WHAT TO DO WHEN
LIFE FEELS HOPELESS

August 25th, 2024   **Part 1**   Pastor Juan Vasquez

UNLEASHED CHRISTIAN CHURCH TEACHING NOTES

Jonah 1:17 (NIV)
Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

Matthew 12:39-40 (NIV)
He answered, "A wicked and adulterous generation asks for a sign! But none will be given it except the sign of the prophet Jonah. For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth."

"God, anytime, anywhere, any way, anyhow, You made me, You put me on this planet. I'm here to do whatever You want me to do. I'm all in"

7 STEPS FROM JONAH 2:1-10

LOOK UP TO GOD

Jonah 2:1 (NIV)
From inside the fish Jonah prayed to the LORD his God.

There are some problems in life where every human solution is not going to work!

Mark 9:28-29 (NIV)
After Jesus had gone indoors, his disciples asked him privately, "Why couldn't we drive it out?" He replied, "This kind can come out _only by prayer_."

PRAY PASSIONATELY

Jonah 2:2a (NIV)
He said: "In my distress I called to the LORD, and He answered me."

Matthew 6:7 (NASB)
And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words.

Matthew 15:8-9 (NIV)
"These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are merely human rules."

I Samuel 1:10 (NIV)
In her deep anguish Hannah prayed to the LORD, weeping bitterly.

ASK GOD FOR SPECIFIC HELP

Jonah 2:2b (NIV)
From deep in the realm of the dead
I called for help, and You listened to my cry.

Psalm 50:15 (NASB)
"Call upon Me in the day of trouble; I shall rescue you, and you will honor Me."

NEXT WEEK = WHAT TO DO WHEN LIFE FEELS HOPELESS

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!