

1. Opening Prayer

2. Intro: **The Jonah Complex** (Psychological Interpretations on Jonah)

The Fear of Growth/Greatness (Abraham Maslow)

We **fear our highest possibilities**. We are generally afraid to become that which we can glimpse in our most perfect moments, under the most perfect conditions, under conditions of great courage...And yet we simultaneously shiver with weakness, awe, and fear before these very same possibilities. So often, we run away from the responsibilities dictated, or rather suggested by nature, by fate, even sometimes by accident, **just as Jonah tried in vain to run away from his fate**. – The Farther Reaches of Human Nature

The Sibling Rivalry (Joseph More)

Jonah is in conflict with God, the father, because he wishes God to deal more harshly with his siblings. (Ex. Cain and Abel, and Joseph and his brothers)
– The Prophet Jonah (American Imago, 1970)

Dealing with the “Shadow” (Carl Jung)

The “Shadow” is the portion of personality we reject...Jonah’s flight to Tarshish can be understood to present not only a conflict between God and Jonah but a conflict within the prophet...God works for the good of the individual, to reconcile the Shadow’s repressed elements of the personality with the ego so that the individual can become whole again and worthy of divine favor. Part of Jonah knows that God’s love and pardon extend to all people, but another part may have trepidation about aiding a perennial enemy...Jonah’s shadow is his inability to forgive the Ninevites.

– Forgiveness in a Wounded World: Jonah's Dilemma, Janet Howe Gaines, p. 33-34

As Christians, what are your highest possibilities in spiritual development?

Do you have any “Shadow?” How does it hinder your spiritual growth?

How do you think you can overcome the “Shadow” if you have one?

3. Read Jonah Ch. 2

4. Discussion Questions

- a. In verse 2, Jonah said to God, “You listened to my cry.” What was Jonah’s cry?
- b. What would be Jonah’s situation in the fish like?
- c. As Jonah said in verse 4, had he been banished from God?
- d. Translation of verse 4 is diverse. NIV reads, “I will look again toward your holy temple,” NRSV reads, “how shall I look again upon your holy temple?” and NEV reads, “I thought I would never again see your holy temple.” How differently do we understand in each translation?
- e. In verse 8, Jonah says, “Those who cling to worthless idols turn away from God’s love for them.” However, who turned away from God’s love in this story?
- f. When we were young, in Sunday school, we would learn that Jonah repented when he was in the belly of a big fish. Do you see any repentance from Jonah in his prayer? If yes, where? If not, then what do you see in this prayer?
- g. What kind of prayer is it?
- h. Can you compare Jonah in Ch. 2 with the sailors in Ch.1?

5. Closing Prayer