

## **Run Back to God in Prayer!**

### **Run With Purpose! Pt.4**

**Jonah 1:17-2:10**

**April 21, 2024**

**Jonah 1:1**, The word of the LORD came to Jonah son of Amitai: 2 “Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.” 3 But Jonah ran away from the LORD and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the LORD.

**Jonah 1:17**, Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

**Matthew 12:40**, 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.

### **How Do We Run Back to God?**

#### **1. RUN to God in the Trial**

**Jonah 2:1**, From inside the fish Jonah prayed to the LORD his God.

**Romans 8:28**, And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

#### **2. KNOW God Hears You Wherever You Are**

**Jonah 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. 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.

**Psalm 139:7**, Where can I go from your Spirit? Where can I flee from your presence? 8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there. 9 If I rise on the wings of the dawn, if I settle on the far side of the sea, 10 even there your hand will guide me, your right hand will hold me fast.

#### **3. ACKNOWLEDGE the Consequences of Your Actions**

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

#### **4. REMEMBER God Still has a Plan for Your Life**

**Jonah 2:6**, ... But you, LORD my God, brought my life up from the pit. 7 “When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple.

**Philippians 3:13**, Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

#### **5. COMMIT to Obedience Regardless of the Outcome**

**Jonah 2:8**, “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. What I have vowed I will make good. I will say, ‘Salvation comes from the LORD.’”

**Exodus 20:8**, “Remember the Sabbath day by keeping it holy.

**Numbers 15:40**, Then you will remember to obey all my commands and will be consecrated to your God.

## 6. **EMBRACE** Your God-Given Second Chance

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