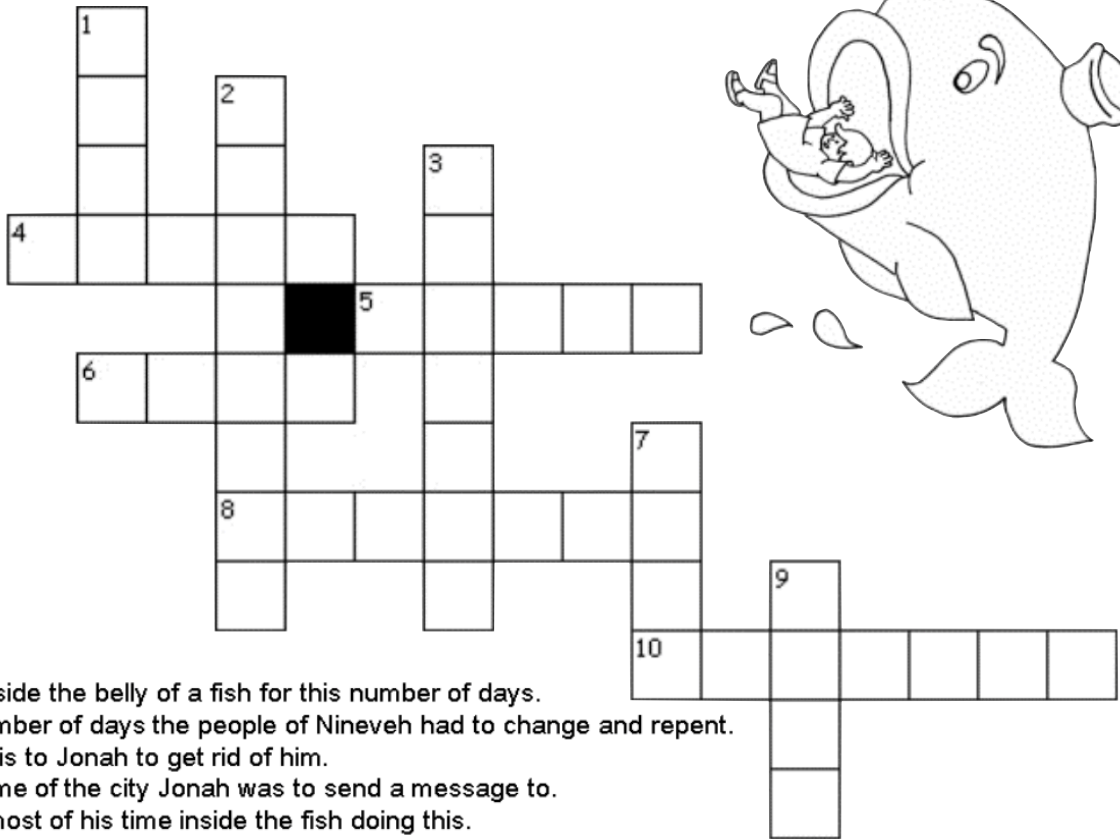


# Jonah's Prayer

Colour  
me...



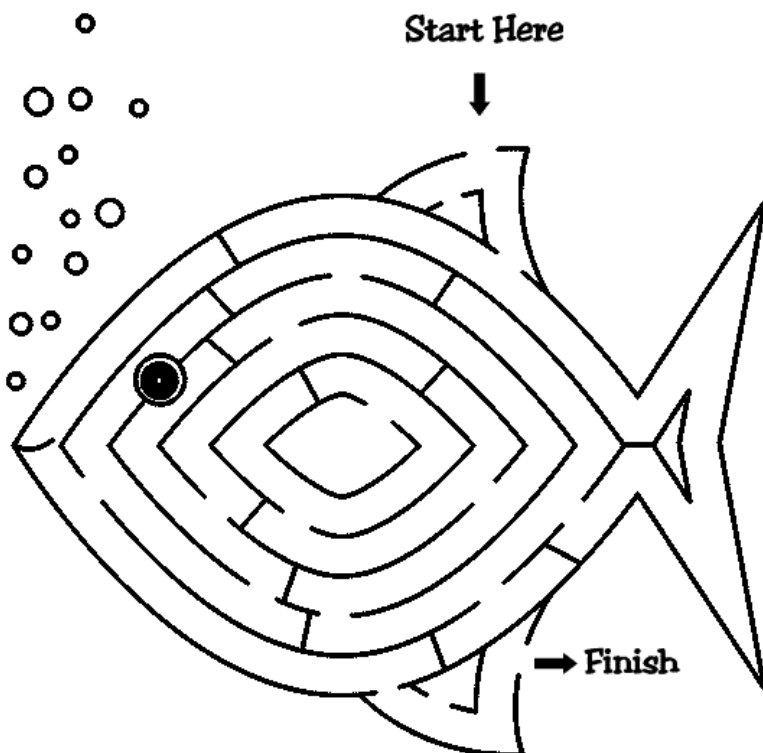
## Across

4. Jonah lived inside the belly of a fish for this number of days.
5. This is the number of days the people of Nineveh had to change and repent.
6. The fish did this to Jonah to get rid of him.
8. This is the name of the city Jonah was to send a message to.
10. Jonah spent most of his time inside the fish doing this.

## Down

1. Jonah was swallowed by a very large \_\_\_\_.
2. It's better to be \_\_\_\_ to God than not to listen and go your own way.
3. Jonah was called this because he gave messages from the Lord.
7. Instead of going to Nineveh Jonah ran away on this instead.
9. The water became \_\_\_\_ as soon as Jonah was thrown overboard.

How did God save  
Jonah?



"Salvation  
comes  
From the  
LORD"

Jonah 2:9

**PASSAGE:**

**TITLE:**

**PREACHER:**

**DATE:**

**1) PREPARE...**

Read the passage beforehand.

Think about what's happening in that book of the Bible (the introduction in a study Bible can sometimes help you).

Watch the *Bible Project* overview video for that book on YouTube.

**2) PRAY...**

It's not just an academic exercise, it's a spiritual one.

We need the help of the Holy Spirit to understand the Bible.

Ask God to help you to hear what he's saying. Pray for the preacher, that he'd be faithful and clear.

**3) POSTURE...**

It's about our attitude, not whether we're sitting straight – are you willing to learn or do you think you know it all already?

Be humble and teachable.

Come to a sermon expecting to meet God and hear from God.

**4) PARTICIPATE...**

Bring your own Bible to scribble in, underline or take notes. Or at least make sure you have a church Bible.

Have your Bible open; follow along – check that what the preacher is saying is actually in the Bible. Use your mind!

Taking notes might help you to concentrate – the main headings, particular challenges or Bible references. Be creative. Jot down any questions and ask the preacher later if necessary.

**5) PONDER...**

Learning takes time and repetition. We need to ponder.

Afterwards, scan through your notes.

Pray and ask God to help you remember what you've learned and to put it into practice.

Talking with someone about the sermon afterwards helps you to remember it.

**6) PUT INTO PRACTICE...**

What have you learned?

What difference will it make in your life?

What do you want God's help to change?

Look back your notes some time in the week to remind yourself.

**7) PERSEVERE...**

Stick at it, it gets easier.

Christians need to be those who are growing – who keep on going.



What 'shines' out in this passage?



Where do we see Jesus in these verses?



What questions do I have?



With God's help, what am I going to do differently?