

## Prayer in Times of Adversity

(Jonah 2:1-10)

## Jonah (2:1-10)

- **2:1** From inside the fish Jonah prayed to the Lord his God. **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, and you listened to my cry. (Jonah 2:1-2)

## Jonah (2:1-10)

- **3** 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.
- **4** I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’ (Jonah 2:3-4)

## Jonah (2:1-10)

- **5** The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head.
- **6** 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 2:5-6)

## Jonah (2:1-10)

- **7** “When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple.
- **8** “Those who cling to worthless idols turn away from God’s love for them.
- **9** But I, with shouts of grateful praise, will sacrifice to you.
- **10** What I have vowed I will make good. I will say, ‘Salvation comes from the LORD.’” (Jonah 2:7-9)

## Jonah (2:1-10)

- **10** And the LORD commanded the fish, and it vomited Jonah onto dry land. (Jonah 2:10)



## Prayer in Times of Adversity

- Prayer in Distress (2:1-9)
- Self-Examining in Prayer (2:7-9)
- Making Good of Prayer Vows (2:7-9)



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## Are You in Distress?

## Prayer in Distress

- Praying Infrequently
- Angry with God
- About to Give Up

- In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. (Romans 8:26)



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## Are You Suffering?

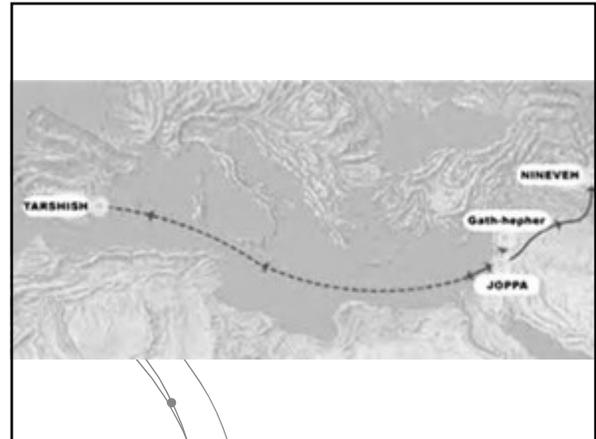
## Several Kinds of Suffering

- **For God's Glory**
- **Refining Your Character**
- **God's Discipline**
- **Not Sure**

## Reflecting on Your Suffering



- <sup>11</sup> The sea was getting rougher and rougher. So they asked him, “What should we do to you to make the sea calm down for us?” <sup>12</sup> “Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.” (Jonah 1:11-12)



- because the Lord disciplines the one he loves ... (Hebrew 12:6)

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### Responses to Discipline

- **Continue to Resist**
- **Faint and Give Up**
- **Reflect and Repent**

- If I had cherished sin in my heart, the Lord would not have listened. (Psalms 66:18)

- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

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- <sup>38</sup> and when a prayer or plea is made by anyone among your people Israel—being aware of the afflictions of their own hearts, and spreading out their hands toward this temple—  
<sup>39</sup> then hear from heaven, your dwelling place. Forgive and act... (1 Kings 8:38-39)

**Don't Give Up!  
Repent!**

## Robert Robinson Come, Thou Fount of Every Blessing



## Robert Robinson Come, Thou Fount of Every Blessing

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Come, Thou Fount of every blessing,   
 Whose sweet refreshment I've found,   
 Thy life and health, thy love and grace,   
 Have made me rich and glad,   
 O let me still in Thee abide,   
 And let Thy goodness never cease,   
 To bring the soul of every sinner,   
 To Thy sweet fount of life.

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## Making Good of Prayer Vows

- **Prayer Toward Your Temple**
- **Turning Away from Idols**
- **Shouts of Grateful Praise**
- **Making Good of Vows**

## Jonah (2:1-10)

- <sup>10</sup> And the LORD commanded the fish, and it vomited Jonah onto dry land. (Jonah 2:10)



**God Helps Us Grow  
in Adversity**

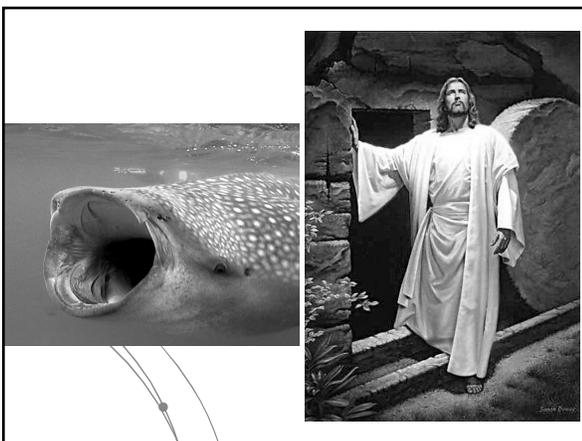
**Have You Made Good  
of Your Prayer  
Vows?**

## Have not Learned the Lesson Suffering in Vain



For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth. (Matthew 12:38-40)

## He Died and Suffered for Us for Three Days and Three Nights



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