

Discovery Service Order and Message Outline



WELCOME TO CEC..... Pastor Phill
SINGING TOGETHER This is the Day
Who O Lord could save themselves

PRAYER
SINGING TOGETHER When I call on Your Name (Love came down)
UPDATES Pastor Phill
SINGING TOGETHER At the cross (No longer I)
BIBLE READING Jonah 2:1-10 (Church Bible page 978)
MESSAGE Taught by Pastor Phill
SINGING TOGETHER Everyone needs compassion



Jonah: Grace that is greater ~2
The ingredients of repentance
Jonah 2:1-10

'The word of the Lord came to Jonah son of Amittai, "Go to the great city of Nineveh and preach against it, because its wickedness has come up before me."' Jonah 1:1 NIV

'But the Lord provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights.' Jonah 1:17 NIV

'From inside the fish Jonah prayed to the Lord his God.' Jonah 2:1 NIV

1. I must recognise God's _____.

'From inside the fish Jonah prayed to the Lord his God. He said: "In my distress I called to the Lord, and he answered me."' Jonah 2:1-2 NIV

'Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.' Hebrews 4:16 NIV

2. I must recognise my _____.

'He said: "In my distress I called to the Lord, and he answered me. From the depths of the grave I called for help, and you listened to my cry."' Jonah 2:2 NIV

3. I must recognise God's _____.

'You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. I said, 'I have been banished from your sight; yet I will look again towards your holy temple.' The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in for ever. But you brought my life up from the pit, O Lord my God.' Jonah 2:3-6 NIV

4. I must recognise God's _____.

'When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. Those who cling to worthless idols forfeit the grace that could be theirs.' Jonah 2:7-8 NIV

5. I must recognise God's power to _____.

'But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the Lord.' Jonah 2:9 NIV

'For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— not by works, so that no-one can boast.' Ephesians 2:8-9 NIV

'And the Lord commanded the fish, and it vomited Jonah onto dry land.' Jonah 2:10 NIV



1. Have you ever had a near death experience. What were the thoughts that went through your mind?

2. Read Jonah's prayer in Jonah 2:1-

10. What elements do you see in his prayer? (example: thanksgiving, repentance, cry for help, etc.)

- Why is prayer often our last resort?
- Share one or two words that would best describe how you view prayer?
- On a scale of 1-10, rate your prayer life.
- What would make your prayer life more meaningful?

3. Read Jonah 2:1-6. If you were Jonah, in the belly of the fish, what thoughts would flash through your mind?

- What was Jonah thinking and feeling? When have you felt this way?
- In verses 1-6, what does Jonah say God did for him? Why do you think Jonah said that it was God who "hurled him into the deep"?
- Where does Jonah show hope in God's deliverance in spite of his situation?

4. Compare Jonah 2:3 with Jonah 1:15. How do you think Jonah is viewing his circumstances? God's control? God's purposes?

5. Jonah 2:8-9. Before this incident, do you think Jonah was trusting in any worthless idols?

- What grace had he forfeited?
- When does Jonah remember the Lord? What else does he remember?
- What aspects of this prayer sound like confession or repentance?
- What vow do you think Jonah was remembering? (v 9b)

6. What are some of the idols that rob people of experiencing God's grace?

7. Jonah 2:10. In what ways do you think this deliverance by God changed Jonah?

8. Prayer should not be about getting God to do what we want. Instead, effective prayer is our coming into agreement with what He wants. How can we keep the focus of our prayers on God's will? What can you learn from Jonah's experience?

Watch us on



Watch and listen to the message again, or an archived message by going to www.youtube.com/cowplainchurch.