



# what's eating jonah?

**Series: What's Eating Jonah? - Part 2 of 4**  
**March 14, 2010**  
**Message: "Lessons from a Fish's Belly"**

## **Main text: Jonah 1:17—2:10**

<sup>17</sup> But the LORD provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights.

<sup>1</sup> From inside the fish Jonah prayed to the LORD his God. <sup>2</sup> He said: "In my distress I called to the LORD, and he answered me. From the depths of the grave I called for help, and you listened to my cry. <sup>3</sup> You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. <sup>4</sup> I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' <sup>5</sup> The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. <sup>6</sup> To the roots of the mountains I sank down; the earth beneath barred me in forever. But you brought my life up from the pit, O LORD my God. <sup>7</sup> "When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. <sup>8</sup> "Those who cling to worthless idols forfeit the grace that could be theirs. <sup>9</sup> But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the LORD." <sup>10</sup> And the LORD commanded the fish, and it vomited Jonah onto dry land.

God has \_\_\_\_\_ we can't even imagine.

**What God's saying to me today:**

**God can use any situation to change our \_\_\_\_\_.**

**What God's saying to me today:**

**We exist to help turn unbelievers  
into believers and believers into  
fully devoted followers of Jesus Christ.**

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