Silver Creek Fellowship
NOTES

July 11

JONAH: ON MISSION WITH GOD

WHAT TO DO WHEN IT FEELS HOPELESS

1. **When you hit bottom**_____
   Jonah 2:1*"From inside the fish, Jonah prayed to the Lord, his God."*

2. **Pray** _____
   Jonah 2:2 "In my distress and in my deep trouble, I cried out."

3. **Identify** _____ **of my hopelessness**.
   Jonah 2:3-6 *"You, God, cast me into the deep water and I sank to the bottom of the sea. Everything was churning around me. And I was engulfed by powerful waves that overwhelm me. Then I thought I've been banished from God's presence and I'll never get to see your holy temple again. I was scared to death, afraid I was drowning with water choking me and the seaweed wrapped all around my head. I kept sinking down to the ocean floor, to the mountains that rise off the ocean floor. And I felt locked in a prison forever."*

CHECK any that you may be feeling

☐ **When I feel like** _____ "*You cast me into the deep water*."

☐ **When I feel like** _____
"I sank to the bottom of the sea."

☐ **When I feel** _____
"Everything was churning around me".

☐ **When I feel** _____
"I was engulfed by powerful waves that overwhelmed me."

☐ **When I feel** _____
"Then I thought I've been banished from God's presence."

☐ **When I feel** _____
"*I'll never get to see your holy temple again.*"

☐ **When I feel _____**
"I was scared to death, the water came over me and choked me; the sea covered me completely, and seaweed was wrapped round my head.

☐ **When I feel _____**
"*I was feeling trapped*. I felt locked in a prison forever."

4. **Ask God for _____**
Jonah 2:2 *"From deep in the world of the dead, I asked for help, and you listened to my cry."*

5. **Focus on the _____**
Jonah 2:7 *"When I had lost all hope, I turned my thoughts once more to the Lord, and my earnest prayer went out to you in your holy temple."*

6. **Reject _____ and accept _____**
Jonah 2:8 "Those who look to worthless idols forfeit the grace that could be theirs."

Jonah 2:6 *"You, Oh Lord, saved me, and you brought my life back up from the pit."*

7. **Express _____ in advance.**
Jonah 2:9 *"I will sing a song of thanksgiving and I will sacrifice to you, and I will do what I have promised you to do, because salvation comes from the Lord."*

☐ **Through _____**
"*I will sing a song of thanksgiving.*"

☐ **Through _____**
"*I will sacrifice to you*.

☐ **Through _____**
"*I will do what I've promised you to do.*

Jonah 2:10 *"So the Lord ordered the great fish to vomit Jonah onto a beach."*