

A Prayer from the Deep

Nineveh| Week 2

Nate Marsh | August 16, 2026

Jonah 1:17; Jonah 2:1-2

1. _____ Drives Us Back to God.

Jonah 2:3–4; Jonah 2:5–6a

Sometimes God allows us to reach the end of ourselves so we will remember where our help comes from.



God's mercy reaches even BEYOND the messes of our own making.

2. _____ Meets Us in the Deep.

Jonah 2:6b-7

The fish was not Jonah's grave. It was God's unexpected grace.

Jonah 2:8–9

3. _____ Does Not Mean the Work Is Finished.

God's mercy meets us where we are, but it refuses to leave us there.

Jonah 2:10

You can run from God, resist God, and even be angry with God—but you cannot outrun the mercy of a God who refuses to give up on you.

Questions for Further Study

1. Read Jonah 2:1–10. What words or phrases reveal Jonah's desperation? Which phrases reveal his confidence in God?
2. Jonah says, "You hurled me into the depths," even though the sailors physically threw him into the sea. What does this reveal about Jonah's understanding of God's sovereignty?
3. Compare Jonah 2:3–6 with Psalm 42:7 and Psalm 69:1–3. What similarities do you notice in the way these writers describe overwhelming circumstances?
4. What is the difference between experiencing the natural consequences of sinful choices and receiving punishment directly from God? Why is it dangerous to assume that every hardship is caused by a specific sin?
5. Jonah criticizes those who "cling to worthless idols," yet his own heart remains resistant to God. What forms of idolatry or spiritual pride can exist in someone who knows correct theology?