

Jonah gives us an example of both a prayer that makes room in his heart, and a prayer that shuts out room in his heart. We can learn from Jonah the ways in which our own hearts either make room for prayer, or shut out room for prayer.

Practice — talking to God  
Pattern — talking with God  
posture — listening to God  
presence — being with God

make room in my \_\_\_\_\_ for prayer  
make room in my \_\_\_\_\_ for prayer

make room for accepting God's grace  
into \_\_\_\_\_  
make room for accepting God's grace  
into \_\_\_\_\_

I will pray for someone with whom I  
experience \_\_\_\_\_

I will pray that this person may they experience the grace  
of God in their life \_\_\_\_\_

making room \_\_\_\_\_ for prayer means I make  
room \_\_\_\_\_ through  
prayer

## Making Room in Your Life for Prayer



*Jonah 2:1-9; 4:1-11*

<sup>1</sup> From inside the fish Jonah prayed to the LORD his God. <sup>2</sup> He 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. <sup>3</sup> You 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. <sup>4</sup> I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’ <sup>5</sup> The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. <sup>6</sup> To the roots of the mountains I sank down; the earth beneath barred me in forever. But you, LORD my God, brought my life up from the pit. <sup>7</sup> “When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. <sup>8</sup> “Those who cling to worthless idols turn away from God’s love for them. <sup>9</sup> 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.’”

<sup>4:1</sup> But to Jonah this seemed very wrong, and he became angry. <sup>2</sup> He prayed to the LORD, “Isn’t this what I said, LORD, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. <sup>3</sup> Now, LORD, take away my life, for it is better for me to die than to live.” <sup>4</sup> But the LORD replied, “Is it right for you to be angry?” <sup>5</sup> Jonah had gone out and sat down at a place east of the city. There he made himself a shelter, sat in its shade and waited to see what would happen to the city. <sup>6</sup> Then the LORD God provided a leafy plant and made it grow up over Jonah to give shade for his head to ease his discomfort, and Jonah was very happy about the plant. <sup>7</sup> But at dawn the next day God provided a worm, which chewed the plant so that it withered. <sup>8</sup> When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah’s head so that he grew faint. He wanted to die, and said, “It would be better for me to die than to live.” <sup>9</sup> But God said to Jonah, “Is it right for you to be angry about the plant?” “It is,” he said. “And I’m so angry I wish I were dead.” <sup>10</sup> But the LORD said, “You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight. <sup>11</sup> And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left—and also many animals?”

Making Room in  
Your Life for Prayer

Jonah 2:1-10; 4:1-11



Understanding the Bible:

What is the problem being expressed in this Bible passage?

How does God show up in this Bible Passage?

Why is Jonah so angry in today's Bible passage?

My favorite song today:

Things I will pray for this week:

**Today's Bible Passage: Jonah 4:1-11**

(Can you find the highlighted words?)

A C M C L I V E U K C C  
 Y W U I J N M R H N O O  
 C G C R M S H A D E M N  
 C S P P L A N T D W P C  
 I B H M B O I F L E A E  
 T W O U J D C L R N S R  
 Y H M F I A A E W U S N  
 H E E A S T T E O Y I W  
 V N S R S T M I H T O L  
 E G U E E A C N H E N O  
 R R R B C A N G R Y A R  
 Y O V E R N I G H T T D  
 F W B G P R O V I D E D

But to **Jonah** this seemed **very** wrong, and he **became angry**. He prayed to the **LORD**, "Isn't this what I **said**, **LORD**, when I was still at **home**? That is what I tried to **forestall** by **fleeing** to Tarshish. I **knew** that you are a **gracious** and **compassionate** God, slow to anger and abounding in love, a God who relents from sending calamity. Now, **LORD**, take

away my life, for it is **better** for me to die than to **live**." But the **LORD** replied, "Is it **right** for you to be **angry**?" **Jonah** had gone out and sat down at a place **east** of the **city**. **There** he **made** himself a shelter, sat in its **shade** and waited to see what would happen to the **city**. Then the **LORD** God **provided** a leafy **plant** and **made** it **grow** up over **Jonah** to give **shade** for his **head** to ease his discomfort, and **Jonah** was **very** happy about the **plant**. But at dawn the next day God **provided** a worm, which chewed the **plant** so that it withered. **When** the sun rose, God **provided** a scorching **east** wind, and the sun blazed on **Jonah's head** so that he grew faint. He wanted to die, and **said**, "It would be **better** for me to die than to **live**." But God **said** to **Jonah**, "Is it **right** for you to be **angry** about the **plant**?" "It is," he **said**. "And I'm so **angry** I wish I were dead." But the **LORD** **said**, "You have been concerned about this **plant**, though you did not tend it or make it **grow**. It sprang up **overnight** and died **overnight**. And should I not have **concern** for the great **city** of Nineveh, in which **there** are more than a hundred and twenty thousand people who cannot tell their **right** hand from their left—and also many animals?"