

WHAT TO DO WHEN IT FEELS HOPELESS

The Manifestation of Your Life Mission
Rick Warren

7 STEPS FROM JONAH 2:1-10

1. _____
 “From inside the fish Jonah prayed to the Lord his God.” Jonah 2:1 (NIV)
 “His disciples asked him privately, ‘Why couldn’t we drive it out?’ He replied, ‘This kind can come out only by prayer.’” Mark 9:28-29 (NIV)
2. _____
 “He said, ‘I cried out to the Lord in my great trouble, and he answered me.’”
 Jonah 2:2 (NLT)
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. I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’ The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in forever.” Jonah 2:3-6 (NIV)

8 CAUSES OF HOPELESSNESS

CHECK any that you may be feeling

- FEELING** _____
 “You hurled me into the depths.”
- FEELING** _____
 “Into the very heart of the seas.”
- FEELING** _____
 “Waves and breakers swept over me.”
- FEELING** _____
 “The engulfing waters threatened me.”
- FEELING** _____
 “I have been banished from your sight.”
- FEELING** _____
 “Look again toward your holy temple.”

FEELING _____
 “The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head.”

FEELING _____
 “Barred me in forever.”

4. _____
 “From deep in the realm of the dead I called for help, and you listened to my cry.”
 Jonah 2:2 (NIV)

“Call to me in 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 to you in your holy Temple.” Jonah 2:7 (TLB)

6. _____
 “Those who worship worthless idols forfeit the mercy that could be theirs.”
 Jonah 2:8 (NET)

“You saved me from the pit of death, Lord my God.” Jonah 2:6 (NCV)

7. _____
 “With the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!” Jonah 2:9 (ESV)

- **THROUGH** _____
- **THROUGH** _____
- **THROUGH** _____

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

“So the Lord commanded the fish, and it vomited Jonah up onto the dry land.”
 Jonah 2:10 (AMP)

Next Step

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