

When You've Hit Rock-bottom

Jonah 1:17-2:10 (NLT)

09/17/23

1. Recognize that God knows where you are wherever that might be.

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

Hebrews 12:6 (The Message) ⁶ *It's the child he loves that he disciplines; the child he embraces, he also corrects.*

2. Turn to God and talk to Him knowing that he hears you.

Jonah 2:2 ² 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!"

Luke 11:10 ¹⁰ For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

3. Practice remembering Him and following Him daily.

Jonah 2:7-9 ⁷ As my life was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple. ⁸ Those who worship false gods turn their backs on all God's mercies. ⁹ 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."

Matthew 11:28 (The Message) ²⁸ "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest."