



## **Underwater Prayer**

Jonah 2

Humbled & Honest - whale, man, flame - Let me tell you a story about Jonah's prayer inside a whale. God humbled Jonah in the storm. From the whale's belly, Jonah opened his heart and prayed honestly to God.

Painful Consequences - mountain, ocean, woman - Jonah lamented his selfish decisions. He experienced the bitter fruit of his choice to abandon his calling.

Return & Worship - flame, praying man, fragrant oil - Jonah praised God for his mercy. He rejoiced in the good news that God still listens to us after we fail.

Salvation's Sacrifice - king, pit, prophet - Jonah praised God for the sacrifices he makes to save the rebellious. God guided the whale to deliver Jonah onto dry land.

## **Storytellers Sight**

- Imagine what it's like to be swallowed by a whale.
- How does it feel to be completely hopeless?
- Have you ever felt abandoned by someone you love? Why is it so hard to recover from trauma?
- How do you pray when you're desperate and alone?
- Why is prayer so hard when you're frustrated?
- How did this experience change Jonah's heart?
- What's the most important part of this prayer to you?