

I. Jonah’s Open Confession (1-4a)

- A. He was remembered in his darkness (1-2) – “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.”**
- B. He was clear on what had happened (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.”**
- C. He wrestled in his soul (4a) – “Then I said, “I am driven away in Your sight.”**

II. Jonah’s Opened Faith (4b-7)

- A. His flicker of hope (4b) – “Yet I shall again look upon Your temple.”**
- B. His unchanged circumstances (5-6a) – “The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me forever...”**
- C. His humbled gratitude (6b-7) – “...yet You brought up my life from the pit, O Lord my God. 7 When my life was falling away, I remembered the Lord, and my prayer came to You, into Your holy temple.”**

III. Jonah’s Open Understanding (8-10)

- A. He understood that running from God is disastrous (8) – “Those who pay regard to vain idols forsake their hope of steadfast love.”**
- B. He understood that God doesn’t play around with rebels (9a) – “But I with the voice of Thanksgiving will sacrifice to You; what I have vowed I will pay.”**
- C. He understood that God is gracious to the broken (9b-10) – “Salvation belongs to the Lord! 10 And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.”**