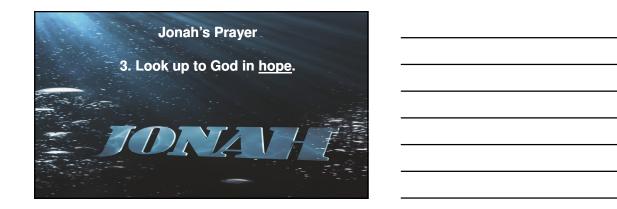


Jonah's	Prayer	
1. God can get	you <u>attention</u> .	
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## Jonah 2:1

"From inside the fish Jonah prayed to the Lord his God."

Jonah's Prayer	
2. Cry out to God for He will hear you.	
Jonah 2:2	
"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."	



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"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."

Jonah's Prayer	
4. Speak to God about His help.	
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## Jonah 2:5-6

"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. But you, LORD my God, brought my life up from the pit."

Jonah 2:7-8	
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"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. Those who cling to worthless idols turn away from God's love for them."

## Jonah 2:9

"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."

Jonah's Prayer

5. Turn back to God in heartfelt obedience.

Jonah 2:10	
"And the LORD commanded the fish, and it vomited Jonah onto dry land."	
it vomited Jonan onto dry land."	
Jonah 3:3	
"Jonah obeyed the word of the LOBD and	
"Jonah obeyed the word of the LORD and went to Nineveh."	
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Application –	
<ul> <li>Salvation is totally <u>dependent</u> on the work of Christ on the cross.</li> </ul>	
work of offist off the cross.	

Application –  • Salvation is totally dependent on the work of Christ on the cross.	
No matter what is going on in your life, God will answer you.	