

Jonah: The Runaway Prophet When You Hit Bottom, Look Up

July 11, 13-14, 2019

INTRODUCTION: Lost at Sea.

Jonah 2:2 (Except where noted all verses from the New International Version 1984)

*He said: "In my distress I called to the LORD, and he answered me.
From the depths of the grave I called for help, and you listened to my cry.*

When You Hit Bottom, Look Up

- Jonah 1:17-2:1 ^{1:17} Now Yahweh ordained that a great fish should swallow Jonah; and Jonah remained in the belly of the fish for three days and three nights. ^{2:1} From the belly of the fish, Jonah prayed to Yahweh, his God. – (New Jerusalem Bible)

1. Express your pain to God.

- Jonah 2:2-3 ² He said: "In my distress I called to the LORD, and he answered me. From the depths of the grave I called for help, and you listened to my cry. ³ You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me.
- Jonah 2:4-7 ⁴ I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' ⁵ The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. ⁶ To the roots of the mountains I sank down; the earth beneath barred me in forever. But you brought

my life up from the pit, O LORD my God. ⁷ "When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple.

2. Confess your sin to God.

- *Jonah 2:8 Those who cling to worthless idols forfeit the grace that could be theirs.*
- *1 John 1:8-9 ⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

3. Move with gratitude toward God.

- *Jonah 2:9a But I, with a song of thanksgiving, will sacrifice to you.*

4. Commit your faith to God.

- *Jonah 2:9b . What I have vowed I will make good. Salvation comes from the LORD.*
- *Jonah 2:10 And the LORD commanded the fish, and it vomited Jonah onto dry land.*

CONCLUSION: Did You Get It?

G.P.S. Grow. Pray. Study.

Things I'd like to remember from this week's message:

Get the weekly GPS online by going to the site: www.clcm-gps.com. You can also get automatic notifications by sending a text to 81010 with the text @clcm-gps, or by subscribing through Feedly.com (or any other RSS reader).

Day 1: Read *Jonah 1:17-2:3*. Why do you think we sometimes have to sink so low before we remember God?

Day 2: Read *Jonah 2:4-7*. When have you felt like you were in a deep, dark pit, either physically, emotionally or spiritually? What did you do? What did God do? How does that still influence your life today?

Day 3: Read *Jonah 2:8*. Why do you think Jonah does not confess his sin, but the sins of others? When are you tempted to be more focused on others sins and not your own?

Day 4: Read *1 John 1:8-9*. God is faithful and just. Take time to come clean with your sin before Him and ask forgiveness.

Day 5: Read *Jonah 2:9*. Where is God moving you to give thanks today?

Day 6: Read *Jonah 2:10*. Jonah doesn't know when living in the belly of a great fish is going to end, yet He trusts in God to act in God's time. Where do you need to trust God today to act in His time in your life? Like Jonah take time in prayer to lay out your heart to God in prayer.

Going Deeper:

Book: *The Prodigal Prophet: The Mystery of Jonah and God's Mercy* by Tim Keller

Next Week: *Jonah 3:1-10* – **New Beginnings**