

## JONAH'S PRAYER

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 the depths of the grave I called for help, and you listened to my cry. Jonah 2:1-2

1. WHEN PEOPLE RUN FROM GOD THEY USUALLY STOP

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2. WHEN YOU ARE IN DISTRESS, CALL ON THE LORD.

DISTRESS (TSARAH)—The travail of childbirth

GRAVE (SHEOL)—Grave, realm of the dead

3. WHEN GOD IS WORKING ON YOU, DON'T OVERLOOK THE

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Jonah 2:3-10