



South Sub Church

April 19, 2026

God's Relentless Pursuit-The Rescue

Jonah 2 (NLT)

Then Jonah prayed to the Lord his God from inside the fish. He said, "I cried out to the Lord in my great trouble, and he answered me. I called to you from the land of the dead, and Lord, you heard me!"³ You threw me into the ocean depths, and I sank down to the heart of the sea. The mighty waters engulfed me; I was buried beneath your wild and stormy waves.⁴ Then I said, "O Lord, you have driven me from your presence. Yet I will look once more toward your holy Temple."⁵ "I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head."⁶ I sank down to the very roots of the mountains. I was imprisoned in the earth, whose gates lock shut forever. But you, O Lord my God, snatched me from the jaws of death!⁷ As my life was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple.⁸ Those who worship false gods turn their backs on all God's mercies.⁹ But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the Lord alone."¹⁰ Then the Lord ordered the fish to spit Jonah out onto the beach.

Sermon Summary:

What if running from God doesn't disqualify you—but actually reveals how far His mercy will go? In this four-week journey through the book of Jonah, we'll discover a God who relentlessly pursues us in our rebellion, meets us in our lowest moments, extends grace to the people we least expect, and challenges the parts of our hearts that resist His compassion. Whether you feel far from God, frustrated with Him, or unsure how you fit into His mission, this series will invite you to see that you can run—but you can't escape His mercy.

Fun, non-threatening Ice Breaker questions:

1. Have you ever had a moment where you felt completely stuck or helpless?
2. Have you ever had a "wake-up call" moment in life?
3. What helps you refocus when you've made a mistake?
4. Do you find it easy or difficult to ask for help? Why?
5. Have you ever experienced a second chance that changed you?

Objective Bible study questions (observation):

1. Where is Jonah when he prays to the Lord (v. 1)?
2. What does Jonah say about calling out to God (v. 2)?
3. How does Jonah describe his situation in verses 3–6?
4. What does Jonah say happened when he lost all hope (v. 7)?

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5. According to verse 8, what happens to those who worship idols?
6. What does Jonah promise to do in verse 9?
7. What statement does Jonah make about salvation (v. 9)?
8. What command does the Lord give in verse 10?
9. What happens to Jonah after God speaks to the fish (v. 10)?
10. How would you summarize Jonah's prayer overall?

Interpretive Questions (meaning):

1. Why do you think Jonah turns to God only after being in crisis?
2. What is the significance of Jonah remembering the Lord (v. 7)?
3. Does Jonah's prayer reflect full repentance, or something else? Why?
4. What does "salvation comes from the Lord alone" mean in this context?
5. How does God respond to Jonah's prayer, and what does that show about His character?

Application questions (life response):

1. When do you tend to turn to God most—before or during difficulty?
2. What can Jonah's prayer teach you about talking honestly with God?
3. Is there an area where you need to remember God again?
4. What "idols" might compete for your trust today?
5. What does it look like for you to rely on God today?