



Jonah 2

From inside the fish Jonah prayed to the Lord his God. ² He said:

*"In my distress I called to the Lord,
and he answered me. From deep in the realm of the dead I called for help,
and you listened to my cry. You hurled me into the depths,
into the very heart of the seas, and the currents swirled about me;
all your waves and breakers swept over me.*

⁴ *I said, 'I have been banished from your sight; yet I will look again
toward your holy temple.'* ⁵ *The engulfing waters threatened me
the deep surrounded me; seaweed was wrapped around my head.*

⁶ *To the roots of the mountains I sank down; the earth beneath barred me in
forever. But you, Lord my God, brought my life up from the pit.*

⁷ *"When my life was ebbing away, I remembered you, Lord, and my prayer rose
to you, to your holy temple. ⁸ "Those who cling to worthless idols turn away
from God's love for them. ⁹ But I, with shouts of grateful praise,
will sacrifice to you. What I have vowed I will make good. I will say,
'Salvation comes from the Lord.'"*

¹⁰ *And the Lord commanded the fish, and it vomited Jonah onto dry land.*

Jonah 3

*"Then the word of the LORD came to Jonah a second time: "Go to the great
city of Nineveh and proclaim to it the message I give you."*

Sources of Trials & Suffering:

Result from our **OWN** choices

*"Can a man scoop fire into his lap without his clothes being burned? Can a man
walk on hot coals without his feet being scorched?"* Proverbs 6:28

"Therefore, God gave them over in the sinful desires of their hearts."

Romans 1:24

Result from **OTHERS** choices

*"Now Cain said to his brother Abel, "Let's go out to the field." While they were
in the field, Cain attacked his brother Abel and killed him."* Genesis 4:8

Sources of Trials & Suffering: (Cont.)

Result from fallen CREATION / NATURE

*"...the creation itself will be liberated from its bondage to decay and brought
into the glorious freedom of the children of God. We know that the whole
creation has been groaning as in the pains of childbirth right up to the present
time."* Romans 8:21-22

Result of attack of the **ENEMY**

*"For our struggle is not against flesh and blood, but against the rulers, against
the authorities, against the powers of this dark world and against the spiritual
forces of evil in the heavenly realms."* Ephesians 6:12

Result from God's hand of **DISCIPLINE**

*"You threw me into the ocean depths... 'O LORD, you have driven me from your
presence."* Jonah 2:6

*"He humbled you, causing you to hunger... to teach you that man does not live
on bread alone but on every word that comes from the mouth of the Lord."*

Deuteronomy 8:3

Outcomes of Trials & Suffering?

*"What I feared has come upon me; what I dreaded has happened to me. I have
no peace, no quietness; I have no rest, but only turmoil."* Job 3:25-26

*"And we know that in all things God works for the good of those who love him,
who have been called according to his purpose."* Romans 8:28

How do I get back into step with God after rebellion? Prayer...

Heavenly Father – "I recognize Your hand at work "

"You threw me into the depths." Jonah 2:3

Heavenly Father – "I will turn around - **repent**"

"I will look again toward your holy temple." Jonah 2:4

Heavenly Father – "I **thank You** for Your mercy"

"But you, Lord my God, brought my life up from the pit." Jonah 2:6

Heavenly Father – "I **recommit** myself to worship You, I **surrender** to your will."

*"With shouts of grateful praise, I will sacrifice to you. What I have vowed I will
make good."* Jonah 2:9