



**SALVATION IS
FROM THE LORD**

JONAH 2

¹ Then Jonah prayed to the Lord his God
from the stomach of the fish, ² and he said,
“I called out of my distress to the Lord, And He answered me.
I called for help from the depth of Sheol; You heard my voice.
³ For You threw me into the deep, Into the heart of the seas,
And the current flowed around me.
All Your breakers and waves passed over me.

Jonah 2:1-3

⁴ So I said, 'I have been cast out of Your sight.
Nevertheless I will look again toward Your holy temple.'

⁵ Water encompassed me to the point of death.

The deep flowed around me,


Seaweed was wrapped around my head.

⁶ I descended to the base of the mountains.

The earth with its bars was around me forever,

But You have brought up my life from the pit, Lord my God.

Jonah 2: 4-6

The background of the slide is a photograph of a sunset over a mountain range. The sun is low on the horizon, creating a bright orange and yellow glow that transitions into a clear blue sky. The mountains in the foreground are silhouetted against the bright light of the sunset. The text is overlaid on this background.

I. GOD MIRACULOUSLY PRESERVED JONAH'S LIFE

(Jonah 1:17-2:6)

A. Jonah's Enclosed Space (Jonah 1:17)

"And the LORD designated a great fish to swallow Jonah."

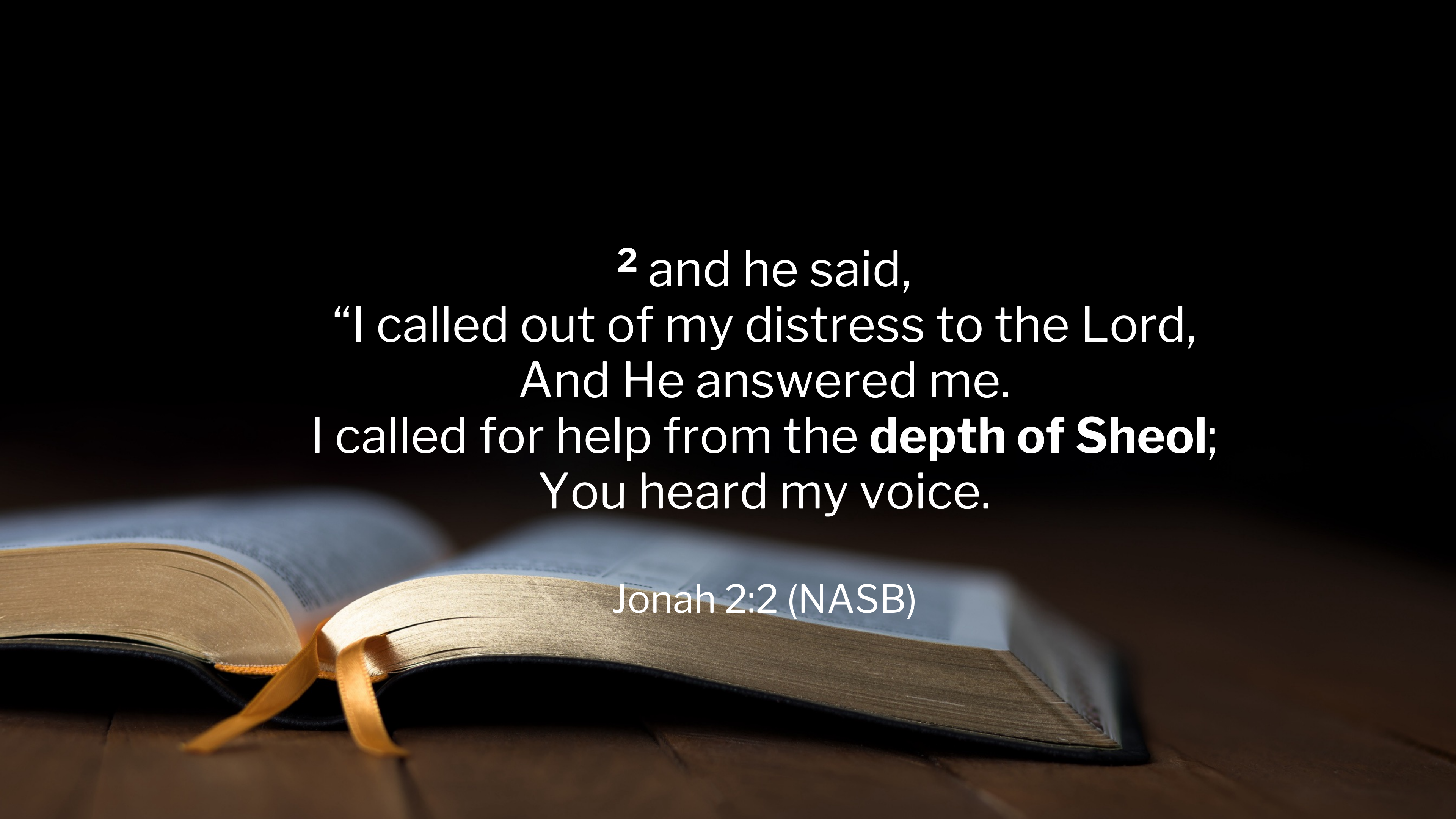
A sunset over a mountain range. The sun is low on the horizon, casting a warm orange glow across the sky. The mountains are silhouetted against the bright light. The sky transitions from a deep orange near the horizon to a clear blue at the top. The text 'B. Jonah's Cry (Jonah 2:1-2)' is centered in the upper half of the image in a bold, black, sans-serif font.

