

## HELPS ON THE WAY

<sup>17</sup> Now the Lord had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights. Jonah 1:17

What are you running from that you should be running to?

### THE FISH REPRESENTS GOD'S DISCIPLINE

don't confuse God's provision - for God's punishment

1 Cor 1:27-29 <sup>27</sup> But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. <sup>28</sup> God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, <sup>29</sup> so that no one may boast before him.

#### 1.) IMMEDIATE & PASSIONATE

Then Jonah prayed to the Lord his God from inside the fish. <sup>2</sup> He said, "I cried out to the Lord in my great trouble, and he answered me. I called to you from the land of the dead (Sheol), and Lord, you heard me!

<sup>3</sup> You threw me into the ocean depths, and I sank down to the heart of the sea. The mighty waters engulfed me; I was buried beneath your wild and stormy waves. <sup>4</sup> Then I said, 'O Lord, you have driven me from your presence. Yet I will look once more toward your holy Temple.'

Martin Luther said: "Pray, and let God worry."

Hebrews, "We can go boldly before the throne of grace."

Jonah 2:5 "I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head.

7 As my life was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple. <sup>8</sup> Those who worship false god turn their backs on all God's mercies.

#### 2- GRATITUDE

<sup>9</sup> But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the Lord alone." Then the Lord ordered the fish to spit Jonah out onto the beach.

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### **NOTES:**