

Intro – From “Running From” to “Running To”

Last week we saw Jonah running *from* God’s call. God sent a storm and a great fish to stop him. In Jonah 2, we see the shift — Jonah begins *running to* God through prayer and surrender.

Crisis has a way of stripping away distractions and showing us what truly matters. Both Jonah’s experience in the belly of the fish and our own seasons of hardship can become turning points toward God.

1. Crisis Can Push You to Run to God

Jonah 2:1 – *“From inside the fish Jonah prayed to the LORD his God.”*

- Jonah doesn’t pray until he’s completely out of options.
 - Sometimes God uses storms or “belly of the fish” moments to bring us back to Him.
 - Crisis removes the illusion of control and forces us to face who we’re depending on.
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2. God Hears Us in the Depths

Jonah 2:2 – *“In my distress I called to the LORD, and He answered me... You listened to my cry.”*

- Jonah is still in the fish, yet he knows God hears him.
 - God’s hearing isn’t limited by our location or situation.
 - We can cry out from our lowest point and be confident God listens.
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3. God Uses the Deep to Draw Us Close

Jonah 2:3–6 – Jonah recognizes God put him in the deep, not to destroy him, but to save him.

- The “deep” can be a refining place — removing pride, comfort, and self-reliance.
 - Like metal in a forge (*Forged in Fire* fans will get this), God uses heat, pressure, and shaping to make us strong and useful. It’s not weakness — it’s preparation.
 - God shapes us in ways we can’t see until we look back.
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4. Salvation Belongs to the Lord

Jonah 2:7–9 – Jonah declares, “*Salvation comes from the LORD.*”

- Rescue is God’s work, not ours.
 - We can’t paddle our way to safety spiritually — salvation always comes from God’s mercy and grace.
 - Our role is surrender; God’s role is rescue.
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5. God Saves You For Something

Jonah 2:10 – God commands the fish to release Jonah.

- God doesn’t just save us *from* something — He saves us *for* something.
 - Jonah’s second chance came with a mission.
 - Our salvation is an invitation to live on purpose for God’s kingdom.
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Closing & Response

God meets us in the storm, hears us in the depths, shapes us in the deep, rescues us by His grace, and sends us out for His purpose.

Challenge: Which way are you running? Away from God, or toward Him?

- If you’re in a place of desperation, cry out for rescue.
- If you’ve been rescued, ask God how you can step into your mission.