B. Jonah's Cry (Jonah 2:1-2)

Then Jonah prayed to the Lord **his** God from the
stomach of the fish,

Jonah 2:1 (NIV)





² and he said,
“I called out of my distress to the Lord,
And He answered me.
I called for help from the **depth of Sheol**;
You heard my voice.

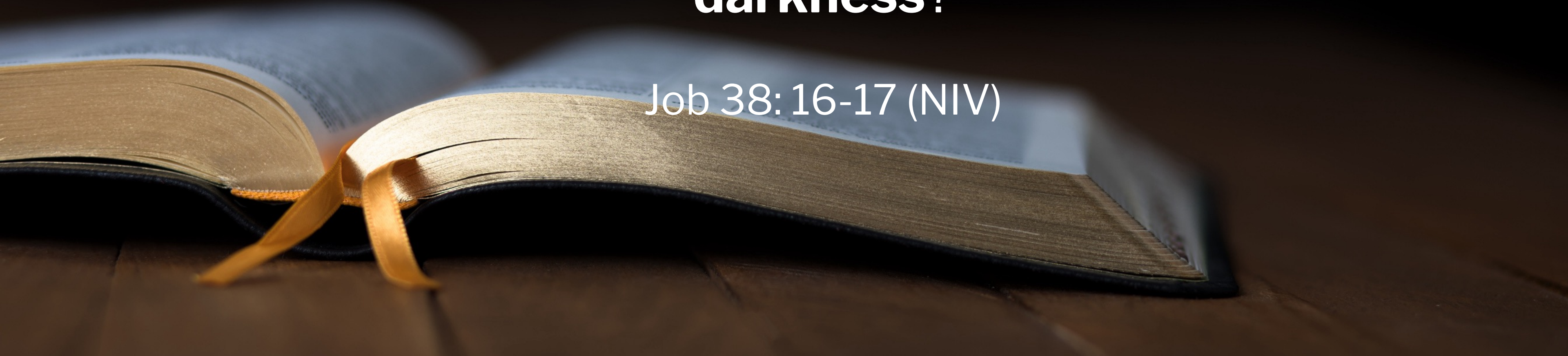
Jonah 2:2 (NASB)

A sunset scene with a bright orange sun low on the horizon, casting a warm glow over a range of dark, silhouetted mountains. The sky transitions from a deep orange near the horizon to a clear, light blue at the top. The overall mood is serene and contemplative.

C. God is Sovereign Despite Jonah's Disobedience (vv3-6)

16 “Have you journeyed to the springs of the sea
or walked in the recesses of the deep?
17 Have the **gates of death** been shown to you?
Have you seen the **gates of the deepest
darkness?**

Job 38:16-17 (NIV)



10 I said, “In the prime of my life
must I go through the **gates of death**
and be robbed of the rest of my years?”

Isaiah 38: 10 (NIV)



v3: “the heart of the seas”



v3: “the heart of the seas”

v4: “I said, I have been expelled from your sight”

A sunset scene with a teal gradient overlay. The sun is low on the horizon, casting a warm orange glow. The sky transitions from a deep teal at the top to a lighter teal near the horizon. The mountains in the foreground are silhouetted against the sunset.

v3: “the heart of the seas”

v4: “I said, I have been expelled from your sight” -

vv5-6: “seaweed wrapped around my head”

17 Is anyone crying for help? God is listening,
ready to rescue you.

18 If your heart is broken, you'll find God right there;
if you're kicked in the gut, he'll help you catch your breath.

19 Disciples so often get into trouble;
still, God is there every time.

Ps 34:17-19 (MSG)

7 While I was fainting away, I remembered the Lord,
And my prayer came to You, Into Your holy temple.

8 Those who are followers of worthless idols
Abandon their faithfulness,

9 But I will sacrifice to You
With a voice of thanksgiving.

That which I have vowed I will pay.
Salvation is from the Lord.”

