



1.



2.



3.



4.



Jonah 1:17 (NLT)

¹⁷ Now the LORD had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.

5.

Jonah 2:1-3 (NLT)

¹ Then Jonah prayed to the Lord his God from inside the fish. ² He said,

“I cried out to the Lord in my great trouble,
and he answered me.

I called to you from the land of the dead,
and Lord, you heard me!

6.

Jonah 2:1-3 (NLT)

³ You threw me into the ocean depths,
and I sank down to the heart of the sea.
The mighty waters engulfed me;
I was buried beneath your wild and stormy waves.

7.

Jonah 2:4 (NET)

⁴ I thought I had been banished from your sight,
that I would never again see your holy temple!

3.

Jonah 2:5-6a (NET)

⁵ Water engulfed me up to my neck;
the deep ocean surrounded me;
seaweed was wrapped around my head.

⁶ I went down to the very bottoms of the mountains;
the gates of the netherworld barred me in forever;

9.

Jonah 1:3 (NASB), 1:5b (NET)

³ But Jonah rose up to flee to Tarshish from the presence of the LORD. So he went down to Joppa, found a ship which was going to Tarshish, paid the fare and went down into it to go with them to Tarshish from the presence of the LORD.

...

⁵ Jonah, meanwhile, had gone down into the hold below deck.

10.

Jonah 2:6b (NET)

...but you brought me up from the Pit, O LORD, my God.

11.

Jonah 2:7 (NLT)

⁷ As my life was slipping away,
I remembered the LORD.
And my earnest prayer went out to you
in your holy Temple.

12.

In your most hopeless moments
do you remember what God is like?

13.

Lamentations 3:21-24 (NLT)

- ²¹ Yet I still dare to hope
when I remember this:
- ²² The faithful love of the Lord never ends!
His mercies never cease.
- ²³ Great is his faithfulness;
his mercies begin afresh each morning.
- ²⁴ I say to myself, "The Lord is my inheritance;
therefore, I will hope in him!"

14.

Jonah 2:8 (ESV & NLT)

⁸ Those who pay regard to vain idols
forsake their hope of steadfast love.

⁸ Those who worship false gods
turn their backs on all God's mercies.

15.

Are there good things that you have
turned into the greatest thing?

16.

Jonah 2:8 (ESV & NLT)

⁸ Those who pay regard to vain idols
forsake their hope of steadfast love.

⁸ Those who worship false gods
turn their backs on all God's mercies.

17.

We must accept finite disappointment but never lose
infinite hope.

- Martin Luther King

18.

Jonah 2:9-10 (NET)

⁹ "But as for me, I promise to offer a sacrifice to you with a public declaration of praise; I will surely do what I have promised. Salvation belongs to the Lord!"

¹⁰ Then the LORD commanded the fish and it disgorged Jonah on dry land.

19.

Matthew 12:38-40 (NLT)

³⁸ One day some teachers of religious law and Pharisees came to Jesus and said, "Teacher, we want you to show us a miraculous sign to prove your authority."

³⁹ But Jesus replied, "Only an evil, adulterous generation would demand a miraculous sign; but the only sign I will give them is the sign of the prophet Jonah. ⁴⁰ For as Jonah was in the belly of the great fish for three days and three nights, so will the Son of Man be in the heart of the earth for three days and three nights."

20.

My hope is built on nothing less
Than Jesus' blood and righteousness.

- Edward Mote

21.

22.