

JONAH'S JOURNEY

As preached on Sunday, March 16th

Read: Jonah 1:17-2:10

1. Here comes the fish! 😊 Do you remember hearing this story as a child? Was it easy or challenging to accept that a fish would rescue Jonah and he could survive inside it?
2. It's been said that Jonah experiences both a drowning of sorts and a resurrection of sorts in the pace of this week's text. In what way does this happen?
3. How would you describe the process of "askesis"?
4. In what way does the belly of the fish serve as "protective custody" for Jonah? Have you ever felt that you were placed in that same situation?
5. What is notable about the prayer Jonah offers from the belly of the fish?
6. How do we know Jonah was transformed? Is there evidence in the text?
7. In what ways might we choose to enter into God's program of askesis? Perhaps this Lenten season is your chance to start!