



May 11 & 12, 2019

The Chase: Jonah 2

¹From inside the fish Jonah prayed to the Lord his God. ²He 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. ³You 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."

1. Left to ourselves, we are *helpless* and *hopeless*.

⁷"When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. ⁸Those who cling to worthless idols turn away from God's love for them. ⁹But 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.'"

2. God wants your *heart* more than He wants your *help*.