

For the City Sermon 3: Rescue Me from Me
Scripture: Jonah 1:17-2:10

Do you know how to swim? How scary would it be for someone to pull you underneath the water?

THANK GOD THAT HE DOESN'T ALWAYS GIVE US WHAT WE DESERVE. 1:17

17 And the LORD appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

THANK GOD THAT HE DOESN'T BLOCK US. V. 1-3

1 Then Jonah prayed to the Lord his God from the belly of the fish, 2 saying, "I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. 3 For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me.

Jonah is thankful because he was reminded:

1. GOD LOVES US TOO MUCH NOT TO DISCIPLINE US.

Psalm 119:71 "It is good that I was afflicted, that I might learn your statutes"

Job 36:15 says, "God delivers the afflicted by their affliction, and opens their ear by adversity."

2. GOD HEARS A SINNERS PRAYER.

3. NO PLACE IS A BAD PLACE TO CALL ON GOD.

4. NO TIME IS A BAD TIME TO CALL ON GOD.

THANK GOD THAT HE DOESN'T TURN HIS BACK ON US. V. 4-8 EVEN WHEN WE TURN OUR BACK ON HIM

4 Then I said, 'I am driven away from your sight; yet I shall again look upon your holy temple.' 5 The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head 6 at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O Lord my God. 7 When my life was fainting away, I remembered the Lord, and my prayer came to you, into your holy temple. 8 Those who pay regard to vain idols forsake their hope of steadfast love.

1. DON'T ALLOW HOW YOU FEEL TO OVERSHADOW THE FACTS.

Deuteronomy 31:6 "Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you."

2. DON'T FORGET WHAT YOU KNOW.

3. DON'T FORGET WHERE TO FOCUS YOUR ATTENTION.

THANK GOD FOR SALVATION. V. 9-10

9 But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!" 10 And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.

1. GOD'S SALVATION IS ALWAYS A GIFT.

2. GOD'S SALVATION IS ALWAYS FOR HIS PURPOSE.

3. GOD'S SALVATION SHOULD PROMPT WORSHIP.

Discussion Questions:

1. What thoughts, feelings, or questions do you have after reading the passage or listening to the sermon?

2. Describe a time when you felt like you were in a deep dark pit.
3. How do you typically respond when you are faced with difficulty/pain?
4. Has there ever been a time where you experienced difficulty, but didn't experience a change in your character? Can you explain?
5. Why do you think people's behavior remains the same, even after getting over a rough season in their life?
6. What does chapter 2 teach us about prayer?
7. What would you consider your "fish" to be today? What do you think God might be saying to you through this?
8. Is there a hurtful part of your past that you thank God today? Please explain.
9. How does knowing that God is patient with imperfect people challenge you to be patient with people?