

Jonah: On The Run

Chapter 2— Jonah Runs To God

📖 Matthew 12:40 (NIV84) “For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.”

We can run to God when [we are troubled](#).

📖 Jonah 2:1–3 (NIV84) “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 the depths of the grave I called for help, and you listened to my cry. ³ You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me.”

1. **WHERE** Jonah prayed: [From inside the fish](#).

2. **WHEN** Jonah prayed: [In his distress](#).

3. **WHAT** Jonah prayed: [The Scriptures](#).

📖 Psalm 119:11 (NIV84) “I have hidden your word in my heart that I might not sin against you.”

📖 Jonah 2:5–6 (NIV84) “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 brought my life up from the pit, O Lord my God.”

We can run to God when [we stop talking nonsense](#).

📖 Jonah 2:4 (NIV84) “I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’”

📖 Psalm 139:7–10 (NIV84) “Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there your hand will guide me, your right hand will hold me fast.”

📖 Luke 15:17–20 (NIV84) “When he came to his senses, he said, ‘How many of my father’s hired men have food to spare, and here I am starving to death! ¹⁸ I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired men.’ ²⁰ So he got up and went to his father. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.”

We can run to God when [we remember God’s grace](#).

📖 Jonah 2:7–9 (NIV84) “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 forfeit the grace that could be theirs. ⁹ But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the Lord.”

📖 Acts 4:12 (NIV84) “Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved.”

📖 Jonah 2:10 (NIV) “And the Lord commanded the fish, and it vomited Jonah onto dry land.”

Digging Deeper: Why do we wait until things get really bad before we reach out to

God? Why do we believe the lies of Satan but are quick to tell others not to?



Pastor Mike pointed out a few similarities between the story of the Prodigal Son (Luke 15) and Jonah’s story; what parallels do you see? **Joel Gregory** said,

“God can take the worst thing that has ever happened to you and turn it into the best thing that ever happened to you.”—Have you seen that play out in your life?