10 Then the Lord commanded the fish, and it vomited Jonah
up onto the dry land.

Jonah 2: 7-10



II. JONAH REPENTS AND GOD RESTORES

(Jonah 2: 7-10)



A. Jonah's Confession

- Acknowledging God's Sovereign hand at work



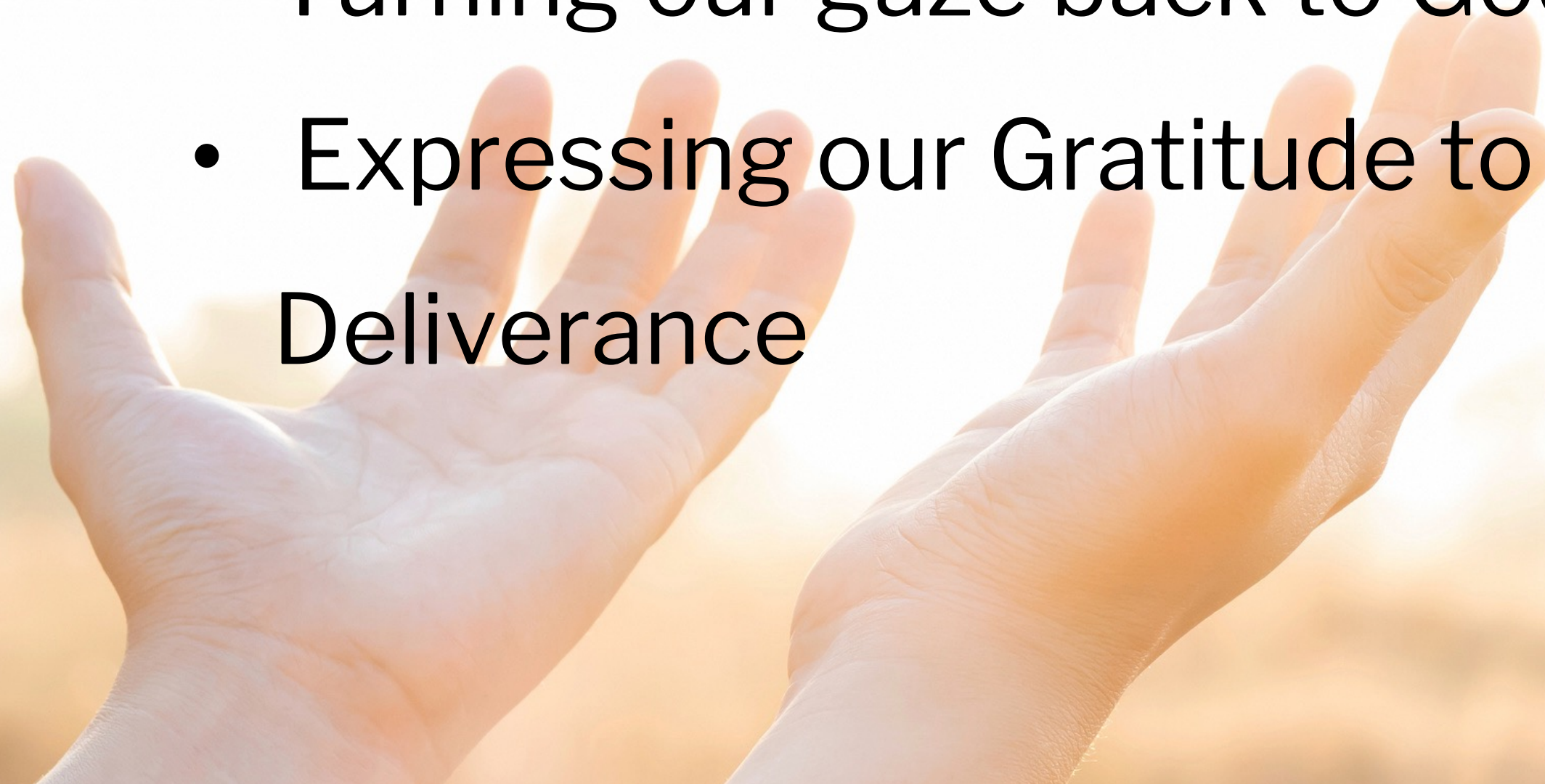
A. Jonah's Confession

- Acknowledging God's Sovereign hand at work
- Turning our gaze back to God



A. Jonah's Confession

- Acknowledging God's Sovereign hand at work
- Turning our gaze back to God
- Expressing our Gratitude to God before
Deliverance



A. Jonah's Confession

- Acknowledging God's Sovereign hand at work
- Turning our gaze back to God
- Expressing our Gratitude to God before
Deliverance
- Renewing our Commitment to Following God's
Ways of Righteousness



19 Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord;

Acts 3:19



14 and My people who are called by My name humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Chr 7:14



B. Jonah's Restoration (Jonah 2:10)



10 And the Lord commanded the fish, and it vomited
Jonah onto dry land.

Jonah 2:10





“No matter how far we may have strayed, God continually extends His hands of restoration and reconciliation towards us.”



APPLICATION



1. God's Exclusive Role in Salvation:

- Stay humble and acknowledge our limitations and vulnerability.
- Surrender pride and ego, accepting God's grace and mercy for salvation.
- Learn to rely on God in our daily lives

2. Hope In Desperate Times:

- Trust that God can intervene and provide a way out when life presents overwhelming challenges, .
- Find strength and resilience
- Persevere