





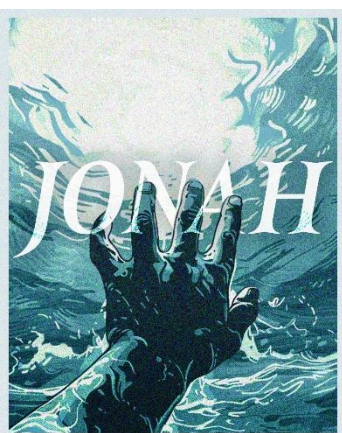
# JONAH





I WANT TO  
FOLLOW  
JESUS... AS  
LONG AS HE  
IS GOING  
WHERE I AM  
GOING?

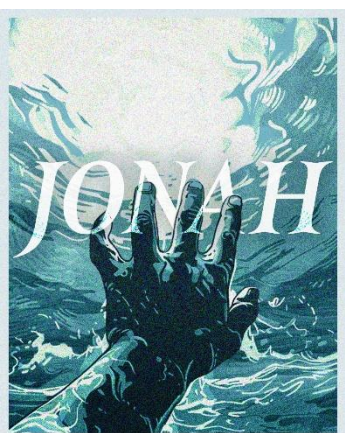
But seek first his kingdom and his righteousness...



Matthew 6:33 (NIV)



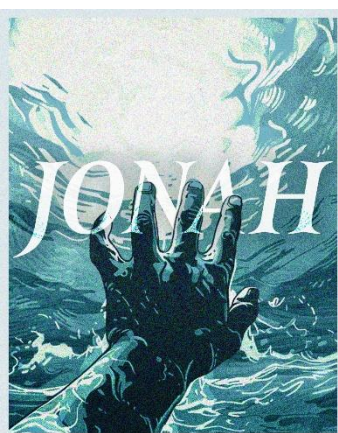
For “Everyone who calls on the name of the Lord will be saved.” But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? **And how can they hear about him unless someone tells them?**



Romans 10:13–14 (NLT)

