

JAWS: THE INSIDE STORY

*The 2nd Chance: What To Do When Your Life
Goes Under – Part 3
January 24, 2010
Jonah 1:17-2:9*

*“For as Jonah was three days and three nights in the belly of a huge fish, so the
Son of Man will be three days and three nights in the heart of the earth.”
Matthew 12:40 (NIV)*

THE IMPOSSIBILITY OF JONAH’S SITUATION

- **It affected Jonah physically.**

“In my distress I called to the Lord...” Jonah 2:2 (NIV)

- **It affected Jonah mentally.**

*“The engulfing waters threatened me, the deep surrounded me; seaweed was
wrapped around my head.” Jonah 2:5 (NIV)*

- **It affected Jonah spiritually.**

*“Then I said, ‘O Lord, You have driven me from Your presence. How will I ever
again see Your holy Temple?’” Jonah 2:4 (NLT)*

HOW TO PRAY YOUR WAY OUT OF TROUBLE

*“Remember the height from which you have fallen! Repent and do the things you
did at first...” Revelation 2:5 (NIV)*

JONAH PRAYED...

1. A PRAYER OF REMEMBRANCE.

*“I said, ‘I have been banished from Your sight; yet I will look again toward Your
holy temple.” Jonah 2:4 (NIV)*

- **Remember His Attributes**

“O’ Lord God of heaven, the great and awesome God....” Nehemiah 1:5a (NIV)

- **Remember His Actions**

*“...who keeps His covenant of love with those who love Him and obey His
commands.” Nehemiah 1:5b (NIV)*

2. A PRAYER OF REPENTANCE.

*“When my life was ebbing away, I remembered You, Lord, and my prayer rose to
You and Your holy temple.” Jonah 2:7 (NIV)*

*"No, and I tell you again that unless you repent, you will also perish."
Luke 13:5 (NLT)*

3. A PRAYER OF RETURN.

"But I, with a song of thanksgiving, will sacrifice to You. What I have vowed I will make good. Salvation comes from the Lord." Jonah 2:9 (NIV)

"Restore to me again the joy of Your salvation, and make me willing to obey You." Psalm 51:12 (NLT)

*"I took my troubles to the Lord; I cried out to Him, and He answered my prayer."
Psalm 120:1 (NLT)*