

# FBC Groups Ministry Discussion Guide

## The “I Am Jonah” Series

### Part Three: Up from the Pit of Rock Bottom

#### Jonah 2:1–10

What does saying “yes” to God mean to you? The story of Jonah helps us answer that question with greater meaning beyond the big ship, the big storm, and the big fish. Knowing God is more than being saved by God. Although personal faith in Jesus is how we experience salvation, it also brings us into a relationship in which we discover true identity, opportunity, and purpose. Consider those greater things from God as our journey in Jonah continues. Read Jonah 2:1–10.

Giving God your genuine “yes” will lead to God giving you “Nineveh” moments. Jonah chose to run from his “Nineveh” moment to the point that he found himself near the point of rock bottom. What does it look like to be in a place of spiritual rock bottom? If you are running from God, then you already have a foot on rock bottom, but take heart. Be honest with God and experience a new beginning beyond rock bottom. This is why...

1. Rock bottom is not beyond the reach of God
2. Rock bottom is not beyond a return to God
3. Rock bottom is not beyond the rescue of God

#### Questions for Group Discussion:

1. Discuss how Jonah knew that God was listening and answering his prayer.
2. What did God’s availability mean for Jonah? Describe what it means for you.
3. How would you define being at spiritual rock bottom, and how do we get there?
4. Is there a point of no return when it comes to running from God? What is it?
5. Describe a time in your life when you were given a second chance.
6. Do you find that isolation draws you closer to God or further away? Why is that?
7. How does Jonah point to Jesus and what difference does that make for you?

#### Final Thoughts and Closing Prayer:

What will it take for you to experience worship like Jonah this week?

How will this study bring you closer to Jesus and how will you help others?

#### Notes & Reflections: