



Sermon Notes

Topic: The Story of Jonah

Bible Passage: Jonah Chapter 2

Preacher: Ps Sam Toms

Date: Sunday 15 February 2026

Sermon Reflection & Overview

Jonah's story reminds us that God is not mainly interested in managing our behaviour—He is shaping our hearts.

When God called Jonah to Nineveh, Jonah ran in the opposite direction. His calling collided with his comfort, his prejudice, and his preferences. Instead of trusting God, he chose distance.

God sent a storm—not to punish Jonah, but to confront his heart and redirect his life. Yet Jonah did not truly change in the storm. He changed in the quiet place—inside the fish.

In that place of stillness, isolation, and surrender, Jonah finally stopped running. He remembered God. He returned to relationship. He realigned his heart.

This shows us that spiritual maturity is not produced by pressure alone, but by presence. Discipleship is not about “trying harder,” but about “staying closer.” God disciplines those He loves because He desires growth, intimacy, and freedom—not shallow obedience.

God invites each of us to build “quiet places” into our lives, where we regularly stop, listen, and surrender, so that He doesn't need to use crisis to get our attention.

Read Together: Jonah 1:1–3 | Jonah 2:1, 7–9 | Hebrews 5:12–14 | John 15:15

Group Reflection & Discussion

1. Running from God

Jonah knew God's will, but he chose to run. His disobedience wasn't accidental—it was intentional. He didn't like where God was sending him, so he created distance.

Question: When you think about Jonah's response, where do you most relate? Are there areas in your life where you have been avoiding, delaying, or resisting something God is prompting you to do?

2. When Calling Collides with Comfort

Following God often disrupts our plans, preferences, and sense of control. Jonah's calling challenged his comfort and his attitude toward others.

Question: Can you think of a time when following Jesus required you to step outside your comfort zone? What emotions did that stir in you—fear, frustration, reluctance, trust?



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3. Storms as Redirection

The storm in Jonah's story was not random. It was God's loving interruption. It exposed Jonah's heart and forced him to confront his choices.

Question: Looking back over your life, have there been difficult seasons that God later used to reshape you? How did those moments deepen your faith?

4. Discipline and Love

Scripture teaches that God disciplines those He loves. Discipline is not rejection—it is proof of relationship. God corrects us because He refuses to leave us immature.

Question: Why do you think we often struggle to see correction as loving? How does knowing God's heart change the way you view His discipline?

5. The Power of the Quiet Place

Jonah did not truly repent in the storm or on the boat. He repented in stillness. When all distractions were removed, he finally listened.

Question: Why is silence and stillness so challenging in modern life? What tends to distract you most from spending quiet time with God?

6. Remembering God in Weakness

Inside the fish, Jonah says, "When my life was ebbing away, I remembered the Lord." In weakness, he rediscovered dependence.

Question: Have you experienced moments when hardship pushed you closer to God rather than away from Him? What did you learn in that season?

7. Relationship Over Religion

Jesus calls us friends, not just servants. God wants intimacy before obedience, relationship before rules.

Question: Have you ever found yourself relating to God more through duty than delight? What helps you experience God relationally rather than religiously?

8. Returning, Not Just Trying Harder

Jonah didn't promise better behaviour—he returned to God's presence. Transformation began with reconnection.

Question: When you drift spiritually, what helps you return to God? What habits or practices reconnect you with Him?

9. Creating Your "Quiet Place"

The challenge for us is to "find our whale"—intentional spaces where we meet God regularly.

Question: What could a personal quiet place look like in your current season of life? What might you need to change to protect that time?

10. Living as Friends of God

God's ultimate desire is not compliance, but partnership—walking with Him daily in trust and surrender.

Question: What is one practical step you can take this week to grow closer to Jesus, not just work harder for Him?



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Weekly Practice: The 3S Rhythm

Encourage each person to practise this daily:

Sit – Be still for a few minutes

Soak – Read a short Scripture

Surrender – Offer one honest prayer

Example prayer:

“Jesus, today I choose closeness over control.”

Closing Prayer

“Lord, help us stop running and start resting in You.

Teach us to hear You in the quiet place.

Draw us into deeper relationship.

Shape our hearts through love.

In Jesus’ name, Amen.”