



- You running away from God = _____.
- God pursuing you = _____.

1. God sent a _____ to save Jonah.

Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. Jonah 1:17

- You can run from God, but you can't _____ God.

¹ 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 deep in the realm of the dead I called for help, and you listened to my cry." Jonah 2:1-2

2. God uses pain and isolation to bring you _____.

³ "You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. ⁴ I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' ⁵ 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, LORD my God, brought my life up from the pit." Jonah 2:3-6

- God's discipline is for our _____ and His _____.

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Hebrews 12:11

3. Freedom comes through _____ to Christ.

⁷ "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 turn away from God's love for them. ⁹ But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the LORD.'" Jonah 2:7-9

- Why is it so hard for us to surrender?

- We have to stop _____ others and take responsibility.
- We have to let go of our _____.
- We have to give up our freedom and commit to a new _____.

And the Lord commanded the fish, and it vomited Jonah onto dry land. Jonah 2:10

Next Steps: Connecting People to the Life-Changing Love of Christ

- ☐ Give up all your priorities and desires and follow Jesus.
- ☐ Stop blaming others and take responsibility for your choices.
- ☐ Continue with the 4-week daily Jonah devotional.
(Available at myoakview.org or at the Welcome Center.)
- ☐ Tell someone this week about the grace and hope you have found in Jesus.
- ☐ _____