

OUTLINE 08/24/25
Grace In The Depths
Jonah Ch. 2 (ESV)

(Jesus) For just as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth. Matthew 12:40

1. Seek God in despair.

¹Then Jonah prayed to the LORD his God from the belly of the fish, ²saying, "I called out to the LORD, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice.

³For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. Jonah 2:1–3

2. Turn back to hope.

⁴Then I said, 'I am driven away from your sight; yet I shall again look upon your holy temple.'

⁵The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head ⁶at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O LORD my God. Jonah 2:4-6

3. Salvation through surrender.

⁷When my life was fainting away, I remembered the Lord, and my prayer came to you, into your holy temple. ⁸Those who pay regard to vain idols forsake their hope of steadfast love.

⁹But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!" ¹⁰And the Lord spoke to the fish, and it vomited Jonah out upon the dry land. Jonah 2:7–10

How to Receive Christ:

"Dear Jesus, thank You for loving me even though I'm a sinner. I ask for your forgiveness. I believe You died for my sin and that You rose from the dead. I trust You as my Savior and follow You as Lord, from this day forward. Amen."

Join Us Next Week For:
Jonah's Mustard Seed – Jonah Ch. 3

Discussion Questions:

1. How has despair or distress led you to call out to God?
2. Share what it means to you that God is there and hears us in times of despair?
3. How is salvation available through surrender?