



---

## Sermon Discussion Guide

### Crying Out From the Belly of Sheol-Christian Lindbeck

Oct 9, 2022

#### Leader Preparation

1. Take some time to look over these questions ahead of time. Choose the ones that you want to make sure you cover with your group. We have highlighted what we think are **key ideas/questions by bolding them.**
2. Pray for your group and your time together as you prepare. This is so helpful!
3. When meeting online you as the leader will need to be more directive than in person. Don't be afraid to invite everyone to answer a question, invite them to share by name, and thank them when they finish. The online format requires a little more intentional orchestrating than an in-person group.
4. Try to start the gathering by getting everyone talking at least once to begin. The Hook section is great for this. When in doubt, have people share stories about their past. (How the week was, favorite memories about the topic for the day, etc). This is a great way to help your group continue to get to know one another.
5. Next, look at the Scripture and what it means. We believe Jesus is discipling people through this Word. Get people into the Scriptures and the Scriptures into people!
6. Finally, end with what God is saying to people and how God is inviting them to respond. These aren't just ideas to know but realities to live in!



## Sermon Discussion Guide

### Crying Out From the Belly of Sheol-Christian Lindbeck

Oct 9, 2022

#### Hook - Getting to know one another

- If you knew you were going to be inside of a whale for 3 days and you could only bring three objects what would you bring and why?
- Have you ever cried out to God in prayer? What happened to cause you to do this?

#### Book - Scripture

- Read the scripture, and discuss a few questions to understand **what the text is saying**.
- **Read Jonah 1:17-2:10**
- In 1:17 the NIV says “Now the Lord **provided** a huge fish to swallow Jonah” . Has God ever “**provided** a huge fish to swallow” you in a time of despair?
- In 2:2 Jonah the NIV says “From the deep in the realm of the dead I called for help”. Where is this place Jonah is talking about? What was his physical and spiritual state in this place?
- What is the significance of Jonah “being in the belly of the fish for three days and three nights”? (1:17).
- What does this passage say about God’s dominion over the forces of nature and chaos?
- How did God’s mercy on Jonah when he was in his darkest place change his heart and attitude towards life? (2:2-2:10)

#### Look - Connections to our world today



## Sermon Discussion Guide

### Crying Out From the Belly of Sheol-Christian Lindbeck

Oct 9, 2022

- This section focuses on implications about **what this text means** about what's wrong in the world, about trusting God, about who God is, etc.
- How would the belief in God's dominion over nature and chaos illustrated in this passage change the most difficult situation in your life right now? How would it change the way you look at the problems in our world today?
- Have you ever felt that you were in the belly of Sheol in your life? How did you feel when you were there? How did you come out of that place?
- This passage tells us that God was rescuing Jonah before Jonah cried out to him. What does that mean for those who are in a dark place right now?
- After reading this passage, what would you say to someone who says "there's no way that a guy could be swallowed by a whale for three days and three nights and survive. "

#### Took - Personal Application

- This application focuses on **how God is calling us to respond**. This could be personally, as a family, small group, or church. It could be something to believe, to meditate on, to say or do this week.
- If you have a story in your life where God rescued you from the depths of darkness this week spend three 15 minute periods where you:
  - Reflect on how you got there
  - Reflect on how you felt when you were there
  - Reflect on where you are today
  - Pray to God and thank him for his mercy on you when you were in the dark place
- Think about a person or a group of people who are in the place of darkness right now. This week, spend three 15 minute sessions and pray that they



---

**Sermon Discussion Guide**  
Crying Out From the Belly of Sheol-Christian Lindbeck  
Oct 9, 2022

would see that God is actively engaging in their rescue, that they would know that they are not alone in the dark place, and that they would cry out to God.

Time of Prayer