

### PAUSE, PONDER & PRAY

“But I, with shouts of grateful praise,  
will sacrifice to you.  
What I have vowed I will make good.  
I will say, ‘Salvation comes from the Lord.’”  
And the Lord commanded the fish,  
and it vomited Jonah onto dry land.”  
JONAH 2:9-10

### NOTES & QUOTES

#### DID YOU MISS SUNDAY’S SERVICE?

You can watch all past messages on our YouTube channel  
[www.youtube.com/@thisiscompass](http://www.youtube.com/@thisiscompass) or you can listen to our podcast  
at [www.thisiscompass.com/podcast](http://www.thisiscompass.com/podcast).

WEEK TWO | JANUARY 15

PURSUIT  
A STUDY IN THE BOOK OF JONAH



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## CONNECT (BUILD RELATIONSHIPS)

1. What is a promise someone has made you that you are grateful they kept? Has someone ever broken a promise to you that was hurtful?
2. Have you ever found yourself somewhere and thought, "God, how did I end up here?" Explain.
3. What is usually a catalyst that makes you begin to pray in earnest?

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## THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Jonah 2:1-2. In his distress Jonah called to the Lord. Who do you call in your distress? Read Psalm 4:1, 18:6, 102:2, and 120:1. What does Scripture teach us about reaching out to God in our distress?
5. Compare Jonah 1:15 with 2:3? How did Jonah view his circumstances? How did Jonah view God's control and purposes?
6. Take note of Jonah 2:6-7. Jonah is still inside the fish. What tense (past, present, future) is he writing in when he speaks of the answer to his prayer? What does that tell you about Jonah?

7. Read Jonah 2:8-9. What evidence of heart change is revealed in these verses?
8. Jonah was willfully disobedient to God. The three days in the belly of the fish transformed Jonah's hard heart. Read Proverbs 4:23, Ezekiel 36:26, 2 Corinthians 4:7-12, and Romans 12:1-2. What do these passages say about our hearts and minds and God's ability to transform them? Where is God working in your heart today?

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## COMMIT (BE ON MISSION)

9. Jonah repents (turns away from) the idols that he followed. (Jonah 2:8). We often think of idols as metal or wooden images and they can be, but idols can also be personal comforts, luxuries, material possessions. Are there any idols you fight against that attempt to hinder your walk with Jesus?
10. Where is a place you could "hide away" this week to spend time fully focused in prayer with God?
11. Is there a vow or promise you have made to the Lord in which you can say like Jonah, "I will make good?" What steps this week can you take toward honoring that promise?