

Jonah Praying: What To Do When You're In Over Your Head!

Jonah 2

All of us have had those harrowing life experiences when we realize that we are in "*over our heads*." It can be a business venture where we find ourselves financially overextended. It can be a project at work or home where we find it looming bigger than our meager skills. It can be a relationship with a friend, or a spouse, or a child. The question is the same: *What do I do?* In response to that question, one person wrote this famous bit of poetry: "***When in panic, when in doubt...run in circles, scream, and shout!***" Does that sound like your plan? From Jonah chapter 2 we find the best response to that question. We also learn some very helpful lessons about obedience.

I. INTRODUCTION:

- *A Question for Jonah:*
- *Important Reminders from Last Week:*

II. EXPOSITION:

A. Jonah 1:17-2:1

- *What kind of fish?*
- *Could a person survive?*
- *How long in the belly of the fish?*

B. Jonah 2:2-10

- *Jonah's Prayer:*
- *Jonah's Experience Described:*
- *Jonah's Thankfulness:*
- *Jonah's Deliverance:*

III. CONCLUSION:

- *Distress in life is most often caused by our own disobedience.*
- *God confronts and comforts us in our distress.*
- *Our source of strength and hope is the Scriptures.*
- *The four elements of prayer are: Honesty, Confession, Thanksgiving and Surrender.*
- *Salvation for both the rebelling Saint and Sinner is the Lord!*

(This outline is provided to assist you in understanding and applying this morning's message. Second in a series of messages by Pastor Doug Hornok on "Jonah: More than a Fish Story." This message is available online at www.MidvalleyBible.org. MBC 5/24/2015)