate about Jonah that this is his first recorded prayer?

In what ways can you identify with Jonah's reluctance to pray?

Why do you think it often takes a run-in with despair before we cry out to God?

In the opening lines of Jonah's prayer in verse 2, he describes his interaction with God. What stood out to Jonah was that God "heard [his] voice" and "answered [him]."

Does God's response to Jonah surprise you?

What does God's response tell us about his character?

In what ways does it encourage you to know that God sees you, listens to you, and responds to you even when you've run as far away from him as you can?

As the session closes, spend some time as a group sharing your stories with one another.

When did God save you?

How God has pursued you in your life? How is he pursuing you now?

In what ways are you still prone to run from God?

In many ways, Jonah is an example for us of what not to do. Running from God is a sin, and it's a sin that we all have the capacity for. We are encouraged to help each other fight against this sin. Now that you've confessed the ways you're prone to run from God, spend some time praying for one another.

What could you do to remind yourself to pray for your group members throughout the week?

How can you become quicker to confess and repent every time you choose to run from God and help others do the same?