

RUNNING FROM GOD

Rescue
Message 3

Perry Duggar
January 31, 2021

2. Recognition of _____.
(Jonah 2:3-6a. C/R: Psalm 32:3-5; 118:18;
Proverbs 3:11-12; Hebrews 12:5-11)

► Outline

Then Jonah prayed to the LORD his God from inside the fish.

Jonah 2:1 (NLT)

A. Introduction

(Jonah 1:15,17; 2:1. C/R: Deuteronomy 31:8;
Matthew 12:39-40)

B. Rescue includes...

1. Return to God's _____.
(Jonah 2:1-2. C/R: Psalm 34:18; 40:1-2; 120:1;
Luke 15:20)

3. Realization of God's _____.
(Jonah 2:6b-10. C/R: Psalm 34:18; 51:17;
2 Corinthians 7:10; Ephesians 2:8-9)

Answers: 1. presence 2. responsibility 3. rescue

Resource Information: Scripture quotations marked (NLT) are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved. C/R refers to a 'cross reference.' Today's outline and discussion guide are available through the Brookwood Church app.

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► Discussion Guide

Use this guide by yourself or with friends to pursue a deeper relationship with Jesus. To connect with others, visit brookwoodchurch.org/adults.

Conversation Starter

Describe a time you decided to say or do something that didn't end up how you thought it would.

Begin your study with prayer

Pause for a few minutes to quiet your heart and mind. Ask God to help you experience His love and hear His voice as you reflect on this week's lesson.

Bible Study and Group Discussion

Read [Jonah 2](#).

1. What words or phrases does Jonah use to describe what happened to him?
2. What words or phrases reveal that Jonah returned to the Lord?
3. God heard Jonah's prayer for help. Describe a time you called out to God, and He rescued you.
4. Why do you think we sometimes have to sink so low before we remember God?
5. Sometimes people pray and don't seem to receive a response. What could be a reason for this? Has this ever happened to you?
6. *Those who worship false gods turn their backs on all God's mercies (vs. 8).* What false god was Jonah worshipping? What false gods do people cling to now?
7. What examples will you follow or promises will you remember from this passage?

Spiritual Practice

Spiritual Practices help us experience the Holy Spirit's work in our lives. They're meant to be more than one-time actions, becoming a natural part of our lives.

Just like any relationship, developing intimacy with God is cultivated over time. While there's no magic formula, here's a simple process to help you draw closer to God.

1. Find a quiet place and spend a few minutes in silence to clear your mind.
2. When you sense stillness, tell God you want to hear Him.
3. Slowly read and meditate on a passage of Scripture. What words or phrases stand out to you? (You can use the Memory Verse, Daily Readings or any passage.)
4. Ask God what He wants to say to you and allow time for Him to put thoughts in your mind.
5. God desires to talk with you all day long. So as you leave this quiet time with God, ask Him to speak to you throughout the day.

Recommended Resource: *Walking With God: How to Hear His Voice*, John Eldredge

Memory Verse

The sacrifice You desire is a broken spirit. You will not reject a broken and repentant heart, O God.

[Psalm 51:17 \(NLT\)](#)

Daily Reading

Day 1: [Psalm 34:11-18](#)

Day 4: [Psalm 118:14-21](#)

Day 2: [Luke 15:20](#)

Day 5: [Ephesians 2:8-9](#)

Day 3: [Hebrews 12:5-11](#)

Prepare for Next Sunday

Sunday, February 7, we'll continue the series *Running from God*. Read [Jonah 3](#) to prepare for a message on repentance.



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