



Title | Prayers from Inside the Belly
Series | Barf on the Beach
Text | Jonah 2
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Sermon Notes

Jonah 2 (ESV)

¹ Then Jonah prayed to the LORD his God from the belly of the fish, ² 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. ³ For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. ⁴ Then I said, ‘I am driven away from your sight; yet I shall again look upon your holy temple.’ ⁵ The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head ⁶ at 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. ⁷ When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple. ⁸ Those who pay regard to vain idols forsake their hope of steadfast love. ⁹ But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!” ¹⁰ And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.

Big Idea:

Text questions during the sermon: 623-850-8809

Job 42:2

² “I know that you can do all things, and that no purpose of yours can be thwarted.

For Reflection and Application:

Monday:

Read Jonah 1:17 and 2:1. Of course, it is difficult to imagine Jonah's emotions. But try to put yourself in Jonah's situation. If you had not read the rest of the passage, what thoughts do you think he might have had?

Tuesday:

Read Jonah 2:2-3. Jonah felt like God had turned His back on him because of his disobedience (sin). Yet, God heard his prayers. Have you ever felt abandoned by God? When? Do you think God ever truly abandons us? What can we learn from Jonah?

Wednesday:

Read Jonah 2:9. Jonah concludes his prayers by acknowledging that "salvation is from the Lord." In what way was Jonah "saved"? How can we be comforted knowing that our justification salvation is "from the Lord."? How can we be comforted by recognizing God rescues us from or through the circumstances of life?

Thursday:

Reflect on all of Jonah 2. What can we learn from Jonah about prayer? About responding to God when we've been acting in disobedience?

Friday:

Read John 3:16. How does this verse fit with Jonah's statement that "salvation is from the Lord?" How do we receive eternal life (salvation)? Have you believed in Jesus? If so, when? If not, what is keeping you from doing so today?

Daily Prayer:

Lord, I know I will not be "in the belly of a great fish." But I know that sometimes, life is hard. Help me to look to you for rescue from or through those difficulties!