

### I. GOD'S

**Jonah 1:17 NLT** • Now the Lord had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.

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

### II.

**James 5:13a NLT** • Are any of you suffering hardships? You should pray.

**Jonah 2:1-9 NLT** • Then Jonah prayed to the Lord his God from inside the fish. He said, "I cried out to the Lord in my great trouble, and he answered me. I called to you from the land of the dead, and Lord, you heard me! You threw me into the ocean depths, and I sank down to the heart of the sea. The mighty waters engulfed me; I was buried beneath your wild and stormy waves. Then I said, 'O Lord, you have driven me from your presence. Yet I will look once more toward your holy Temple.' I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head. I sank down to the very roots of the mountains. I was imprisoned in the earth, whose gates lock shut forever. But you, O Lord my God, snatched me from the jaws of death! As my life was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple. Those who worship false gods turn their backs on all God's mercies. But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the Lord alone."

**Jonah 2:2a NLT** • He said, "I cried out to the Lord in my great trouble, and he answered me.

**Psalm 3:4 NLT** • I cried out to the Lord, and he answered me from his holy mountain.

**Jonah 2:2b NLT** • I called to you from the land of the dead, and Lord, you heard me!

**Psalm 16:10 NLT** • For you will not leave my soul among the dead or allow your holy one to rot in the grave.

**Jonah 2:4 NLT** • Then I said, 'O Lord, you have driven me from your presence. Yet I will look once more toward your holy Temple.'

**Psalm 31:22 NLT** • In panic I cried out, "I am cut off from the Lord!" But you heard my cry for mercy and answered my call for help.

**Jonah 2:5 NLT** • "I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head.

**Psalm 69:1 NLT** • Save me, O God, for the floodwaters are up to my neck.

**Jonah 2:8 NLT** • Those who worship false gods turn their backs on all God's mercies.

**Psalm 31:6 NLT** • I hate those who worship worthless idols. I trust in the Lord.

**Jonah 2:9 NLT** • But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the Lord alone."

**Psalm 116:14 NLT** • I will keep my promises to the Lord in the presence of all his people.

**Jonah 2:10 NLT** • Then the Lord ordered the fish to spit Jonah out onto the beach.

**Matthew 12:39-40 NLT** • But Jesus replied, "Only an evil, adulterous generation would demand a miraculous sign; but the only sign I will give them is the sign of the prophet Jonah. For as Jonah was in the belly of the great fish for three days and three nights, so will the Son of Man be in the heart of the earth for three days and three nights.