

You Can Run but You Can't Hide
Rebounding from Running
March 20, 2022

Matthew 12:38-41 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. “The people of Nineveh will stand up against this generation on judgment day and condemn it, for **they repented** of their sins at the preaching of Jonah. Now someone greater than Jonah is here—but you **refuse to repent**.

Jonah 1:17 Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

Keys to Restoring Hope – Lessons from Jonah:

1. He _____ for God's help.

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

Mark 9:28-29 The disciples privately asked Jesus, “Why couldn't we drive that bad spirit out?” Jesus answered “This kind can only be forced out by prayer.”

Jonah 2:2 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...”

1 Samuel 1:10-11 She was **deeply distressed and prayed** to the LORD and wept bitterly. And she vowed a vow and said, “O LORD of hosts, if you will indeed look on the affliction of your servant and remember me and not forget your servant, but will give to your servant a son, then I will give him to the LORD all the days of his life, and no razor shall touch his head.”

2. He _____ God's ways (discipline).

Jonah 2:3 “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.”

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Hebrews 12:11 No discipline is enjoyable while it is happening—it's painful! But afterward there will be a **peaceful harvest** of right living for those who are **trained** in this way.

3. He _____ and focused on the promises of God.

Jonah 2:4-7 "I said, 'I have been **banished from your sight**; yet I will **look again toward your holy temple**.' 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. But you, LORD my God, brought my life up from the pit. When my life was ebbing away, I remembered you, LORD, and **my prayer rose to you, to your holy temple.**"

4. He _____ to God's will.

Jonah 2:8-9 "Those who cling to **worthless idols** turn away from God's love for them. 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.'"

✓ I will _____ any false solution.

Romans 1:25 Instead of believing what they knew was the truth about God, they **deliberately chose to believe lies**. So they prayed to the things God made, but wouldn't obey the blessed God who made these things.

✓ I will have an attitude of _____ in advance.

✓ I will _____ the Lord when it's hard.

Romans 11:29 ...for God's gifts and his call are irrevocable.

Jonah 2:10 And the Lord commanded the fish, and it vomited Jonah onto dry land.

Walk Away: God always responds to a _____ heartfelt prayer.

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