

#HittingRockBottom
Jonah – Part 2
Jonah 2
October 27, 2013

"Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights." Jonah 1:17 (NIV)

"For as Jonah was in the belly of the great fish for three days and three nights, so will the Son of Man be in the heart of the earth for three days and three nights. 'The people of Nineveh will stand up against this generation on judgment day and condemn it, for they repented of their sins at the preaching of Jonah. Now someone greater than Jonah is here—but you refuse to repent.'" Matthew 12:40-41 (NLT)

"From inside the fish Jonah prayed to the LORD his God. 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. 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. I said, "I have been banished from Your sight; yet I will look again toward Your holy temple." The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. 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. When my life was ebbing away, I remembered You, LORD, and my prayer rose to You, to Your holy temple. Those who cling to worthless idols turn away from God's love for them. 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." And the LORD commanded the fish, and it vomited Jonah onto dry land.'" Jonah 2 (NIV)

When You Hit Rock Bottom With a "Whale of a Problem"...

1. WAKE UP: REALIZE GOD'S NOT DONE WITH YOU.

"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. I said, 'I have been banished from Your sight...'" Jonah 2:3-4a (NIV)

'Don't be alarmed,' he said. 'You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him. But go, tell His disciples and Peter, "He is going ahead of you into Galilee. There you will see Him, just as He told you.'" Mark 16:6-7 (NIV)

2. SPEAK UP: PRAY FOR GOD TO HELP YOU.

"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.'" Jonah 2:2 (NIV)

'O Sovereign LORD! You made the heavens and earth by Your strong hand and powerful arm. Nothing is too hard for You!' Jeremiah 32:17 (NLT)

3. LOOK UP: WALK BY FAITH NOT BY FEELINGS.

"I said, 'I have been banished from Your sight; yet I will look again toward Your holy temple.' The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. 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. When my life was ebbing away, I remembered You, LORD, and my prayer rose to You, to Your holy temple.'" Jonah 2:4-7 (NIV)

"If they sin against You—and who has never sinned?—You might become angry with them and let their enemies conquer them and take them captive to their land far away or near. But in that land of exile, they might turn to You in repentance and pray, "We have sinned, done evil, and acted wickedly." If they turn to You with their whole heart and soul in the land of their enemies and pray toward the land You gave to their ancestors—toward this city You have chosen, and toward this Temple I

have built to honor Your name—then hear their prayers and their petition from heaven where You live, and uphold their cause.’ 1 Kings 8:46-49 (NLT)

7 Scripture References of Jonah:

- “In my distress I called to the Lord and He answered me.” (2:2), See Psalm 42:7
- “All Your waves and breakers swept over me.” (2:3), see Psalm 42:7
- “I have been banished from Your sight.” (2:4), see Psalm 31:22
- “The engulfing waters threatened me.” (2:5), see Psalm 69:1
- “My prayer rose to You, to Your holy temple.” (2:7), see Psalm 18:6
- “Those who cling to worthless idols.” (2:8), see Psalm 31:6
- “Salvation comes from the Lord.” (2:9), see Psalm 3:8

4. **FIRE UP: RESUBMIT TO GOD’S WILL.**

“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.”” Jonah 2:9

- **God’s will for you is thanksgiving.**
- **God’s will for you is obedience.**
- **God’s will for you is dependence.**