



## **“GUT-LEVEL PRAYER”**

Series: “JONAH SERIES”, Part 2 of 4

Sunday, June 11, 2023 at 9:00 & 11:00 AM

Text: Jonah 2:1-10

**Big Idea: Even when we feel deserted, God is accessible through prayer.**

### **I. THREE REASONS I BELIEVE THIS STORY LITERALLY HAPPENED:**

**A. God appointed a great fish.**

**B. Jonah gives such detail about his experience.**

**C. Jesus believed it.**

Matthew 12:40-41, “For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth. The men of Nineveh will stand up at the judgment with this generation and condemn it; for they repented at the preaching of Jonah, and now one greater than Jonah is here.”

1 Thessalonians 5:17, “Pray without ceasing.” {NASV}

### **II. THE REAL LIFE SITUATION OF JONAH.**

Jonah 2:1, Then Jonah prayed to the Lord his God from the stomach of the fish. {NASV}

**A. When this prayer takes place.**

**B. Where this prayer takes place.**

### **III. THE PRAYER ITSELF.**

**A. Confession.**

Jonah 2:2, And he said, “I called out of my distress to the Lord, and He answered me. I cried for help from the depth of Sheol; Thou didst hear my voice.” {NASV}

1 John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Jonah 2:3, For Thou hadst cast me into the deep, into the heart of the seas, and the current engulfed me. All Thy breakers and billows passed over me. {NASV}

Jonah 2:4, So I said, "I have been expelled from Thy sight. Nevertheless I will look again toward Thy holy temple." {NASV}

Jonah 2:5-6a, Water encompassed me to the point of death. The great deep engulfed me, weeds were wrapped around my head. "I descended to the roots of the mountains. The earth with its bars was around me forever." {NASV}

### **B. Praise.**

Jonah 2:6b-8, But Thou hast brought up my life from the pit, O Lord my God. "While I was fainting away, I remembered the Lord; and my prayer came to Thee, into Thy holy temple. "Those who regard vain idols forsake their faithfulness. {NASV}

Psalms 68:19, "Praise be to the Lord, to God our Savior, who daily bears our burdens. Selah."

### **C. Repentance.**

Jonah 2:9, But I will sacrifice to Thee with the voice of thanksgiving. That which I have vowed I will pay. Salvation is from the Lord." {NASV}

## **IV. THE AFTERMATH OF HIS PRAYER.**

Jonah 2:10, Then the Lord commanded the fish, and it vomited Jonah up onto the dry land. {NASV}

Isaiah 26:3, "You will keep in perfect peace him whose mind is steadfast, because he trusts in you."