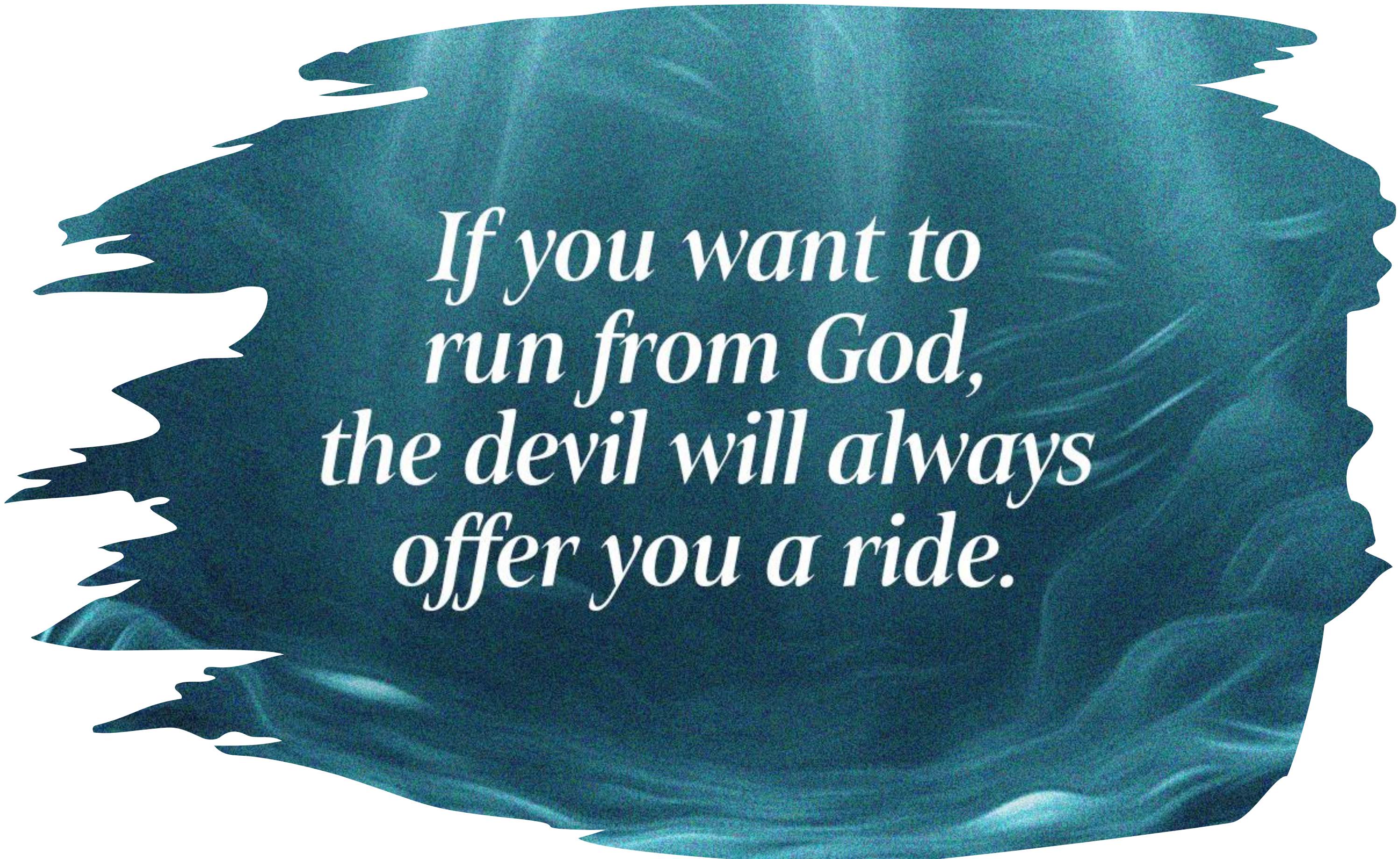


And then he told them, “Go into all the world and preach the Good News to everyone.



Mark 16:15 (NLT)





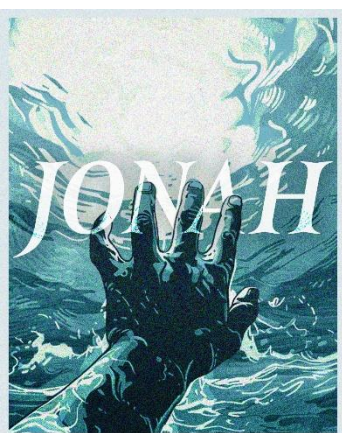
*If you want to  
run from God,  
the devil will always  
offer you a ride.*

**So, what should I do when  
life seems hopeless?**



“When I had LOST ALL HOPE, I turned my thoughts once more to the Lord.

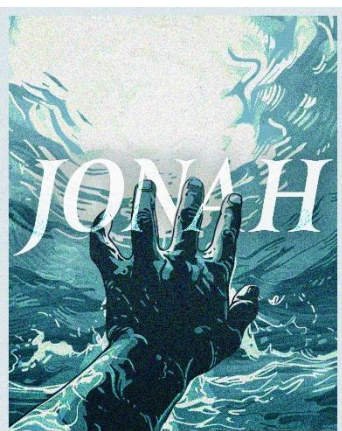
And my earnest prayer went out to you in your Holy Temple.”



Jonah 2:7 (NLT)



You say, 'I am rich; I have acquired wealth and do not need a thing.' But you do not realize that you are wretched, pitiful, poor, blind and naked. out to you in your Holy Temple."

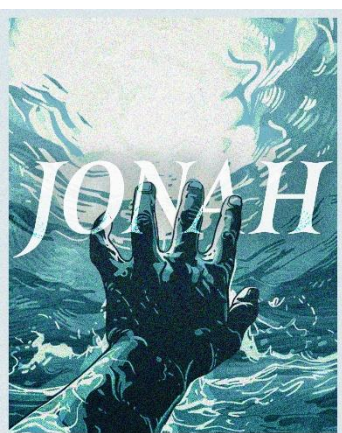


Revelation 3:17 (NIV)



Whom have I in heaven but you? I desire you more than anything on earth.

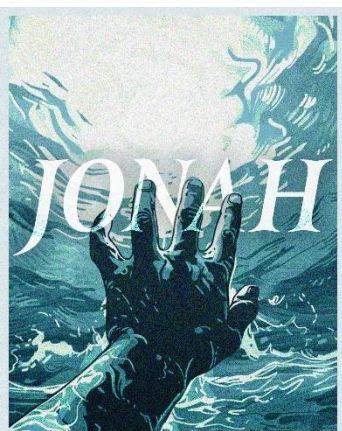
My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.



