

# Jonah

## “Fishy Situations”

### When on the Run from God, What Should My Prayers Look Like?

1. My prayers should involve **crying out in desperate need** & total dependence on God.
  - **Jonah 2:1-2b:** *“From inside the fish Jonah prayed to the Lord his God. 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.”*
2. My prayers should involve a heartfelt recognition & **confession of sin**.
  - **Jonah 2:3-4:** *“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. <sup>4</sup> I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’”*
3. My prayers should involve **claiming God’s promise(s)**, realizing that God is rigorous with His discipline but generous with His grace.
  - **Jonah 2:5-8:** *“The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. <sup>6</sup> 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. <sup>7</sup> When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. <sup>8</sup> Those who cling to worthless idols turn away from God’s love for them.”*
4. My prayers should involve **cheering God’s mercy**, understanding that God’s correction is not designed to pay me back, but to bring me back to Him.
  - **Jonah 2:9a:** *“But I, with shouts of grateful praise, will sacrifice to you.”*
5. My prayers should involve **commitments to fulfill promises** made.
  - **Jonah 2:9b-10:** *“What I have vowed I will make good. I will say, ‘Salvation comes from the Lord.’ <sup>10</sup> And the Lord commanded the fish, and it vomited Jonah onto dry land.”*