

MESSAGE 2: WHAT TO DO WHEN IT FEELS HOPELESS

Parts 1-4

7 STEPS FROM JONAH 2:1-10

1. _____

“From inside the fish Jonah prayed to the Lord his God.” Jonah 2:1

“The disciples privately asked Jesus, ‘Why couldn't we drive that bad spirit out?’ Jesus answered, ‘This kind can only be forced out BY PRAYER.’” Mark 9:28-29

2. _____

“Jonah said ‘In my distress and deep trouble I CRIED OUT to the Lord and he answered me.’” Jonah 2:2

3. _____

“You cast me into the deep water, and I sank to the bottom of the sea. Everything was churning around me, and I was engulfed by powerful waves that overwhelmed me. Then I thought ‘I’ve been banished from God’s presence and I’ll never get to see your holy temple again.’ I was scared to death, afraid I was drowning with water choking me and seaweed wrapped all around my head. I kept sinking down to mountains that rise off the ocean floor. I felt locked in a prison forever...” Jonah 2:3-6

8 CAUSES OF HOPELESSNESS

CHECK any that you may be feeling

- FEELING _____
“You cast me into the DEEP water.”
- FEELING _____
“I sank to the bottom of the sea.”
- FEELING _____
“Everything was churning around me.”
- FEELING _____
“I was engulfed by powerful waves that overwhelmed me.”
- FEELING _____
“Then I thought ‘I’ve been banished from God’s Presence.’”
- FEELING _____
“...and I’ll never get to see your holy temple again.”
- FEELING _____
“I was scared to death, afraid I was drowning with water choking me and seaweed wrapped all around my head.”

- FEELING _____
“I felt locked in a prison forever.”

4. _____

“From the deep in the world of the dead I ASKED FOR HELP and you listened to my cry.” Jonah 2:2b

“Call to me in your times of trouble. I will save you, and you will honor me.” Psalm 50:15 (NCV)

5. _____

“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)

6. _____

“Those who look to worthless idols forfeit the grace that could be theirs.” Jonah 2:8

“You, O Lord, saved me and brought my life back up from the pit.” Jonah 2:6b

7. _____

“I will sing a song of thanksgiving, and I will sacrifice to you, and I will do what I have promised you to do because salvation comes from the Lord!” Jonah 2:9

- THROUGH _____
- THROUGH _____
- THROUGH _____

“For God's gifts and his call are irrevocable.” Romans 11:29 (NIV)

“So the Lord ordered the great fish to vomit Jonah onto a beach.” Jonah 2:10