

Wednesday, October 7, 2020

Jonah - When You Hit Bottom (Part 2)

When you hit bottom...

3. Identify what caused you to feel hopeless.

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.*

When you hit bottom...

4. **Make your request specific.**

Jonah 2: 2 (ESV) *...I called out to the LORD... I cried, and you heard my voice.*

5. **God's goodness.**

Jonah 2: 7 (ESV)

When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple.

6. **Reject false doctrine.**

Jonah 2: 8 (ESV)

Those who pay regard to vain idols forsake their hope of steadfast love.

How do I show god my gratitude?

- **Through singing.**
- **Through giving.**
- **Through complying.**

Romans 11: 29 (ESV)

...the gifts and the calling of God are irrevocable.

Jonah 2: 10 (ESV)

And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.

Jonah 2: 6 (ESV)

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.

7. Express gratitude to God BEFORE His blessings are manifested.

Jonah 2: 9 (ESV)

But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!"