



#2 Rescue!

Jonah 1:17-2:10

GOD'S FIRST DELIVERANCE

Jonah 1:17 And the LORD appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

The Sign of Jonah

Matthew 12:39 But he answered them, "An evil and adulterous generation seeks for a sign, but no sign will be given to it except the sign of the prophet Jonah. ⁴⁰ For just as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth..."

JONAH'S SONG OF PRAISE

Jonah 2:1 Then Jonah prayed to the LORD his God from the belly of the fish, ² saying, "I called out to the LORD, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. ³ For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. ⁴ Then I said, 'I am driven away from your sight; yet I shall again look upon your holy temple.' ⁵ The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head ⁶ at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O LORD my God. ⁷ When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple. ⁸ Those who pay regard to vain idols forsake their hope of steadfast love. ⁹ But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!"

1. It sounds a lot like the **PSALMS**.
2. It acknowledges the **SOVEREIGNTY** of God.
3. It reflects gratefulness for the listening ear and rescuing heart of **GOD**.
4. It's full of **IMAGERY**.
5. It's a **MODEL** for us.

Psalm 18:6 In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears

Psalm 40:1 I waited patiently for the LORD; he inclined to me and heard my cry. ² He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. ³ He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD. ⁴ Blessed is the man who makes the LORD his trust...

Psalm 120:1 In my distress I called to the LORD, and he answered me.

6. It contains what has been called the most important summary statement in the entire Bible—
7. It reflects a **GRATEFUL** heart, but not a fully **REPENTANT** heart.

GOD'S SECOND DELIVERANCE

Jonah 2:10 And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.

Family Discussion Questions

1. Jonah prayed to the Lord. As a family, what are three things you can pray for this week?
2. Jonah 2:8 mentions idols. What kinds of things in your family have the tendency to become idols?
3. Jonah 2:9 says "Salvation belongs to the Lord!". Who are some people your family knows who need God to bring them salvation?

BIBLE READING PLAN

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| <input type="checkbox"/> Sunday: Psalms 4 | <input type="checkbox"/> Thursday: Psalms 8 |
| <input type="checkbox"/> Monday: Psalms 5 | <input type="checkbox"/> Friday: Psalms 9 |
| <input type="checkbox"/> Tuesday: Psalms 6 | <input type="checkbox"/> Saturday: Psalms 10 |
| <input type="checkbox"/> Wednesday: Psalms 7 | <input type="checkbox"/> Sunday: Psalms 11 |