

FINDING

GOOD

IN A CRISIS

**Deliverance
belongs to God**
Jonah 2

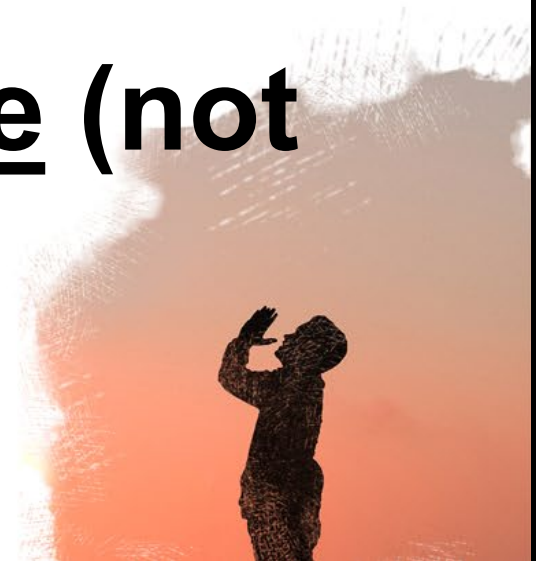
A silhouette of a person in a prayerful pose, with hands clasped and head tilted back, set against a vibrant sunset background with a bright sun low on the horizon. The person's silhouette is dark and textured, contrasting with the warm, orange and yellow tones of the sky.

1. God is not a disinterested bystander – *even when we are.*

A. Jonah (prophet) finally prayed. 2:2, 7

B. God responded. 2:10.

C. God is in control of deliverance (not Jonah). 2:10



2. Jonah held on to what nearly destroyed him.

Jon. 2:5-6:

a. Waters closed in

b. Deep surrounded me

c. Weeds wrapped about my head

d. Down to the land whose bars closed upon me forever



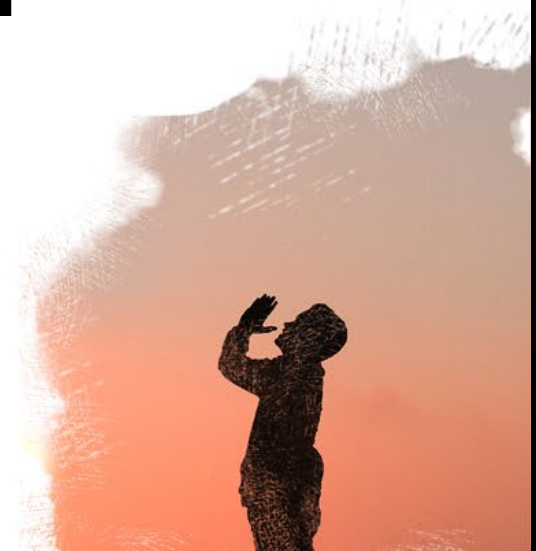
3. Jonah clung to his hatred; and, God just waited.

- **Jon. 2:8 "Those who cling to worthless idols turn away from God's love for them. NIV**
- **Jon. 2:7 When my life was fainting away, I remembered the LORD, and my prayer came to you, ... 10 and the Lord spoke to the fish.**



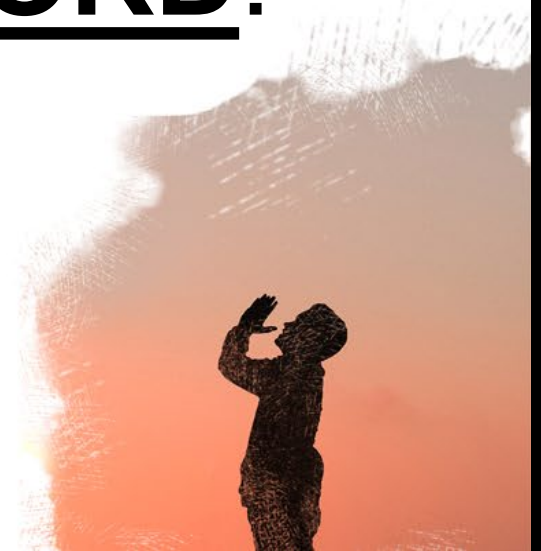
4. Times of crisis draw us to the only one who can do something – God.

Jon. 2:7 When my life was fainting away, I remembered the LORD, and my prayer came to you, ... 10 and the Lord spoke to the fish.



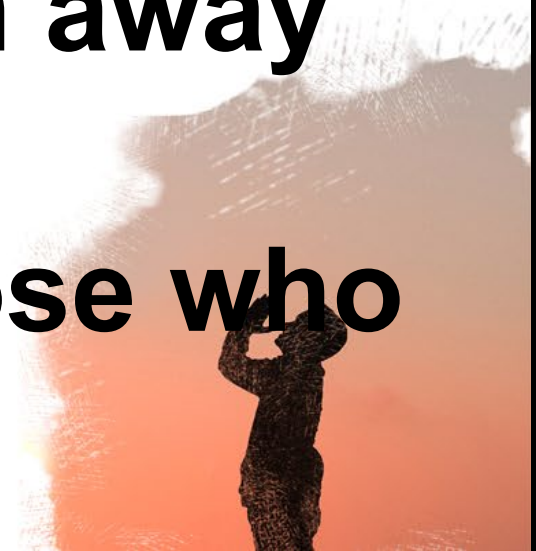
5. *Deliverance* belongs to the Lord.

Jon. 2:9 But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. **Deliverance belongs to the LORD!**
(NRS)



Next Steps.

- 1. Make prayer your “right hand.”**
- 2. Ask God to send you his “deliverer,”
His “fish.”**
- 3. Let go of any “idols”; put them away
and turn to God.**
- 4. Spend your extra time with those who
matter in your life.**



Next Steps.

- 5. Every new day is a reset. Begin the day by thanking God for what you have; choose to limit your focus on what you do not have or what you might lose.**
- 6. Contact your fellow believers by phone and check on them.**

