

Life Group Discussion Questions 26th June 2026

(Jonah 2: *From the Depths - The Prayer You Pray in the Dark*)

"What's the darkest place you've ever prayed?"

It could have been a physical place or a season of life. What made that prayer different from your usual prayers, and where did you sense God in it?

1. Jonah prayed before anything changed.

Why do you think it's often easier to wait for our circumstances to improve before we pray or trust God? What does Jonah's example teach us about faith in the middle of the struggle?

2. The fish was both protection and process.

Can you think of a time when something that felt like a setback, disappointment, or even punishment later became a place of growth or God's provision? What did you learn through it?

3. Jonah says, "Yet I will look again toward your holy temple."

What "yet" statement do you need to speak over your own situation this week?

(For example: "I feel anxious, **yet** God is faithful." "I feel stuck, **yet** God is still at work.")

4. Jonah moves from prayer to praise while still in the fish.

How does gratitude change our perspective when life feels overwhelming? Share one thing you're genuinely thankful for today and why it matters.

5. The sermon suggests that most people don't run from God dramatically—they drift one missed turning at a time.

Where are you most tempted to drift: prayer, relationships, obedience, forgiveness, serving, or trusting God? What is one small step that could help you get back on track?

6. Jonah's prayer focuses on God's mercy more than his own ability to fix things.

Why is it difficult to receive grace when we've made our own mess? How does knowing that God pursues us change the way we respond to failure?

7. The message ends with three simple actions: Pray. Praise. Turn.

Which of these is the biggest challenge for you right now, and what is one practical way the group can encourage and pray for you this week?

Closing Reflection

Invite everyone to spend a minute in silence before sharing:

- **What do I need to pray honestly about?**
- **What can I genuinely thank God for right now?**
- **What do I need to turn away from and change direction on?**

Finish by praying for one another, asking God to meet each person "in the depths" and to lead them back onto His path with grace, courage, and hope.