

More Than a Fish

LESSONS FROM THE PROPHET JONAH

Jonah 2: Emotion and Desperation

THEOLOGICAL REFLECTION WITH TIM DONOVAN



Jonah 2:1-6a

¹From inside the fish Jonah prayed to the Lord his God. ²He said:

“In my distress I called to the Lord,
and he answered me.
From deep in the realm of the dead I
called for help, and you listened to my cry.
³You hurled me into the depths,
into the very heart of the seas,
and the currents swirled about me;
all your waves and breakers
swept over me.

⁴I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’

⁵The engulfing waters threatened me^[a],
the deep surrounded me;
seaweed was wrapped around my head.

^{6a}To the roots of the mountains I sank
down;
the earth beneath barred me in forever.

[a] Or *waters were at my throat*



QUESTION

What **deep emotions** do you hear in Jonah's prayer?

QUESTION

How might the movement between **distress and deliverance** play out in our care of people who have or are going through pain or trauma?

QUESTION

How can we **become more present**, or tuned-into to the emotions that people are sharing to best serve them?

Jonah 2:6b-9

^{6b} But you, Lord my God,
brought my life up from the pit.

⁷ “When my life was ebbing away,
I remembered you, Lord,
and my prayer rose to you,
to your holy temple.

⁸ “Those who cling to worthless idols
turn away from God’s love for them.

⁹ But I, with shouts of grateful praise,
will sacrifice to you.
What I have vowed I will make good.
I will say, ‘Salvation comes from
the Lord.’”



QUESTION

What role does **hope** play in the journey toward healing or breakthrough?

QUESTION

What role does **timing** and **control** play when engaging with hope for someone in pain?

QUESTION

What **characteristics of God** have you found most resonate with people going through trauma?

Jonah 2:10

¹⁰ And the Lord commanded the fish,
and it vomited Jonah onto dry land.

