

Week 2: Rock Bottom

Pastor Stephanie Ehmke – November 1, 2026

Questions…

1. In Jonah 1:17, we read that God provided a huge fish to swallow Jonah. How do you interpret this story? Do you believe it is literal or figurative?

2. While we often think of the fish as punishment, Pastor Steph's message described it as an act of God's grace. How does viewing the fish as God's provision rather than His punishment change your understanding of this story?

3. ***Read Jonah 2:1-2***

   Jonah finally cried out to God when he reached rock bottom. Why do you think we sometimes wait until we are desperate before turning to God in prayer? What might change if prayer became our first response rather than our last resort?

4. The sermon quoted Warren Wiersbe, who observed that Jonah's prayer was born out of affliction, not affection. What is the difference between seeking God because we need something from Him and seeking God because we love Him? Can prayers that begin with selfish motives still lead to genuine spiritual growth?

5. The first lesson from Jonah's prayer was that he prayed for God's help. Jonah believed God could hear him even from the depths of the sea. How does knowing that God hears us, regardless of where we are or what we've done, encourage you in difficult circumstances?

6. ***Read Jonah 2:3***

   The second lesson was that Jonah accepted God's discipline. Why is it sometimes easier to ask God for forgiveness than to accept the consequences of our choices? How might God use those consequences to bring about lasting change in our lives?

7. In Jonah 2:4–7, we see that Jonah trusted God's promises, even when his circumstances seemed hopeless. What promises from Scripture have helped sustain you during difficult seasons? How can we become more intentional about remembering God's faithfulness when life feels overwhelming?

8. ***Read Jonah 2:8–9***

   The fourth lesson was that Jonah yielded to God's will. He recognized that clinging to worthless idols meant forfeiting the grace available to him. What are some things we tend to cling to for security, comfort, or control instead of fully trusting God?

9. The message identified four important responses in Jonah's prayer: praying for God's help, accepting His discipline, trusting His promises, and yielding to His will. Which of these four comes most naturally to you, and which is the most challenging? Why?

10. Jonah's circumstances did not change immediately when he began praying. It was only after his prayer that God commanded the fish to release him. What does Jonah's experience teach us about the relationship between prayer, surrender, and God's timing? Is there an area of your life where God may be inviting you to surrender before you see a change in your circumstances?

Closing Reflection

"Grace that is greater than our Rock Bottom!"

Jonah's story reminds us that no matter how far we've run, how badly we've failed, or how hopeless our circumstances may seem, God's grace can still reach us.

As you close, invite group members to reflect on this question:

Am I allowing God to use my difficult circumstances to draw me closer to Him, or am I simply asking Him to make those circumstances go away?

Pray that God would help each person recognize His grace in unexpected places, trust His promises in difficult seasons, and respond to His leading with a willing and obedient heart.