Psalm 73:25–26 (NLT)



The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.



Psalm 28:7 (NIV)



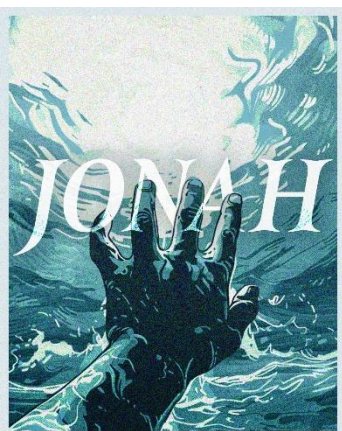


# Sometimes what I call a problem, God calls provision

1

So, what should I do when  
life seems hopeless?

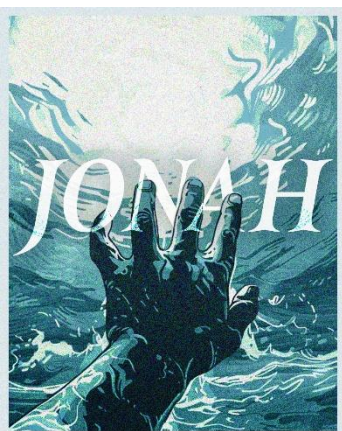
Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.



Jonah 1:17 (NIV)



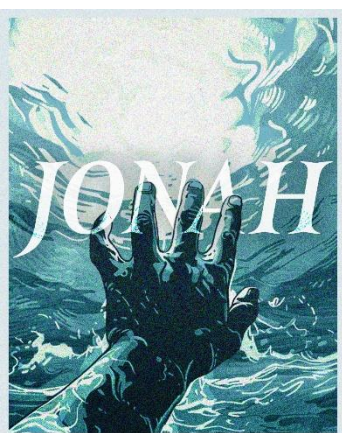
You are good, and what you do is good; teach me your decrees.



Psalm 119:68 (NIV)



The Lord is good, a refuge in times of trouble. He cares  
for those who trust in him,



Nahum 1:7 (NIV)



...

God doesn't always give us what we want,  
but He always gives us what we need.

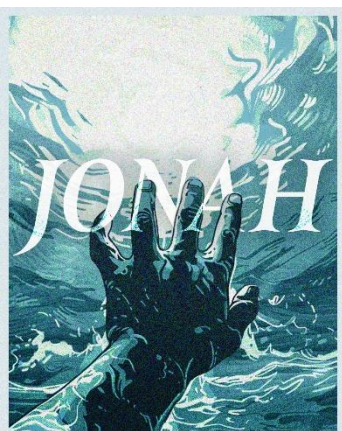
Jonah needed some time in the fish to rethink  
his priorities.

...

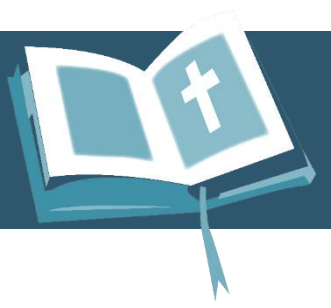
Jonah's path to hopelessness began with  
running from God.

Jonah's path to hope began with turning to  
God.

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.



James 5:13 (NIV)



# What should I pray when I am in over my head?

1

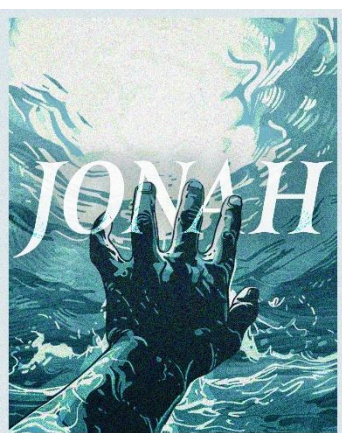
So, what should I do when life seems hopeless?

2

Sometimes what I call a problem, God calls provision.



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 2:2 (NIV)

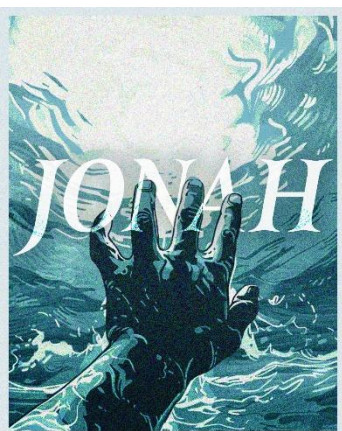


Real prayer is letting go  
of your preconceived  
ideas of what you think  
prayer should be.

