

SERMON NOTES

October 24 & 25, 2026

The Story of Jonah and the Mercy of God: Chapter 2

1. God is _____ when we are _____. **Jonah 2:1-10**

2. Rebellion towards God will always _____.

Jonah 2:6

3. Rebellion towards God is _____.

4. God comes to _____ to save us. **Jonah 2:10**

5. Rebellion towards God _____ even while _____ to praise God.

Jonah 2:2

6. Ways the poison shows up in Jonah's life:

- Jonah's eyes were _____.

- Jonah's heart _____.

- Jonah's mind was _____; he said he loved God, but he _____ God.

- His limbs were _____; instead of _____.

- Jonah's ears were _____; he heard God speak but. he _____.

7. **Bad News:** I will never _____ for God.

Good News: _____, I don't have to be.

8. _____ is where God's grace meets me, and _____.

Jonah 1:17 | Jonah 2:1 | John 3:4

Life Steps

The Story of Jonah and the Mercy of God: Chapter 2 | October 26 - November 1, 2026

Monday

Jonah 2:1-9

Reflect: What was your takeaway from the weekend message? What stands out to you about Jonah's prayer?

Prayer: Father, thank you for your mercy that waits for me even in the depths of the storms I create for myself.

Tuesday

Jonah 1:17 | Jonah 2:10

Reflect: The story of Jonah teaches us that grace does its deepest work when we feel like life is swallowing us whole. What is the latest mess you were in that God showed up with his mercy?

Prayer: Father, thank you for your mercy that waits for me even in the depths of the storms. Help me to see that the storms in my life can become wombs of new birth.

Wednesday

James 5:16

Reflect: Confession isn't about humiliation; it's about liberation. The moment we name the poison, its power begins to dissolve. How has pride, anger, or numbness kept you from feeling compassion for others the way God does?

Prayer: Father, thank you for your mercy that waits for me even in the depths of the storms I create for myself. Cleanse my heart of pride and numbness so I can feel and love again.

Thursday

Jonah 2:1

Reflect: When Jonah wound up in the belly of the fish, he didn't try to escape by himself; he turned to God in prayer. Prayer doesn't always change our circumstances, but it changes our posture from defiance to dependence. Examine your heart. What are the "poisons" in your soul you need to take to God?

Prayer: Father, thank you for your mercy that waits for me even in the depths of the storms I create for myself. When I run, you pursue me. When I fall, you lift me up. Cleanse me. Heal me. Restore me.

Friday

Ephesians 4:31-32

Reflect: Who in your life has been impacted by the poison that has infected your soul? Who in your life has impacted you with their poison? Who do you need to forgive? Who do you need to ask for forgiveness?

Prayer: Father, thank you for your mercy that waits for me even in the depths of the storms I create for myself and others. Help me to forgive as I have been forgiven.

Saturday

Matthew 8:23-27

Reflect: Like Jonah and Jesus' disciples, is there a storm in your life that might actually be an act of God's mercy? How can you respond with trust and faith instead of fear and resistance?

Prayer: Father, thank you for your mercy that waits for me even in the depths of the storms I create for myself. In the days and weeks ahead, give me the courage to stop running and start returning to you. (Pray for God to move in our Saturday Night worship service.)

Sunday

Jonah 1:17 | 2:1-10

Reflect: Where is God waiting for you to stop running and start returning to him in the coming week?

Prayer: Father, thank you for your mercy that waits for me even in the depths of the storms I create for myself. In the days and weeks ahead, give me the courage to stop running and start returning to you. (Pray for God to use our services today to connect one more to his grace and healing mercies.)