

## READ

Jonah 2:1-10

## CONSIDER

Reading Jonah 2, one of the first questions that comes to mind is whether Jonah actually confesses his sin before God. If you are able, read those ten verses and consider for yourself. Although it is a beautiful prayer, I would argue it is slightly incomplete. When we come before God without confessing the sin that has fractured our relationship with the God of the universe, we miss out on the joy found in confession.

When we confess with a broken heart before God by acknowledging our wrongdoings, we experience the joy and freedom that comes from following the way of Jesus through the Spirit. My hope for us is that we will be a people who confess before God and each other and this will strengthen our ties with each other and bear witness to the gospel that is at work among us.

Pastor Tim Sreedharan

## PRAYER (adapted from Psalm 51)

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.

Create in me a pure heart, O God, and renew a steadfast spirit within me ... Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

## DIVING DEEPER

Read King David's prayer of confession (Psalm 51). What are the differences between that prayer and Jonah 2?

Read Matthew 3:8. What does it mean to produce fruit in keeping with repentance?

Tough question: In what way have we been disobedient by not turning from a particular sin? Can you name that sin? How can we confess to each other so that we can walk in the ways of Jesus?

**Additional Resources:** [How to Repent: 5 Steps](#)

## **SPIRITUAL PRACTICES**

**Practice #1:** Read Nehemiah 1:5-11. Discuss in your group what resonates with you about this prayer and pray in response to it.

**Practice #2:** Read James 5:16 as a group. Give people a time of silent reflection to consider “what sins hold me back from following Christ wholeheartedly?” Then give people the opportunity to share with each other and pray for each other. Make sure you model vulnerability by going first as the leader.