

Jonah's Prayer in the Fish

Jonah 2:1-10

On the Run Week 2

"The Word of the LORD came to Jonah, son of Amaitai: "Go to the great city of Nineveh and preach against it, because its wickedness has come up before Me." - Jonah 1:1

"But the LORD provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights." – Jonah 1:17

INSIGHTS FROM INSIDE THE FISH:

1. We can CALL on God and He will ANSWER.

"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 the depths of the grave I called for help, and You listened to my cry." – Jonah 2:1-2

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." – Hebrews 4:16

Tsarah (*tsa-rah*) means the travail of CHILDBIRTH, or distress of LABOR.

Sheol (*shale*) means GRAVE, or from the DEPTHS of HELL.

2. God was ACTIVELY working, even though Jonah was still in PAIN.

"From the depths of the grave I called for help, and You listened to my cry." – Jonah 2:2

"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. 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 brought my life up from the pit, O LORD my God.

3. Never FORGET the "BUT YOU, GOD" moments.

"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." – Jonah 2:6

4. All THINGS are POSSIBLE with God.

"When my life was ebbing away, I remembered You, LORD, and my prayer rose to You, to Your holy temple.

5. Whatever YOU do, DON'T do what I DID.

"Those who cling to worthless idols forfeit the grace that could be theirs." – Jonah 2:8

Hesed (*h-e-s-e-d*) means LOVING kindness, the PURSUING love of GOD.

JONAH'S IDOLS:

- a. The Idol of PREJUDICE.
- b. The Idol of SELF or PRIDE.

6. He didn't make EXCUSES but FOLLOWED through.

"But I, with a song of thanksgiving, will sacrifice to You. What I have vowed I will make good." – Jonah 2:9

7. He couldn't do ANYTHING to SAVE himself.

"Salvation comes from the LORD." - Jonah 2:9

"For it is by the grace of God that you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast." – Ephesians 2:8-9

"And the LORD commanded the fish, and it vomited Jonah onto dry land." - Jonah 2:10

...He will answer you.