



BIG IDEA: Distress can be a catalyst for hope and obedience.

A THREE DAY AND THREE NIGHT STAY (Jonah 1:17)

This event is meant to be taken as historical. (*Matthew 12:40*)

The Lord will often use our circumstances to carry out His purposes. (*James 1:2-4*)

PRAISES FOR DELIVERANCE (Verses 1-2)

There is hope of deliverance. (*Romans 5:1-2*)

There is confidence that the Lord hears our prayers. (*Hebrews 4:16*)

GOD ANSWERS THE CRIES (verses 3-7)

The Lord will often use others to carry out His purposes. (*Hebrews 10:24*)

The Lord is present in our distress. (*Psalms 46:1-3*)

MAKING A COMMITMENT TO GOD (verses 8-9)

Running from God is like being an idolater. (*Judges 10:14*)

A heart of thanksgiving is a fruit of salvation. (*Psalms 116:17-19*)

LAUNCHED INTO MISSION (verse 10)

The Lord will often use His creation to carry out His purposes. (*Psalms 19:1-2*)

Obedience should be the response to God's love. (*John 14:15*)