



“The Prayer of a Repentant Heart”

Jonah 1:17-2:10

Main Passage

Jonah 1:17-2:10 (ESV) – ¹⁷ And the LORD appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

^{2:1} Then Jonah prayed to the Lord his God from the belly of the fish, ² saying, “I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. ³ For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. ⁴ Then I said, ‘I am driven away from your sight; yet I shall again look upon your holy temple.’ ⁵ The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head ⁶ at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O Lord my God. ⁷ When my life was fainting away, I remembered the Lord, and my prayer came to you, into your holy temple. ⁸ Those who pay regard to vain idols forsake their hope of steadfast love. ⁹ But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!”

¹⁰ And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.

Big Idea – Pause, Pray, and Pursue the Lord in Humility and Repentance

Three Steps Learned from the “Prayer of a Repentant Heart”

Step #1

Jonah 1:17-2:2 (ESV) – ¹⁷ And the LORD appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights. ^{2:1} Then Jonah prayed to the Lord his God from the belly of the fish, ² saying, “I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice.

Step #1 – Humble Yourself Before the Lord and Seek His Healing Hand

Step #2

Jonah 2:3-6 (ESV) – ³For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. ⁴Then I said, ‘I am driven away from your sight; yet I shall again look upon your holy temple.’ ⁵The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head ⁶at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O Lord my God.

Step #2 – Make Restoration Your Reality as You Run to Author of Your Hope

Step #3

Jonah 2:7-10 (ESV) – ⁷When my life was fainting away, I remembered the Lord, and my prayer came to you, into your holy temple. ⁸Those who pay regard to vain idols forsake their hope of steadfast love. ⁹ But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!” ¹⁰ And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.

Step #3 – Praise the Lord as You Seek Him as the Source of Your Redemption

Memory Verse

1 John 1:9 – If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Challenge

You are called to consistently apply the divine principles and truths found in the Word of God. Take the next step in your study by (1) Discussing and applying the sermon with your family or small group or (2) Participating in a Sunday School class.