

Rock Bottom Has a Purpose: Jonah 1:1-10 Explained

Sermon Challenge

Name: _____ Date: _____

BEFORE THE SERMON (2 points) When life falls apart, what should you do first?

☐ Give Up ☐ Pray ☐ Run Away ☐ Blame Others

ROCK BOTTOM CHALLENGE (2 points each) Circle the **SIX** words that belonged in today's sermon.

☐ Fish ☐ Prayer ☐ Temple ☐ Seaweed ☐ Mercy ☐ Thanksgiving ☐ Camel ☐ Jerusalem

♦ **Bonus:** Which **TWO** do NOT belong? _____ (3 points)

KEY VERSE Jonah 2:9 But I will sacrifice unto thee with the voice of thanksgiving; I will pay that that I have vowed. Salvation is of the LORD.

What stands out most to you in this verse? _____ (2 points)

SERMON OUTLINE TRACKER

Point 1: Sometimes We Create Our Own _____. (2 points)

Point 2: God Hears Prayers From The Lowest _____. (2 points)

Point 3: Rock Bottom Changes Your _____. (2 points)

Point 4: God Isn't Finished With _____. (2 points)

WHAT WOULD YOU DO? (3 points) If you realized you were running from God, what should you do?

☐ Keep Running ☐ Pray ☐ Blame Someone Else ☐ Wait Longer

FIND IT IN YOUR BIBLE (2 points each) ☐ Jonah 2:1 ☐ Jonah 2:2-7 ☐ Jonah 2:8-9 ☐ Jonah 2:10

FINISH THE TRUTH (2 points each) Rock bottom has a _____. Salvation is of the _____.

WHICH ILLUSTRATIONS WERE USED? (2 points each)

Circle the **SIX** illustrations used in today's sermon. ☐ GPS On A Dead-End Road ☐ Hospital Bed ☐ Lost Job
☐ Fresh Spring ☐ Collapsed Building ☐ Potter And Clay ☐ Roller Coaster ☐ Basketball Game

QUICK LISTENING CHALLENGE (2 points) What finally caused Jonah to pray?

☐ The Storm ☐ The Sailors ☐ Rock Bottom ☐ Nineveh

TRUE OR FALSE (3 points each)

Jonah prayed while inside the fish. TRUE FALSE

Jonah accidentally ended up in the fish. TRUE FALSE

God heard Jonah's prayer. TRUE FALSE

The fish was described as God's rescue. TRUE FALSE

Lying vanities always satisfy. TRUE FALSE

Salvation is of the LORD. TRUE FALSE

God wasn't finished with Jonah. TRUE FALSE

MATCH THE ILLUSTRATION (2 points each)

GPS → _____

Fresh Spring → _____

Potter And Clay → _____

(God Gives Another Chance • God Tried To Warn Him • Mercy Was Available)

CHOOSE THE BEST ANSWER (2 points) According to the sermon, what often changes at rock bottom?

☐ God ☐ Circumstances ☐ Our Perspective ☐ The Bible

PERSONAL APPLICATION (2 points each) What area of your life do you need to trust God with?

What lesson from today's sermon do you most need to apply? _____

ONE NEW THING I LEARNED (2 points) _____

SIX-WORD CHALLENGE (2 points) Summarize today's sermon using **six words or fewer**.

DISCUSSION (2 points) Which statement is more encouraging?

☐ God Hears From The Lowest Places ☐ God Isn't Finished With You

Why? _____

TRICK QUESTION (1 point) According to the sermon, what rescued Jonah?

☐ The Sailors ☐ The Fish ☐ Jonah's Swimming ☐ The Ship

FINISH THE QUOTE (2 points) Rock bottom has a _____.

One question I have for the preacher that wasn't answered **(2 points)**: _____

Other comments or notes: _____

★ **Score:** _____ / **100 Points** ► **Initial:** _____

95–100 = Rock Bottom Champion 90–94 = Faithful Prophet 80–89 = Thankful Servant

70–79 = Good Listener 60–69 = Bible Student Below 60 = Keep Growing