

Jonah

Grace for the Distressed

June 4, 2017 / Jeff Gunn

¹⁷ Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

¹ From inside the fish Jonah prayed to the LORD his God. ² He said:

*"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.*

³ 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. **Jonah 1:17-2:3, NIV***

² LORD my God, I called to you for help, and you healed me.

³ You, LORD, brought me up from the realm of the dead; you spared me from going down to the pit. **Psalm 30:2-3, NIV**

For _____ Jonah, God's grace meant that
God provided him with...

- ✓ A _____ moment (of _____).
- ✓ Physical _____.
- ✓ A _____ to call and a listening _____ (_____).

⁴ I said, 'I have been banished
from your sight;
yet I will look again
toward your holy temple.'

⁵ The engulfing waters threatened me,
the deep surrounded me;
seaweed was wrapped around my head.

⁶ 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. **Jonah 2:4-6, NIV***

² Praise the LORD, my soul, and forget not all his benefits—³ who forgives all your sins and heals all your diseases, ⁴ who redeems your life from the pit and crowns you with love and compassion, ⁵ who satisfies your desires with good things so that your youth is renewed like the eagle's. **Psalm 103:2-5, NIV**

For _____ Jonah, God's grace meant that he was in a
_____ place, but he was not in a _____ situation.

⁷ "When my life was ebbing away,
I remembered you, Lord,
and my prayer rose to you,
to your holy temple.

⁸ "Those who cling to worthless idols
turn away from God's love for them.

⁹ 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.'"

¹⁰ And the LORD commanded the fish, and it vomited Jonah onto dry land. **Jonah 2:7-10, NIV**

¹¹ For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call on me and come and pray to me, and I will listen to you. ¹³ You will seek me and find me when you seek me with all your heart. **Jeremiah 29:11-13, NIV**

For _____ Jonah, God's grace meant salvation and a
life built around _____.

MEMORY VERSE

I will say, 'Salvation comes from the LORD.'" **Jonah 2:9, NIV**

My next step: I will absorb God's grace for me, and respond with worship, thanksgiving and change.

What's your next step today?

Mark it on your Communication Card.