

Growth Assignment

Wednesday, October 7, 2020

Jonah – When You Hit Bottom - Part 2

It is nearly impossible to persevere, meet challenges, and recover from failures, if you do not have hope. How many times have you been working way too long and hard, with no success in sight, and felt yourself begin to lose hope? A lack of hope drains our energy and slows us down.

One philosopher has stated: “The fascinating thing about hope, is that it coexists with fear. If there’s nothing to fear, there’s little reason to feel hope,”

1. From today’s study, I want you to go through and identify what has caused you to feel hopeless, whether currently or in the past. This will take some time, but reflect on those experiences. Did you suffer that which you most feared? How did you overcome the situation? How was your hopelessness resolved? Can you see the activity and presence of God in those situations?

Jonah 2: 3 - 6 (ESV)

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. ⁴ Then I said, ‘I am driven away from your sight; yet I shall again look upon your holy temple.’ ⁵ The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head ⁶ 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.

What causes us to FEEL hopeless?

- Feeling in over my head. **Jonah 2: 3** ...you cast me into the deep...
- Feeling like I’ve hit bottom. **Jonah 2: 3** ...into the heart of the seas...
- Feeling out of control / powerless. **Jonah 2: 3** ...the flood surrounded me...

- **Feeling overwhelmed.** **Jonah 2: 3** *...all your waves and your billows passed over me.*

- **Feeling rejected / lonely**

Jonah 2: 4 *Then I said, 'I am driven away from your sight...*

- **Feeling remorse / regret.**

Jonah 2: 4 *...yet I shall again look upon your holy temple.*

- **Feeling fearful.**

Jonah 2: 5 *The waters closed in over me to take my life; the deep surrounded me; **weeds** were wrapped about my head.*

- **Feeling trapped / stuck.**

Jonah 2: 6 *I went down to the land whose bars closed upon me forever.*

2. What are the lessons you have learned from your past that can help you the next time you feel hopeless?