

ADDITIONAL NOTES:



Week two
Crisis Praying

Sonrise Church of God
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Text Jonah Chapter 2

From inside the fish Jonah prayed to the LORD his God.
“In my distress I called to the LORD,
and he answered me.”

_____ praying is praying during a _____.

When you turn back toward God (_____) your
darkest days may be God getting you back (course
_____) to where you were suppose to be at.

This was Jonah’s _____

Three days and three nights in the belly
of the great fish.

_____ : (2 Timothy 3.16)

1.It is to get you back on the _____ path.

- Vomited Jonah onto dry ground.

2.It is not meant to be _____.

- “You hurled me into the deep...”

3. It is supposed to be a _____ experience.
• "Water encompassed me to the point of death. The great deep engulfed me, Weeds were wrapped around my head."

4. It is designed so you do not want to go there _____.
• "...earth beneath barred me in forever."

When you get swallowed...

From inside the fish...

1. What is your _____?
(most important)

• "I sank down"

2. Where is your _____?
(When all else fails)

• "In my distress"

3. How deep is your _____?
(What is really wrong?)

• "From the depths of the grave"

4. What can you do where you _____?
(What do you have?)

- "seaweed was wrapped around my head."
- "I called to the LORD,"
- "I called for help,"
- "I remembered you, LORD,"
- "But I, with a song of thanksgiving, will sacrifice to you."

When you get swallowed....

From inside the fish...
Barriers God wants me to deal with so I can get to shore and back on track.

- _____
- _____
- _____
- _____
- _____

How LONG have YOU been in the _____?

Jonah was in the stomach of the fish
three days and three nights.
Jonah 1.17

What it takes to get back to _____ land.

What I have vowed I will make good.
Salvation comes from the LORD."
Jonah 2.9

And the LORD commanded the fish, and it _____
Jonah onto _____ land.