



### 1. Where do you feel completely off track right now?

📖 *Jonah 2:1–2* – “From inside the fish Jonah prayed... In my distress I called to the Lord, and he answered me.”

- Jonah was in a deep, dark place—far from where he wanted to be. But that’s where his turnaround began. He prayed, even from the depths.
  - **Follow-up:** Is there a place in your life—spiritually, relationally, emotionally—where you feel stuck, lost, or off course? What would it look like to start turning back to God from that place?
- 

### 2. What might feel like punishment but is actually God’s provision?

📖 *Jonah 1:17* – “Now the Lord provided a huge fish to swallow Jonah...”

- The fish wasn’t punishment—it was protection. God used what felt like a setback as a step toward Jonah’s restoration.
  - **Follow-up:** Can you think of a moment in your life where something hard or painful actually turned out to be God’s grace in disguise?
- 

### 3. What are you clinging to that might be keeping you from God?

📖 *Jonah 2:8* – “Those who cling to worthless idols turn away from God’s love for them.”

- When life gets chaotic, we often grasp for control, comfort, or escape—but those things can never deliver what only God can.
- **Follow-up:** What “idol” or coping mechanism do you tend to reach for in hard times? How can you start loosening your grip and trusting God instead?