A wooden cross is positioned on the right side of the image, extending from the top right towards the center. The background is a solid, deep red color. The text is centered and written in a white, serif font.

Repentance and Redemption

Jonah 2:1-10

Jonah 2:1-9

Jonah prayed to the Lord his God from inside the fish: I called to the Lord in my distress, and He answered me. I cried out for help in the belly of Sheol; You heard my voice.

Jonah 2:1-9

You threw me into the depths, into the heart of the seas, and the current overcame me. All Your breakers and Your billows swept over me.

Jonah 2:1-9

But I said: I have been banished from Your sight, yet I will look once more toward Your holy temple. The waters engulfed me up to the neck; the watery depths overcame me;

Jonah 2:1-9


seaweed was wrapped around my head. I sank to the foundations of the mountains; the earth with its prison bars closed behind me forever!

Jonah 2:1-9

But You raised my life from the Pit,
Lord my God! As my life was
fading away, I remembered the
Lord. My prayer came to You, to
Your holy temple.

Jonah 2:1-9

Those who cling to worthless idols forsake faithful love, but as for me, I will sacrifice to You with a voice of thanksgiving. I will fulfill what I have vowed. Salvation is from the Lord!

A wooden cross is positioned on the right side of the image, extending from the top right towards the bottom center. The background is a solid, deep red color. The text is centered and written in a white, serif font.

Repentance and Redemption


Jonah 2:1-10


Stages of Jonah's Repentance

1. He prayed for God's help
2. He accepted God's discipline
3. He trusted God's promises
4. He yielded to God's will

Jonah 2:8 (NIV)

Those who cling to
worthless idols forfeit the
grace that could be theirs.





Repentance and Redemption

Jonah 2:1-10