



MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Title: **THE CRY FROM THE BELLY**
Series: **Jonah: Lessons From a Man Who Ran from God**
Text: **Jonah 2**
Speaker: **Kevin T. Hardy** Date: **June 16, 2024**

*The word of the Lord came to **Jonah** son of Amittai: 2 **“Go to the GREAT city of Nineveh and preach against it, because its wickedness has come up before me.”** But **Jonah ran away from the Lord** and **headed for Tarshish.** (Jon 1:1-3).*

*But **the Lord provided a GREAT fish to swallow Jonah**, and Jonah was inside the fish three days and three nights. (Jon 1:17).*

- GREAT _____ - *The **word of the Lord.** . . “Go to the GREAT city”*
- GREAT _____ - *“the **Lord sent a GREAT** wind on the sea”.*
- GREAT _____ - *“the men **GREATLY** feared the Lord”*
- GREAT _____ - *“the **Lord provided a GREAT** fish”*

GOD is GREAT! The greatness of God speaks to His absolute rule over all things. His endless resources. His unimaginable power to do as He pleases and for whomever He pleases. He is King of all, even of those who would deny (v. 4) the One who upholds the universe with the word of His power (Heb 1:3).

WHAT LESSONS CAN WE LEARN FROM JONAH?

1. WHEN YOU ARE IN THE BELLY START _____ !

- From **inside the fish Jonah prayed** to the Lord his God. (Jon 2:1).
- 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. (Jon 2:2).

2. WHEN YOU ARE IN THE BELLY _____ HOW YOU GOT THERE!

- **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.** (Jon 2:3).
- The **engulfing waters threatened me, the deep surrounded me; SEAWEED** was wrapped around my head. (Jon 2:5).

3. WHEN YOU ARE IN THE BELLY _____ YOURSELF TO GOD!

- “When my life was ebbing away, **I remembered you, Lord, and my prayer rose to you,** to your holy temple. (Jon 2:7).
- “Those who cling to worthless idols **forfeit the grace that could be theirs.** But I, with a song of thanksgiving, **will sacrifice to you.** (Jon 2:8–9).

4. WHEN YOU ARE IN THE BELLY, YOUR ONLY _____ IS GOD!

- What I have vowed I will make good. **Salvation comes from the Lord.**” (Jon 2:9).
- 10 And **the Lord commanded the fish,** and **it vomited Jonah onto dry land.** (Jon 2:10).