

JONAH

Reluctant Prophet. Relentless God.

Football Video

THE DAY ROY RIEGELS RAN THE WRONG WAY

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Jonah 2:1-10 page 926

1 From inside the fish Jonah prayed to the Lord his God. 2 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.

3 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.

**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, Lord my God, brought my life up from the
pit.**

**7 “When my life was ebbing away, I
remembered you, Lord, and my prayer rose to
you, to your holy temple.**

8 “Those who cling to worthless idols turn away from God’s love for them. 9 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.’”

10 And the Lord commanded the fish, and it vomited Jonah onto dry land.



**Prayer
From The
Bottom
Up.**



Prayer From the Bottom Up

Pray for Help V.1-2

Accept God's Discipline V.3

Trust God's Promises V.4-7

Yield to God's Will V.8-9

Prayer for Help V.1-2

“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.

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3 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.

Mark of Good Spiritual Health

3 Words --- Hard to Say.....

“I have sinned” a.k.a. **“I was wrong”**

The “Self” Life (A.W. Tozer)

Self-sufficiency

Self-pity

Self-absorption

Self-abuse

Self-deception

Self-exaltation

Self-hatred

Self-indulgence.....and more

Mark of Good Spiritual Health

3 Words --- Hard to Say.....

“I have sinned” a.k.a. “I was wrong”

7 Words That Lead to Change and Health.....

“Lord, show me the truth about myself.”

Prayer From the Bottom Up

Pray for Help V.1-2

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Trust God's Promises V.4-7

4 I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’

He acted on promise 1 Kings 8:38-40

“when a prayer or plea is made by anyone being aware of the afflictions of their own hearts, and spreading out their hands toward this temple— 39 then hear from heaven, your dwelling place. Forgive and act; deal with everyone according to all they do....”

5 The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. See Psalms 69:1-2

7 “When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. See Psalms 77:11-12

When I Don't Know What to Pray.....

Scripture gives us words to ask for help.

Psalm 86:1 **H**ear me Lord and answer.....

Psalm 119:133 **E**stablish my steps.....

Psalm 79:8 **L**et your compassion meet our.....

Psalm 16:1 **P**rotect me, Lord.....

Prayer From the Bottom Up

Pray for Help V.1-2

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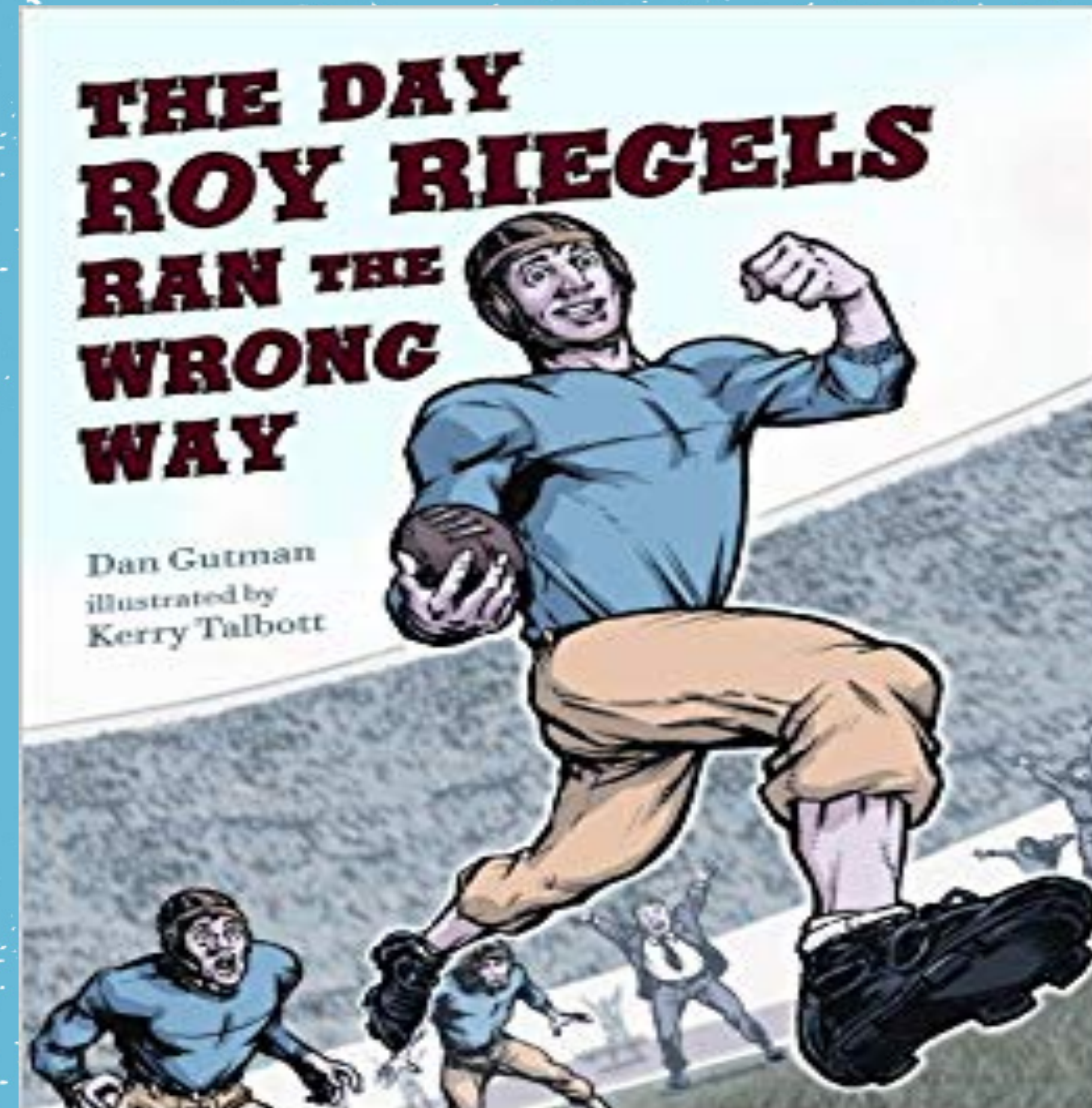
“Those who cling to worthless idols turn away from God’s love for them. 9 But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, ‘Salvation comes from the Lord.’”

**Jonah’s idols – pride as a respected prophet
deserved a better assignment
national hatred of Assyrians
stubbornness**

7 Words That Lead to Change and Health.....

**“Lord, show me the truth
about myself.”**

**Same team on the field.
Game is only half over.**



Today's Prayer

Dear Jesus, I desperately need to learn to pray. But honestly, so often I can't find time to pray or don't even want to pray.

I'm distracted! I'm stubborn! I'm self-centered.

In your mercy, Jesus bring my "want-er" more in line with my "need-er" so I can want what I need. In your name, I pray. --- Amen



Never forget...
Even during your
darkest moments,
God
still has a plan for
you to shine bright.
Don't lose faith!

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