WOODVALE
PENTECOSTAL CHURCH

Connect Group Sermon Aligned Discussion Guide.

Series Title: Jonah in July
Key Scripture: Jonah 2:1-10
Recorded Sermon: www.woodvale.ca/pastservices/v/jonah-in-july-part-2
Date + Speaker: July 14, 2024; Pastor Mark Scarr
Topic: Six Steps when You are Feeling Helpless

The Big Idea: God helps us when we call to Him in our helpless situation.

Starter:
There is a joke about Jonah trying to explain to his wife that he was in the belly of a fish as why he could not come home for three days. Have you ever imagined being within the belly of a fish? What do you think it feels like? What would you be thinking?

Discussion:

1. When you are feeling helpless, it does not mean you are hopeless. Where does our hope come from in times of helplessness?
2. Pastor Mark holds out Jonah as a prototype for Jesus. How does the resurrection miracle help us understand Jonah's experience and our own hope in helpless situations?
3. When we call, God hears and answers – V2. How does the certainty of God's hearing affect what we pray for and how we pray?
4. Reveal how you feel- V2-6. You cannot fake it with God. God already knows all about us including how we feel (Psalm 139). Why do we still need to be honest with Him about our feelings? What feelings can we be honest with Him about?
5. We can reveal our feelings of crushing fear to God - V5. How does talking to God and God's Word help us overcome our feelings, including fear?

Diving Deeper:

6. Everything depends on where you're looking. Stop looking at the problems but up to God. What are the things we could look to when we don't look up to God? What happens when we look at the problem? At ourselves? At other people? At institutions? And at God? What does it mean to look up to God and away from other things?
7. When you don't know what to pray, pray laments, truths and promises from Scripture. Psalm 27:13. What scriptural truths and promises can we pray over our situations?
8. Jonah went from lament, to remembrance, to confidence. Do we follow this route in our response to our situation? How does each stage affect and transform us, our perspective, and the problem?
9. Reject false fixes – V8. Anything we think more about than God is an idol. Today's idols are more subtle and can even be a blessing God has given us. What are today's Christians' idols? What could potentially be our idols?
10. Respond with gratitude in advance. Faith is praise before the miracle and thanksgiving is praise after the miracle. What knowledge of God helps us praise Him during our helpless situation. How does the thanksgivings help fuel the faith praise?
11. What comes out of your mouth maters. Speak the Word and the truths of God, and not complaints about the situation. What happens when we complain and grumble about our situation? What happens when we speak God's Word and truth?