Real prayer is just  
honestly sharing your  
feelings with God.

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.

I said, 'I have been banished from your sight; yet I will look again toward your holy temple.'

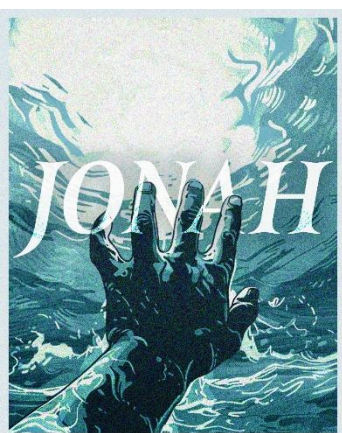


Jonah 2:3–9 (NIV)



The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head.

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.

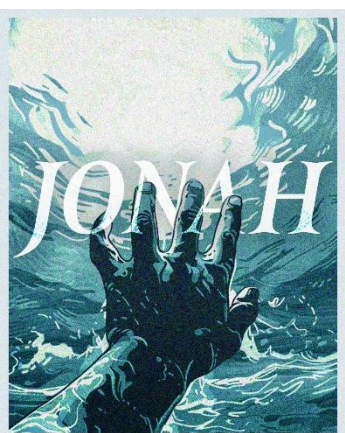


Jonah 2:3–9 (NIV)



“When my life was ebbing away, I remembered you, Lord,  
and my prayer rose to you, to your holy temple.

“Those who cling to worthless idols turn away from God’s  
love for them. 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 2:3–9 (NIV)





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Do you know what happened right  
after Jonah prayed? NOTHING!

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”

While I'm waiting,  
God's still working.



# God's plan is always better than my plans

1

So, what should I do when  
life seems hopeless?

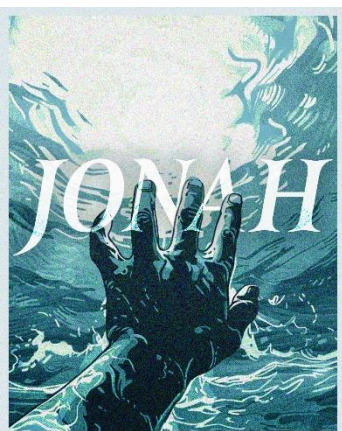
2

Sometimes what I call a  
problem, God calls  
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3

What should I pray when I  
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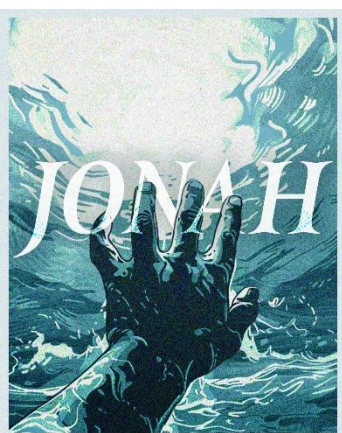
But I, with shouts of grateful praise, will sacrifice to you.  
What I have vowed I will make good. I will say, 'Salvation  
comes from the Lord.' ”



Jonah 2:9–10 (NIV)



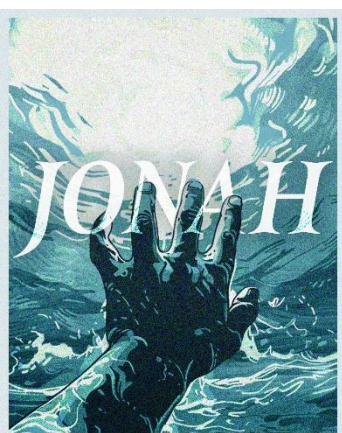
And the Lord commanded the fish, and it vomited Jonah  
onto dry land.



Jonah 2:9–10 (NIV)



“And now, Israel, what does the Lord your God require of you? He requires only that you fear the Lord your God, and live in a way that pleases him, and love him and serve him with all your heart and soul. And you must always obey the Lord’s commands and decrees that I am giving you today **for your own good.**”



Deuteronomy 10:12–13 (NLT)





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- So, what should I do when life seems hopeless?
  - Sometimes what I call a problem, God calls provision.
  - What should I pray when I am in over my head?
  - God's plan is always better than my plans.
-

# JONAH

