

# Jonah: Praying for God's Deliverance

When we find ourselves in a situation that we cannot fix, it's natural to feel anxious, desperate, overwhelmed, exhausted, and scared. Sometimes our own bad choices or actions have caused our situation, sometimes not, but the story of Jonah reminds us that no matter what we've done or what we've experienced, it is never too late to pray. God is ready to hear us, to deliver us, and to offer his abundant mercy. In Jonah, we find encouragement for times of trouble, assurance of God's constant presence, and a better understanding of the work of Jesus Christ.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- Can you identify a particularly good or bad decision you've made in your life? Why do you consider it a particularly good or bad decision?
- Did you ever intentionally do the opposite of what a parent or authority figure instructed? What was the result?



**LISTEN TO THE EPISODE:** [Jonah: Praying for God's Deliverance](#)

**READ** [Jonah 2](#)

**REFLECTION** After listening, consider the following questions:

- In segment 2, host Scott Hoezee observes, “Ironic that Jonah, who didn’t want to preach a message of salvation to the Ninevites, now that he needs it, he is perfectly willing to call out to God and say: Hey, help me. Hello. Help!” Do you think we are guilty of this too? Why or why not? If so, what examples can you identify in your life or in our current or historical context?
- Have you ever felt like you were in trouble, but hesitated to cry out to God? Why? What made you hesitate? Do you agree with host Darrell Delaney in segment 3 that “no matter what is going on in your life, it is always a convenient time to pray and ask God for help in any circumstance.”? Why or why not?
- What did Jonah’s experience of salvation through the big fish and his prayer teach or remind you about God’s character?
- What do you think are appropriate ways to respond to God’s mercy?

**RELATED PASSAGES** for further study

[Luke 15:11-32](#), [Psalm 116](#), [Ephesians 2: 1-9](#), [Romans 10:11-15](#), [James 5:13](#), [Psalm 46](#), [Matthew 12:38-41](#)

## CONCLUSION

Consider and reflect on these two statements Darrell made in this episode.

“Anybody who has these faults and flaws, they do not necessarily have to disqualify you from God’s merciful plans to save and deliver people; and so, it is really exciting to see what God would do in his mercy if we obey his promptings.”

“The fact that God is who he says he is, that he changes not, his compassions fail not, and he is who he says he is all the time, can encourage us when we feel wavery...when we feel like we are not sure, when we don’t think we are going to make it.”

Take some time to remember how these truths have manifested in the Bible or in your experience, the moments of God’s mercy in your own life or in the lives of others. Allow these recollections to encourage and strengthen your faith.

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