



WHAT TO DO - WHEN IT FEELS HOPELESS

Jonah – Pt 2

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SEVEN STEPS FROM JONAH 2:1-10

1. WHEN YOU HIT BOTTOM, LOOK UP!

From inside the fish Jonah prayed to the Lord his God. (Jonah 2:1)

2. PRAY PASSIONATELY!

Jonah said, "In my distress and deep trouble I CRIED OUT to the Lord and he answered me." (Jonah 2:2)

3. IDENTIFY THE CAUSE OF MY HOPELESSNESS!

"You cast me into the deep water, and I sank to the bottom of the sea. Everything was churning around me, and I was engulfed by powerful waves that overwhelmed me. Then I thought 'I've been banished from God's presence, and I'll never get to see your holy temple again.' I was scared to death; afraid I was drowning with water choking me and seaweed wrapped all around my head. I kept sinking down to mountains that rise off the ocean floor. I felt locked in a prison forever..."
(Jonah 2:3-6)

8 CAUSES OF HOPELESSNESS

CHECK any that you may be feeling

☐ **FEELING I'M IN OVER MY HEAD**

"You cast me into the DEEP water."

☐ **FEELING I'VE HIT BOTTOM**

"I sank to the bottom of the sea."

☐ **FEELING OUT OF CONTROL & POWERLESS**

"Everything was churning around me."

☐ **FEELING OVERWHELMED**

"I was engulfed by powerful waves that overwhelmed me."

☐ **FEELING REJECTED OR LONELY**

"Then I thought 'I've been banished from God's Presence.'"

☐ **FEELING REMORSE & REGRET**

"...and I'll never get to see your holy temple again."

☐ **FEELING CRUSHING FEAR**

"I was scared to death, afraid I was drowning with water choking me and seaweed wrapped all around my head."

□ **FEELING TRAPPED**

"I felt locked in a prison forever."

4. ASK GOD FOR SPECIFIC HELP!

"From the deep in the world of the dead I ASKED FOR HELP and you listened to my cry." (Jonah 2:2b)

Call to me in your times of trouble. I will save you, and you will honor me. (Psalm 50:15 NCV)

5. FOCUS ON THE GOODNESS OF GOD.

"When I had LOST ALL HOPE, I turned my thoughts once more to the Lord." (Jonah 2:7 NLT)

6. REJECT FALSE FIXES & ACCEPT GOD'S GRACE.

"Those who look to worthless idols forfeit the grace that could be theirs." (Jonah 2:8)

"You, O Lord, saved me and brought my life back up from the pit." (Jonah 2:6b)

7. EXPRESS GRATITUDE TO GOD IN ADVANCE.

"I will sing a song of thanksgiving,

...and I will sacrifice to you,

...and I will do what I have promised you to do

...because salvation comes from the Lord!" (Jonah 2:9)

- **THROUGH SINGING**
- **THROUGH GIVING BACK TO GOD**
- **THROUGH RECOMMITTING TO MY MISSION**

For God's gifts and His call are irrevocable. (Romans 11:29 NIV)

So, the Lord ordered the great fish to vomit Jonah onto a beach. (Jonah 2:10)

NEXT WEEK: WHAT TO DO WHEN YOU GET A 2ND CHANCE