



Prayer Emphasis Month

Chester ARP Church, January 2024

How Should We Pray When in Distress?



Then Jonah prayed to the LORD his God from the belly of the fish, saying,

“I called out to the LORD, out of my distress,

and he answered me;

out of the belly of Sheol I cried,

and you heard my voice.

For you cast me into the deep,

into the heart of the seas,

and the flood surrounded me;

all your waves and your billows

passed over me.

How Should We Pray When in Distress?



Then I said, 'I am driven away
from your sight;
yet I shall again look
upon your holy temple.'

The waters closed in over me to take my life;
the deep surrounded me;
weeds were wrapped about my head
at the roots of the mountains.

I went down to the land
whose bars closed upon me forever;
yet you brought up my life from the pit,
O LORD my God.

How Should We Pray When in Distress?



When my life was fainting away,

I remembered the LORD,

and my prayer came to you,

into your holy temple.

Those who pay regard to vain idols

forsake their hope of steadfast love.

But I with the voice of thanksgiving

will sacrifice to you;

what I have vowed I will pay.

Salvation belongs to the LORD!"

How Should We Pray When in Distress?



- We should remember that we can pray anywhere and at any time.
- We should see our circumstances as the way through which God is going to save us.
- We should recognize God's sovereignty in all things.
- We should thank God for His constant presence and salvation in our lives.

How Should We Pray When in Distress?



- We should remember that we can pray anywhere and at any time (Jonah 2:1-2).
 - Jonah prayed from the belly of the fish.
 - Jonah prayed from the depths of Sheol.
 - God heard Jonah's prayer in His Holy Temple.

How Should We Pray When in Distress?



- We should see our circumstances as the way through which God is going to save us (Jonah 2:5-7).
 - Jonah was at the bottom of the sea and at the point of death.
 - He had no hope of survival.
 - He understood that the fish was the way through which God was saving him.

How Should We Pray When in Distress?



- We should recognize God's sovereignty in all things (Jonah 2:3).
 - The Lord tossed Jonah into the deep sea.
 - The Lord drove Jonah away from His presence.
 - The Lord sent the fish to save Jonah from his death (Jonah 1:17).

How Should We Pray When in Distress?



- We should thank God for His constant presence and salvation in our lives (Jonah 2:9-10).
 - Jonah knew God's constant presence while he was in the belly of the fish.
 - Jonah thanked God for the salvation He brought in his life.
 - Jonah's gratitude led him to take a vow of faithfulness to the Lord.

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