

Jonah: Living Life on the Run | Life Notes (Part 2 – Running to God)

No Matter How Far You Have Run from God:

- ✓ God is only a prayer away.

Jonah 2:1-2a NIV “From inside the fish Jonah prayed to the LORD his God. ²He said: “In my distress I called to the LORD . . .”

James 5:13a NIV “Is anyone among you in trouble? Let them pray.”

Hebrews 4:16 NLT “So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.”

- ✓ God will answer you.

Jonah 2:2a NIV “In my distress I called to the LORD, and he answered me.”

Psalms 50:15 NKJ “Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.”

Psalms 91:15 “When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them.”

Running to God in Prayer.

1. In prayer Ask God for help.

Jonah 2:2b NIV “From the depths of the grave I called for help, and you listened to my cry.”

Psalms 46:1 NLT “God is our refuge and strength, always ready to help in times of trouble.”

Psalms 20:1 NIV “In times of trouble, may the LORD answer your cry. May the name of the God of Jacob keep you safe from all harm.”

John 14:16 NIV “And I will ask the Father, and he will give you another advocate to help you and be with you forever.”

2. In prayer Remember and repent.

Jonah 2:7-8 & 9b NIV “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 forfeit the grace that could be theirs.”

Jonah 9:b NIV “What I have vowed I will make good.”

Revelation 2:5a ESV “Remember therefore from where you have fallen; repent, and do the works you did at first.”

3. In prayer give God praise.

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

Psalms 92:1 NIV “It is good to praise the LORD and make music to your name, O Most High, ²proclaiming your love in the morning and your faithfulness at night.”

Psalms 147:1 NKJ “Praise the LORD! For it is good to sing praises to our God; For it is pleasant, and praise is beautiful.”

PSALM 150

1 Praise ye the LORD. Praise God in his sanctuary: Praise him in the firmament of his power.

2 Praise him for his mighty acts: Praise him according to his excellent greatness. 3 Praise him with the sound of the trumpet: Praise him with the psaltery and harp. 4 Praise him with the timbrel and dance: Praise him with stringed instruments and organs. 5 Praise him upon the loud cymbals: Praise him upon the high-sounding cymbals. 6 Let everything that hath breath Praise the LORD. Praise ye the LORD.