



## Lesson 2

### “Feeling Stuck”

**Review: Where did the storm come from?**

- You can only run from God for so long before you are STUCK

Jonah 1:15 So they took up Jonah, and cast him forth into the sea: and the sea ceased from her raging. 16 Then the men feared the LORD exceedingly, and offered a sacrifice unto the LORD, and made vows. 17 Now the LORD had prepared a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

**This is his description of being thrown overboard and swallowed by the whale**

Jonah 2:3 For thou hadst cast me into the deep, in the midst of the seas; and the floods compassed me about: all thy billows and thy waves passed over me.

Jonah was prepared to die

- There was no more running
- He was STUCK!

**This is how he felt:**

Jonah 2:1 Then Jonah prayed unto the LORD his God out of the fish's belly, 2 And said, I cried by reason of mine affliction unto the LORD, and he heard me; out of the belly of hell cried I, and thou heardest my voice.

## **He was miserable**

What does it feel like when you run from God?

NOTE: God steps in, but He doesn't just make things go away

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### **God's heart is about changing your heart, not just your circumstances**

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"I cried by reason of mine affliction"

- Affliction = anguish, distress, tribulation, trouble

Jonah 2:3 For thou hadst cast me into the deep, *in the midst of the seas*; and the floods compassed me about: all thy billows and thy waves passed over me.

## **He was overwhelmed**

"Lord, I'm drowning"

- In all of my strength, I can't get out
- I can't overcome this

Floods compassed me about = it just won't quit

Jonah 2:5 The waters compassed me about, even to the soul: the depth closed me round about, the weeds were wrapped about my head.

Jonah 2:4 Then I said, I am cast out of thy sight.....

## **He felt alone**

- In his heart.... "I am alone"

This is truly how he felt

- "Why would God care?"
- "I did this to myself"

Have you ever felt as if God was not listening?

Listen to this description....

Jonah 2:5 The waters compassed me about, even to the soul: the depth closed me round about, the weeds were wrapped about my head. 6 I went down to the bottoms of the mountains; the earth with her bars was about me for ever.....

- Bars – prison
- Trapped.....

### **He felt defeated**

Jonah 2:7 **When my soul fainted within me..... I remembered the LORD: and my prayer came in unto thee, into thine holy temple.**

- Fainted = failed – became feeble
  - “I’m done!”

**God had a plan!**

**His plan might not be what you would plan = A BIG FISH!**

### **Look back....**

**Jonah 2:1** Then Jonah prayed unto the LORD his God out of the fish's belly,

- **Sometimes we have to hit bottom before we look up**
- Jonah never cried out to God or prayed in anyway during that great storm
  - He was willing to be thrown overboard, yet he never prayed
    - He was yet not broken

Jonah 2:1 Then Jonah prayed unto the LORD his God out of the fish's belly, 2 And said, I cried by reason of mine affliction unto the LORD, and he heard me; out of the belly of hell cried I, and thou heardest my voice.

- Why did he pray this?

Jonah 2:7 When my soul fainted within me.....

- Jonah hit bottom!

**Jonah 2:1** Then Jonah prayed unto the LORD his God out of the fish's belly,

- **This is his first prayer in the entire story....**

**Go back to chapter 1....**

**Jonah 1:9** And he said unto them, I am an Hebrew; and I fear the LORD, the God of heaven, which hath made the sea and the dry land.

- Just because you have a knowledge of God does not mean you have a relationship with God!

- Just because you have a spiritual title does not mean you are where you should be with God!

## **IT'S TIME FOR CHANGE!**

**Jonah 2:2** And said, I cried by reason of mine affliction unto the LORD, and he heard me; out of the belly of hell cried I, and thou heardest my voice.

### **Jonah Restored His Relationship**

- This is Jonah crying out to God and God working in Jonah
  - “God...I’m stuck”
    - “God, I’ve gotten away”
    - “God, I need you...”
- It is, “God...I need you in my life...not just...I need you to fix this”

### **Jonah Refocused His Attention**

**Jonah 2:4** Then I said, I am cast out of thy sight; yet I will look again toward thy holy temple.

Jonah, “I messed up, but I’m seeking you!”

#### **God was waiting on THIS!**

- “Put your eyes back on me”
- “Put your focus back on me”

**“...yet I will look again toward thy holy temple.”**

- WHY, “again?”
- Because, He got his focus off

### **Jonah Renewed His Mind**

**Jonah 2:7** When my soul fainted within me I remembered the LORD: and my prayer came in unto thee, into thine holy temple.

“I remembered the Lord”

- “I serve the living God”
  - I have nothing to FEAR
  - My God is in control

- My God is faithful

## **Jonah Removed His Idols**

Jonah 2:8 They that observe lying vanities forsake their own mercy.

- “They that trust in idols” or “vanities” or “things of this world”
- Forsake their own mercy = “turn their backs on what they need most”

What got you stuck? What got you off track?

**Jonah 2:10 And the LORD spake unto the fish, and it vomited out Jonah upon the dry land.**

- This was his second chance
- This was a miracle of God

God set him FREE!

- But what happened right before this?
- What was the last part of his prayer?

**Jonah 2:9 But I will sacrifice unto thee with the voice of thanksgiving; I will pay that that I have vowed. Salvation is of the LORD.**

## **Jonah Surrendered His Life**

What is the last thing he prayed before this happened? “Lord....I’m yours!”

**Jonah 2:10 And the LORD spake unto the fish, and it vomited out Jonah upon the dry land.**

- God is a God of second chances