

1. Have you ever felt out of control? What were the events that led to that feeling? How did you respond?
2. Read Jonah 1:17. How did Jonah find himself in this situation. What did the Lord do in response? Why do you think the Lord left Jonah in the fish's belly for so long?
3. Read Psalm 139. How might this Psalm have influenced Jonah during his time in the belly of the fish?
4. Read Jonah 2:1–6a. How does Jonah's situation bring clarity to the condition of his heart? How does it provoke him to respond? Why do you think God desired this for Jonah?
5. Read Psalm 130. What parallels exist between Jonah's situation and the composer of this Psalm?
6. Read Jonah 2:6b–10. How does the Lord's deliverance demonstrate his grace?
7. How does irony manifest in Jonah's psalm when considered within the context of the whole book?
8. How does Jonah's response in v9 reflect the response of the sailors in chapter 1?
9. In what ways is God calling you to respond to what you can't control today?