



### ***“Prayer from the Depths”***

Jonah 2:1-7 ♦ Pastor Jim Lennon  
November 19, 2023

**Introduction** –*Jonah rebelled against God, and to calm the storm that God sent to stop him from running away, Jonah was thrown into the sea in order to save the sailors. But then God sent a great fish to swallow Jonah and save his life by grace.*

#### ***I. The Need for Prayer.***

A. Jonah chapter 2 is a prayer and a song of worship.

1. It has three stanzas describing the wreck of Jonah’s life and miraculous resurrection.
2. Each stanza has its own theme.
  - a. The call. (2-4)
  - b. The grace. (5-7)
  - c. The lessons. (8-9)

B. Chapter 2 describes what Jonah did while he was in the fish’s belly.

1. He - \_\_\_\_\_
2. At first, he didn’t. Why now?
3. In verses 2-4 Jonah is recalling his earlier prayer, when he was about to drown.

C. The progression of Jonah’s prayers reflects his spiritual journey.

#### ***II. The God of Prayer.***

- A. God hears and answers our prayers!
- B. Jonah was rescued by a fish because God heard his prayers.
- C. Jonah continues to pray inside the fish’s belly.
- D. Jonah begins to get God’s perspective of his life, and how God shows His grace toward those who understand it.

#### ***III. The Prayer of Faith.***

- A. Twice in his prayer Jonah looks toward God’s Temple, which teaches him the truth about his relationship with God.
  1. We don’t come to God on our own merits.
  2. We come to God with humility.
  3. We pray to God with faith in Him.
- B. Jonah’s progress in prayer in the song.
  1. Crying.
  2. Admitting.
  3. Surrendering.

#### ***Conclusion.***