# Sunday 16thMarch – Running from Grace - Connect Group Notes

## Read Jonah 1:17-2:10

1. **What kind of prayer might you expect from someone in Jonah’s situation—trapped in the belly of a great fish?**  
   What surprises you about the way Jonah actually prays?
2. **How much of Jonah’s prayer sounds like a desperate cry for help?**  
   Do you think he’s trying to make promises or bargains with God? Have you ever prayed like that?
3. **In verse 3, Jonah says *“You hurled me into the depths”*—but was it really God who did that?**  
   To what extent is Jonah owning up to his actions, and to what extent is he blaming God? What thoughts or questions does that raise for you?
4. **Verses 5–6 paint a vivid picture of Jonah hitting rock bottom.**  
   Have you ever experienced a moment like that?  
   How might the words of *Psalm 139:7–12* speak into those kinds of situations?
5. **Why do you think Jonah focuses his prayer on God’s holy temple (v4, v7)?**  
   How does this connect with the promise in *1 Kings 8:38–39*? What does it say about where Jonah places his hope?
6. **Verse 8 speaks of those who “cling to worthless idols.”**  
   Do you think Jonah is thinking of the people of Nineveh here—or someone else?  
   What might this reveal about how he understands (or misunderstands) God’s grace?
7. **In verse 9, Jonah declares: “Salvation comes from the Lord.”**  
   Why is that such a central message—not just in Jonah’s story, but across the whole Bible?
8. **What are some of the ways we might drift from that truth today?**  
   Why is it tempting to think we have to earn salvation or be “good enough” before coming to God?  
   How does the story of the prodigal son in *Luke 15* help correct that thinking?

**Prayer Response**  
Finish with a time of prayer reflecting on *2 Corinthians 5:17–18*:

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.”*

You might want to invite people to thank God for his grace and ask for help to live a new life in Christ in the week ahead.