
WHAT TO DO WHEN LIFE FEELS HOPELESS

September 8th, 2024

Part 3

Pastor Juan Vasquez

UNLEASHED
CHRISTIAN CHURCH
TEACHING NOTES

Jonah 2:1 (NIV)

From inside the fish Jonah prayed to the LORD his God.

7 STEPS FROM JONAH 2:1-10

1. LOOK UP TO GOD
2. PRAY PASSIONATELY
3. ASK GOD FOR SPECIFIC HELP
4. IDENTIFY THE CAUSE OF MY HOPELESSNESS

FOCUS ON THE GOODNESS OF GOD

Jonah 2:7 (NIV)

"When my life was ebbing away, I remembered You, LORD, and my prayer rose to You, to Your holy temple."

Psalms 27:13-14 (NASB)

I would have despaired unless I had believed that I would see the goodness of the LORD in the land of the living. Wait for the LORD; Be strong and let your heart take courage; Yes, wait for the LORD.

REJECT FALSE FIXES

Jonah 2:8 (NIV)

"Those who cling to worthless idols turn away from God's love for them."

Romans 1:25 (NLT)

They traded the truth about God for a lie. So they worshiped and served the things God created instead of the Creator Himself, who is worthy of eternal praise! Amen.

EXPRESS GRATITUDE TO GOD IN ADVANCE

Jonah 2:9 (NIV)

"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.'"

1. THROUGH SINGING

Psalms 92:1 (NLT)

It is good to give thanks to the LORD, to sing praises to the Most High.

2. THROUGH GIVING BACK TO GOD

Psalms 50:23 (NASB)

"He who offers a sacrifice of thanksgiving honors Me; And to him who sets his way properly I will show the salvation of God."

3. THROUGH RECOMMITTING TO MY MISSION

Romans 11:29 (NASB)

"For the gifts and the calling of God are irrevocable."

Jonah 2:10 (NASB)

Then the LORD commanded the fish, and it vomited Jonah up onto the dry land.

NEXT WEEK = UNLEASHED BIRTHDAY CELEBRATION

*We're so glad you joined us. If you would like more information about God, Jesus and the Bible, please talk with any of our church leaders.
Thank you for joining us!*