

# JONAH

**Reluctant Prophet. Relentless God.**

# Jonah 2:1-10

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.

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,<sup>[b]</sup>  
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.”

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.’”

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

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# Jonah's Prayer

1. God is never far away.
2. God is always in control.
3. God is worthy of all praise.

**God is never far away.**

2 *“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.”*





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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.”*

*Jonah 1:10: Then they (the sailors) took Jonah and threw him overboard.*

*Jonah 2:3 “You (God) hurled me into the depths, into the very heart of the seas”*

THE  
SOVEREIGNTY  
OF  
GOD

*“People treat God’s sovereignty as a theme for controversy, but in Scripture it is a matter for worship.”*

**-JI PACKER**

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**God is worthy of all praise.**

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.”*

**God is worthy of all praise.**

*What I have vowed I will make good.*

*I will say, 'Salvation comes from the  
Lord.'"*

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