

Turning Tides: Swallowed by Grace

By Tim LaTour, November 09, 2025

In the middle of a storm, when you can't find your own words, use God's.

Jonah 1:17 And the Lord appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

In the middle of a storm When you can't find your own words, use God's ✓

Then Jonah prayed to the Lord his God from the belly of the fish, saying, "I called out to the Lord, out of my distress, and He answered me; out of the belly of Sheol I cried, and You heard my voice. For You cast me into the deep, into the heart of the seas, and the flood surrounded me; all Your breakers and Your waves passed over me. Then I said, 'I am driven away from Your sight; yet I shall again look upon Your holy temple.' The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head. To the roots of the mountains I went down, to the land whose bars closed upon me forever. Yet You brought up my life from the pit, O Lord my God. When my life was fainting away, I remembered the Lord, and my prayer came to You, into Your holy temple. Those who pay regard to vain idols forsake their hope of steadfast love. But I with the voice of thanksgiving will sacrifice to You; what I have vowed I will pay. Salvation belongs to the Lord!" And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.

Jonah 2:1-10 ESV

God hears you ✓

God is in control ✓

God delivers ✓

In storms of life, lean on what you have learned ✓

REFLECTION QUESTIONS

1. When Jonah hit rock bottom, the only thing he could do was remember the Lord and prayed the Scripture that was already in his heart. What do you tend to fall back on when life gets overwhelming?
2. Jonah obeyed God with his actions, but his heart was still not fully surrendered. Can you relate to obeying God outwardly while struggling inwardly?