

# *Running From God*

## *A Study in the Book of Jonah*

### LESSON THREE

#### *Jonah's Prayer*

(Jonah 2:1-10)

Prayerfully read through Jonah 2:1-10.

1. Jonah was in the belly of the great fish that God had prepared for him for three days and three nights. I can't imagine what thoughts were going through his mind during that time in that dark and terrifying place. I think the song of the Sons of Korah, in Psalm 88:1-7, may capture some of what Jonah's heart cries might have been. Look up **Psalm 88:1-7** and record those verses below.
  
2. As we look at Jonah's prayer, we notice that much of what he cries out to God is from the Psalms. Jonah knew God's Word and had it hidden in his heart. In his time of trouble, he drew upon God's Word to lift his voice in a desperate heart cry. Looking at **Jonah 2:2**, compare that verse to the verses below.

**Jonah 2:2 -**

**Psalm 18:6 -**

**Psalm 120:1 -**

3. Looking now at **Jonah 2:3**, record that verse below and the others listed as a comparison.

**Jonah 2:3 -**

**Psalm 69:1-2 -**

**Psalm 42:7 -**

4. Compare **Jonah 2:4** to the following psalms below.

**Jonah 2:4 -**

**Psalm 31:22 -**

**Psalm 5:7 -**

5. Compare **Jonah 2:5** to the following psalm below.

**Jonah 2:5 -**

**Psalm 69:1-2 -**

6. Compare **Jonah 2:6** to the following two psalms.

**Jonah 2:6 -**

**Psalm 69:15 -**

**Psalm 40:2 -**

- 7. Compare Jonah 2:7 to the following psalms.**

**Jonah 2:7 -**

**Psalm 143:4 & 5 -**

**Psalm 18:6 -**

- 8. Compare Jonah 2:8 with the following psalms.**

**Jonah 2:8 -**

**Psalm 31:6 -**

**Psalm 106:36**

- 9. Compare Jonah 2:9 to the following psalms.**

**Jonah 2:9 -**

**Psalm 116:17-18 -**

**Psalm 3:8 -**

**Psalm 37:39 -**

**10.** Let's go back and look at Jonah's prayer in more detail. Looking back at **verse 3**, Jonah realizes that it was **the Lord** who has cast him into the sea, not the sailors, who were just used by the Lord to perform His will. Often we look at our circumstances and try to find someone or something to blame without considering that the Lord is ultimately in control and He sometimes **allows** things to happen and sometimes **causes** things to happen in our lives for His ultimate good purposes. Record the following verses below.

**Job 5:18 -**

**Lamentations 3:32 & 33 -**

**Hosea 5:15 -**

**Hosea 6:1 -**

**11.** How do these verses speak to your heart? Have you experienced this in your life? Is there something you can share?

**12. In Jonah 2:4, we see that he feels completely “cast out of [His] sight.”**

Jonah chose to turn his back on God and run away from Him. Now Jonah is getting a taste of what it really feels like to not feel God’s presence. Feeling cast off from God’s presence is an agony of the worse kind. Record the following verses below that speak of this.

**Psalm 27:9 -**

**Psalm 51:11 -**

**Psalm 88:14-16 -**

**Psalm 89:46 -**

**13. Looking at Jonah 2:6, it appears that when Jonah was at his lowest point, a place he thought was of no return, a place where “the bars were closed behind [him] forever,” that’s when God brought him up out of the pit of his despair. God had not forgotten Jonah. In fact, the very opposite was true. His eye had been upon him, and His hand had apprehended him, bringing him into the place of surrender to His will. Look up and record the following Scriptures.**

**Job 34:21 -**

**Psalm 11:4 -**

**Psalm 33:13-15 -**

**Hebrews 4:13 -**

14. Looking at **Jonah 2:7**, Jonah declares that it was when his soul had “fainted” within him, that he finally **remembered the Lord**. How often have you found this true in your own life? Sometimes it takes being in troubled times for us to **remember** Who God is in the midst of the storm. In fact, it’s the storms in our lives that often reveal more to us about Who God is and how far reaching His love, His comforts and His compassion is. Look up these Scriptures where King David declares, in the midst of trouble, the things he **remembered** about God.

**Psalm 77:10-11**

15. Jeremiah expressed these thoughts in the midst of his trouble. Write down these verses from **Lamentations 3:21-26** below.

16. In **Jonah 2:8**, **David Guzik** suggests that, “**Jonah realized that resisting God, running from Him, was like being an idolater.**” We can all be guilty of “idolatry.” We can all have things we put before our relationship with the Lord. Things we give more time to and even more devotion. These idols can include idols of the flesh, idols of intellect, idols of ambition, idols of pride, idols of self and self-will. Jonah states that when we do that, we are “forsaking our own Mercy.” We are holding onto “false gods” and turning to things that cannot help us, and away from the only One who can. Notice that the word Mercy is capitalized in this verse, indicating that God, Himself is Mercy. What do these Scriptures say about God and His mercy?

**Exodus 15:13 -**

**Psalm 25:10 -**

**Psalm 32:10 -**

**Psalm 33:17-19 -**

**Psalm 86:5 -**

**Psalm 100:5 -**

17. If this is the God we serve, if this is the Mercy that has been given to us, why would we choose to forsake it? Jonah comes to the realization that there is no other help than from the One who is called Mercy. His response to this truth is found in **Jonah 2:9**. Write down Jonah's response below.

18. His final thought from **verse 9** is that **salvation is of the Lord**. There are so many Scriptures that speak of God's salvation. Record those listed below, and then add one of your own favorites.

**Psalm 3:8 -**

**Psalm 37:39 -**

**Psalm 62:5-7 -**

**Your favorite:**

**Thomas Constable** declares in his commentary: “**The Hebrew word for salvation is *yeshua*, here used in its intensive form. The Hebrew name Joshua means "Yahweh is salvation." The Greek name Jesus is the translation of Joshua. Thus we can see a close connection between what Jonah declared ("salvation is of the Lord") and what all Scripture declares, namely, that salvation is through Jesus Christ.**”

19. Still looking at **Jonah 2:9**, we aren’t told exactly what Jonah’s sacrifice was, but it appears that the main part was a sacrifice of **thanksgiving** and Jonah may have been quoting David from **Psalms 116:17-18**. Thanksgiving is a sacrifice most pleasing to God. Look up **Psalms 116:17-18** and write those verses down below.

20. Looking at **Jonah 2:10**, after Jonah’s prayer, how did the Lord respond?

21. God was waiting for Jonah’s heart to surrender to Him, to come to repentance, before He would deliver him from his turmoil. Record the following Scriptures from Psalms 81 and 107.

**Psalms 81:7 -**

**Psalms 107:10-11 -**

**Psalms 107:13-15 –**

**22.** What was your greatest take-away from Lesson Three and Jonah's prayer?

This study was written and prepared by Shawn Van Hook, 2026