

# In the Belly of the Big Fish

Jonah Part 2

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*“Now the LORD had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.” (Jonah 1:17, NLT)*

*“One day some teachers of religious law and Pharisees came to Jesus and said, “Teacher, we want you to show us a miraculous sign to prove your authority.” But Jesus replied, “Only an evil, adulterous generation would demand a miraculous sign; but the only sign I will give them is the sign of the prophet Jonah. For as Jonah was in the belly of the great fish for three days and three nights, so will the Son of Man be in the heart of the earth for three days and three nights.” (Matthew 12:38–40, NLT)*

## The ABC's of Rescue

I must:

1. **ACKNOWLEDGE** that I am not in control.

*“The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in forever. . .” (Jonah 2:5–6a, NIV84)*

2. **BELIEVE** that God *is* in control.

*“You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me.” (Jonah 2:3, NIV84)*

*“He existed before anything else, and he holds all creation together.” (Colossians 1:17, NLT)*

3. **CONFESS** that He is the only way.

*“When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. ‘Those who cling to worthless idols forfeit the grace that could be theirs.’” (Jonah 2:7–8, NIV84)*

*“Jesus told him, ‘I am the way, the truth, and the life. No one can come to the Father except through me.’” (John 14:6, NLT)*

*“There is salvation in no one else! God has given no other name under heaven by which we must be saved.” (Acts 4:12, NLT)*

4. **DETERMINE** to live for Him.

*“But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the Lord.” (Jonah 2:9, NIV84)*

*“Peter replied, ‘Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit. This promise is to you, to your children, and to those far away—all who have been called by the Lord our God.’” (Acts 2:38–39, NLT)*

5. **ENJOY** real life.

*“I give them eternal life, and they will never perish, and no one will snatch them out of my hand.” (John 10:28, ESV)*

*“I came so they can have real and eternal life, more and better life than they ever dreamed of.” (John 10:10b, MSG)*

**NEXT STEP**

Ask to be rescued today!