



# Jonah

The Power of One

## When I'm Stuck Where I Don't Want To Be

Jonah 1:17-2:10

Now the Lord had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.

Then Jonah prayed to the Lord his God from inside the fish. He said, "I cried out to the Lord in my great trouble, and he answered me. I called to you from the world of the dead, and Lord, you heard me! You threw me into the ocean depths, and I sank down to the heart of the sea. I was buried beneath your wild and stormy waves. Then I said, 'O Lord, you have driven me from your presence. How will I ever again see your holy Temple?'

"I sank beneath the waves, and death was very near. The waters closed in around me, and seaweed wrapped itself around my head... I was locked out of life and imprisoned in the land of the dead. But you, O Lord my God, have snatched me from the yawning jaws of death!

"When I had lost all hope, I turned my thoughts once more to the Lord. And my earnest prayer went out to you in your holy Temple. Those who worship false gods turn their backs on all God's mercies. But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the Lord alone."

Then the Lord ordered the fish to spit up Jonah on the beach, and it did.

## I'm Stuck Where I Don't Want To Be

*"Then Jonah prayed..."I cried out to the Lord in my great trouble, and he answered me." (2:1,2)*

### 1. Admit I am \_\_\_\_\_

*"I sank beneath the waves, and death was very near...seaweed wrapped itself around my head...I had lost all hope" (2:5,7)*

### 2. Accept this is where God \_\_\_\_\_

*"You threw me into the ocean depths...I was buried beneath your wild and stormy waves...Lord, you have driven me from your presence" (2:3-4)*

### 3. Remember I am \_\_\_\_\_

*"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you" (2:7 NIV) "I called for help, and you listened to my cry." (2:3 NIV)*

### 4. Look for \_\_\_\_\_ inside the problem

*"The Lord provided (arranged) for a great fish to swallow Jonah." (1:17)*

*"But you, O Lord my God, have snatched me from the yawning jaws of death!" (2:6)*

### 5. Learn to live with \_\_\_\_\_

*"And Jonah was inside the fish for three days and three nights." (1:17)*

*"I will look again toward your Holy Temple" (4 NIV) "I will offer sacrifices to you with songs of praise and I will fulfill all my vows" (9)*

### 6. Be confident of \_\_\_\_\_

*"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.'" (2:8,9)*

*"Then the Lord ordered the fish to spit up Jonah on the beach, and it did." (2:10)*